Achieving Peak Performance in Practice and Competition: Gender Differences

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Gender Stereotypes

- **Male Athletes**
  - Prefer a Male Coach
  - Mentally Tough
  - Achievement Driven
    - Wants more
    - Wants to get “big”
  - Robotic

- **Female Athletes**
  - Prefer a Female Coach
  - Mentally Fragile
  - Socially Driven
    - Satisfied Easier
    - Self image issues
  - Emotional
OMG...
SHE’S CRYING
What do tears mean?

- Pain
- Embarrassment
- Happiness
- Defeat
- Disappointment
- Anger
- Frustrati0n
- Excitem0nt
How do we achieve peak performance from an athlete?

What are the ingredients and where do those ingredients come from?
Peak Performance Formula

 KNOWLEDGE OF THE EVENT
  › Certifications, clinics/symposiums, mentors

 EXPERIENCE
  › Trial and error, past participation

 RESOURCES
  › Staff, facilities, budget and creativity

 TRUST FROM THE ATHLETE
  › Athlete’s participation and commitment
Does your coaching style help or hinder this process?

What causes poor communication between a coach and athlete?
Coaching Styles

- Positive Feedback
- Negative Feedback
- Sandwich Style
- Athlete Input
- “My Way or the Highway” Style
- “Excitement” Style
Mother Nature’s Influential Power

- Natural urge to be excepted/approved of by the opposite or desired gender.
- Natural urge to be competitive with the same gender for acceptance or approval.

- **Remember**: You are their coach **NOT** their competition!
What effect can this have on the athlete’s motivation?

- Be careful: You could end up in a position where you want it more than the athlete.
  - 5 minute conversation
    - Find out the goals
      After college desires-job
      Post collegiate event endeavors
MOTIVATION ORIGINATION

- Athlete
- Parents/family
- Society
- Boyfriend/girlfriend
- Financial
- Training Age
- THE COACH
FINAL INGREDIENT: TRUST

- Answering the “Why’s”
- Knowing the athletes body language
  - Knowing how to capitalize on the athlete’s subconscious mannerisms & movements
- Giving relevance to the athlete’s needs
  - Is their mind with you??
- Reassurance throughout the process
  - Expressing your faith in their progress
“If only you BELIEVED what I KNOW about you as an athlete, you would be UNSTOPPABLE!!”

~April Smith