Women Coaching Men: Advice for Coaches
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Just a little bit about me...

• Always remember where you came from!
• Helps determine who you are as a coach!
Texas Relays

Personal Bests -
Anson - 10.04/20.52
Anthony - 10.10/20.95
Bennie - 10.12
Challenges as a Young Coach

• Not knowing who you are as a person.
  • Know your Why!! If you don’t know then you have to work to find out.

• Same insecurities you may have as a coach…maybe the same you have as a person.

• What makes you…YOU! Getting to your core!

• Creating boundaries and setting expectations…You are not their friend. But your are a resource to them.
• How you carry yourself matters!

• Attitude

• Attire

• Communication

• Respect & Trust are earned so you must understand it will take time to feel like your confident in what you are doing.

• It may take some time for others to know what your doing!! Patience is a virtue!

• Everything happens for a reason!
Wisdom

The ultimate resource for knowledge and understanding!
#AskQuestions #UseYourResources
Respect is earned.
Honesty is appreciated.
Trust is gained.
Loyalty is returned.

It's a beautiful thing when a career and a passion come together.
Advice for Coaches

• As an assistant coach your job is to serve your head coach and your program, and your university.

• You are to do what you can to make your head coach look good!

• Whether you agree or disagree...Your grind needs to be 110%...Take pride in your grind no matter how you got your job.

• The reason is because there are lessons in everything...if you open your mind you can learn something as you progress as a coach.

#Networking
Gender Differences

• The reality is that men and women are different!!

• How information is proceed

• How information is communicated.

• The actions that take place based on how they process and receive this information.

• So the question becomes...Do you coach male athletes different then coaching female athletes?
What is different?

- Personalities & Egos
- The reason why athletes compete.
  - What makes them confident.
  - Are they dependent or independent.
- The environment in which they were raised.
- Every athlete is motivated by something…but different for each one.
4x400m - 3:04.51

Personal Bests -
400m - 51.93
200m - 23.10
100m - 11.60

Freshman Record - 200m 23.70

60m - 6.66

2009 Jr. Pan Am Games -
M 4x100m 39.03
The more grounded you are as a coach... the better you are and the more confident you are at coaching all athletes!

"The greatest good you can do for another is not just to share your riches but to reveal to him his own."
(Benjamin Disraeli)
THANK YOU...THANK YOU...THANK YOU!!!
ANY QUESTIONS???