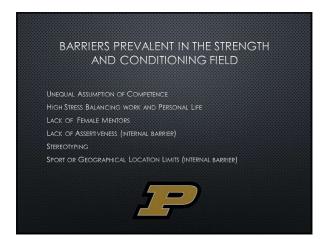


MY JOURNEY G.A AT EAST CAROLINA ASSISTANT STRENGTH COACH AT UNIVERSITY OF HOUSTON HEAD WOMEN'S STRENGTH COACH UNIVERSITY OF ARKANSAS ASSISTANT STRENGTH COACH TEXAS A&M UNIVERSITY DIRECTOR OF STRENGTH & CONDITIONING/OLYMPIC SPORTS PURDUE UNIVERSITY









WORK/LIFE BALANCE

- Young coaches sometimes struggle with wanting to start a family and trying to build a career.
- THE COACHING PROFESSION HAS A HIGH STRESS LEVEL. OFFEN DEMANDING EARLY MORNINGS, NIGHTS, AND WEEKEND WHICH COULD CONFLICT WITH HOME LIFE.
- FINDING A DEPARTMENT AND STAFF THAT UNDERSTANDS WORK/LIFE BALANCE IS A DIFFICULT BUT IMPORTANT BARRIER TO BREAKDOWN.

LACK OF FEMALE MENTORS

- When I started in the profession there were approximately 7 fulltime female strength coaches in the nation.
- MANY FEMALES GET IN THE PROFESSION BUT LEAVE TO START A FAMILY THUS MAKING IT MORE DIFFICULT TO FIND ESTABLISHED FEMALE MENTORS.
- Female strength coaches are needed: female athletes with women coaches are more interested in joining the coaching profession than those with male coaches. (Kilty, 2006)

LACK OF ASSERTIVENESS

- Young coaches struggle to find their coaching voice and being able to command the floor.
- THIS CAN IMPACT POTENTIAL JOB INTERVIEWS AS IT CAN BE VIEWED AS A LACK OF CONFIDENCE.
- LACK OF PROFESSIONALISM CAN IMPACT PERCEIVED TOR PERFORMANCE

STEREOTYPING

- ASSUMPTION THAT FEMALE STRENGTH COACHES CAN ONLY WORK WITH

 FEMALE ATULIETS / TEAMS
- Women who work in a predominately male-dominated workplace are often perceived as "not really being women" (Kilty, 2006)
- TOP LEVEL FOOTBALL AND BASKETBALL PROGRAMS HAVE LACKED A SINCERE DESIRE TO CONTACT, INTERVIEW, AND HIRE MINORITIES AS HEAD COACHES AND ADMINISTRATORS. (WILLIAMS, 2011)

SPORT OR GEOGRAPHICAL LOCATION LIMITS

- ONLY WILLING TO WORK IN CERTAIN GEOGRAPHIC LOCATIONS
- ONLY WANT TO WORK AT BCS SCHOOL
- ONLY WANT TO WORK REVENUE SPORTS: FOOTBALL OR BASKETBAL

EFFECTIVELY NAVIGATING THE BARRIERS: NETWORKING MENTORING Developing programs Professional development Conference round table discussions BYALUATE PERSONAL CONSTRAINTS AND BARRIERS (BORLAND, 2011)





CITATIONS

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