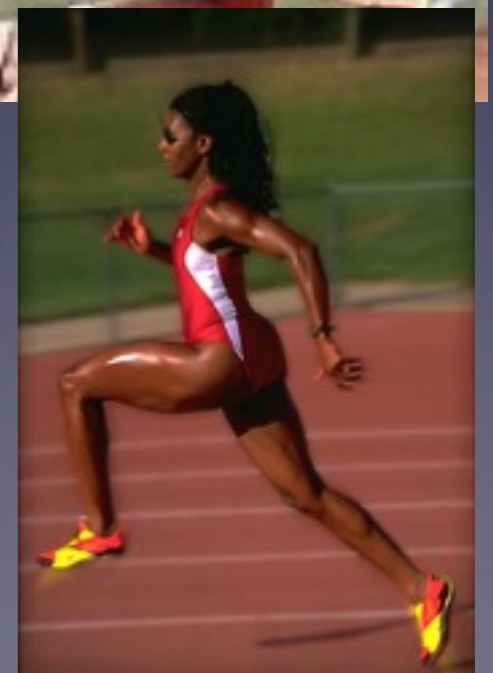




Women Coaching Men: Advice for Coaches
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Just a little bit about me...

- Always remember where you came from!
- Helps determine who you are as a coach!





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 you are a resource to them.

- How you carry yourself matters!

- Attitude

- Attire

- Communication

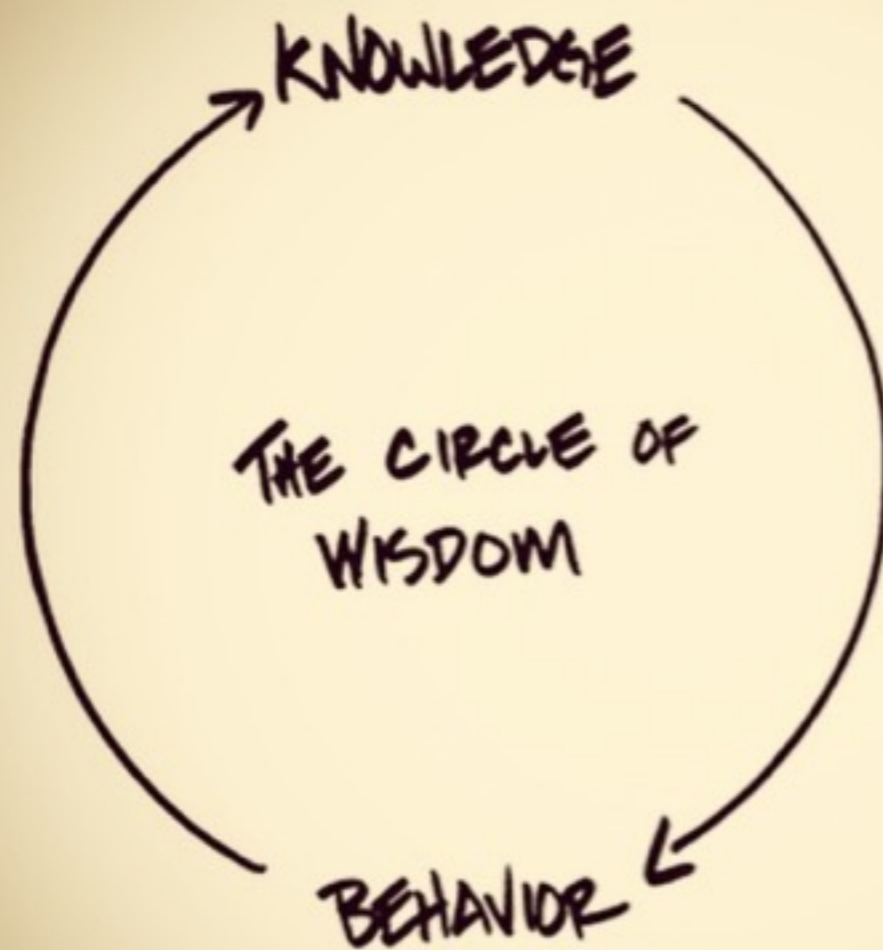


- Respect & Trust are earned so you must understand it will take time to feel like your confident in what you are doing.
- It may take some time for others to know what your doing!! Patience is a virtue!
- Everything happens for a reason!



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



#Networking

- 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.

