

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
- ⦿ FRUSTRATION
- ⦿ EXCITEMENT

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

COMMUNICATION

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

Desired Gender Power

- ◉ 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