

APPROPRIATE & INAPPROPRIATE PRACTICES for COACHING FEMALE ATHLETES

Safe Environment

Appropriate Practice

The coach plans for, develops, and maintains a positive environment that allows athletes to feel safe (physically and emotionally), supported and unafraid to make mistakes.

Bullying, taunting and inappropriate athlete remarks and behaviors are dealt with immediately and firmly. Those remarks are not tolerated.

The coach discusses hazing practices and clearly states disapproval of those practices. Hazing practices are not tolerated.

Inappropriate Practice

Embarrassing or degrading comments are made in front of others, causing the athlete to feel humiliated.

Verbal or non-verbal behavior that is hurtful to other athletes is overlooked and ignored.

Hazing is overlooked and ignored.

Training

Appropriate Practice

The coach understands the female physiological processes are different from males. The coach trains the females with injury prevention in mind.

Female athletes are educated on the Female Athlete Triad and are encouraged to eat and maintain a healthy weight.

Inappropriate Practice

Inappropriate training is the likely cause of many injuries (ACL injuries in particular).

Athletes are pressured to reach unrealistic body weight which can cause amenorrhea as well as eating disorders.

Alternatives to Exercise as Punishment

Appropriate Practice

The coach promotes exercise for its contribution to a healthy lifestyle. Athletes are encouraged to participate in regular physical activity and exercise outside of the athletic setting for enjoyment, skill development, and health reasons. Coaches should use appropriate methods of behavior management to discipline athletes.

Inappropriate Practice

Activities and exercises are used to penalize athletes for mistakes made during practices and games (e.g. run laps, pushups).

Equity

Appropriate Practice

Female athletes receive equal opportunities for participation.

Female athletes have access to quality uniforms and equipment.

Female athletes are provided opportunities to play during prime time slots.

Female athletes have access to equitable facilities for both dressing and team meetings (i.e., use of the "main gym").

Inappropriate Practice

Male athletes are provided more participation opportunities than female athletes.

Male athletes are provided better uniforms and equipment than those of female athletes.

Female sport teams always play in the early game on the same night as male sport teams.

Female sport teams use smaller and/or less adequate facilities than those of male sport teams and are not given the opportunity to compete in the same facility as male sport teams.

Professional Growth

Appropriate Practice

The coach continually seeks new information to stay current. (e.g., reads journals, attends coaching clinics, workshops, etc.).

The coach is given the opportunity by school administration to participate in coaching workshops, state AHPERD conferences, etc.

Inappropriate Practice

The coach does not remain current or up-to-date on coaching techniques, strategies and conditioning female athletes.

School administrators do not provide opportunities for coaches to obtain professional development at the state and local levels.