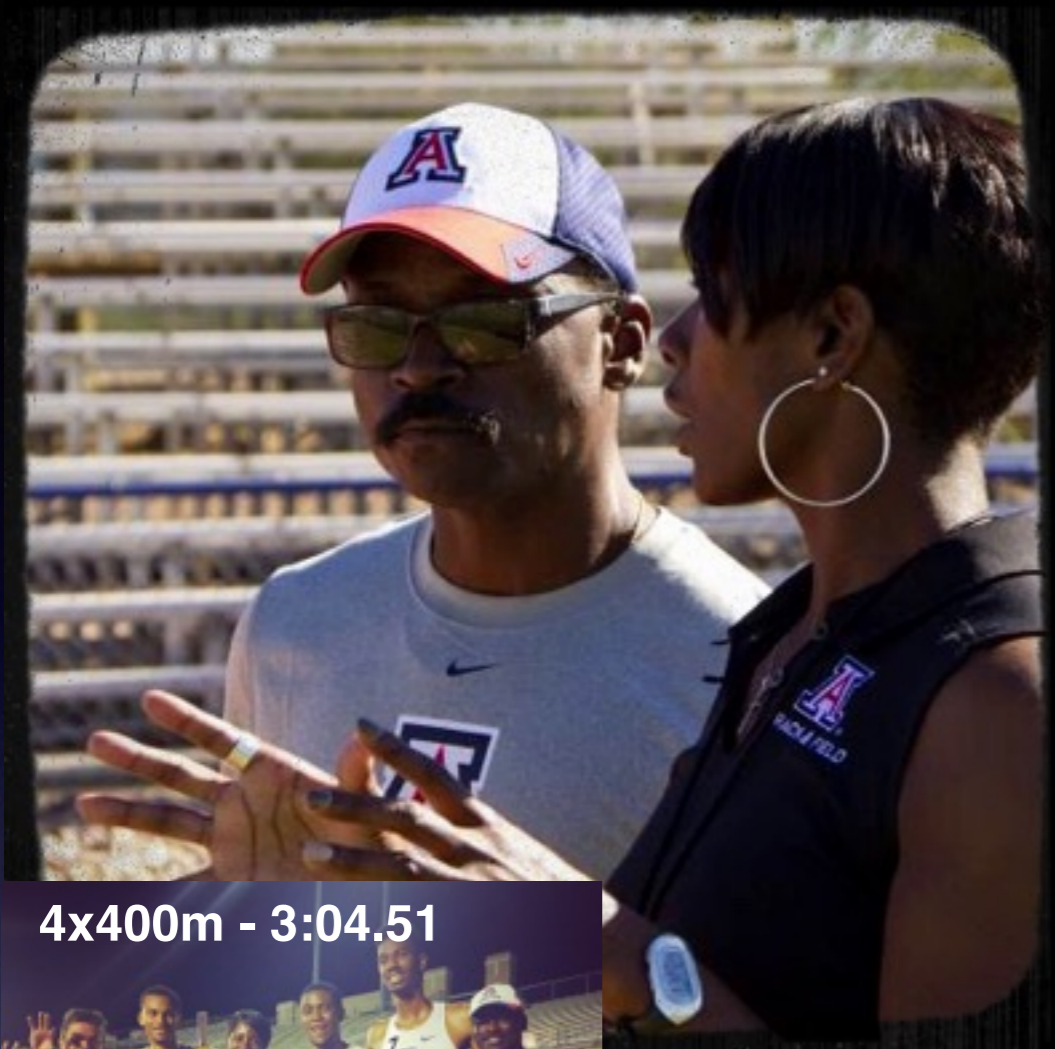
Gender Differences

- The reality is that men and women are different!!
- How information is processed
- 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 than coaching female athletes?



What is different?

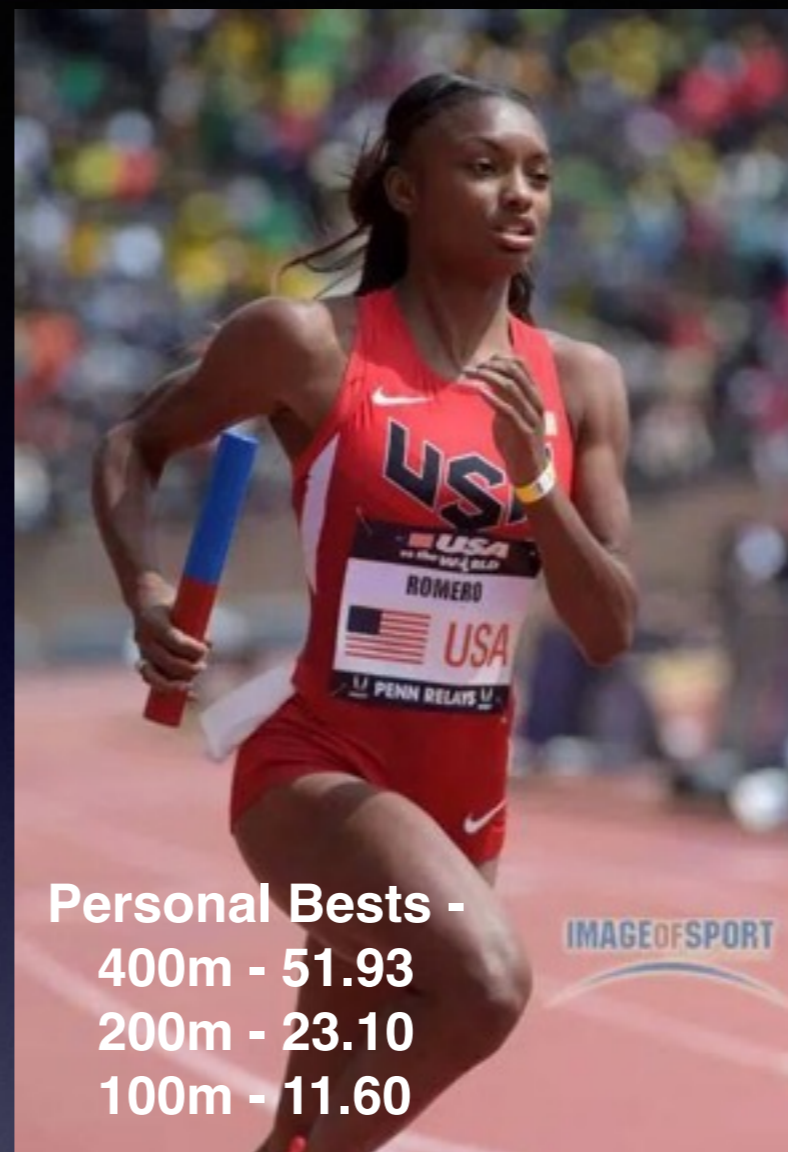
- Personalities & Egos
- The reason why athletes compete.
 - What makes them confident.
 - Are they dependent or independent.
- The environment in which they were raised.
- Every athlete is motivated by something...but different for each one.



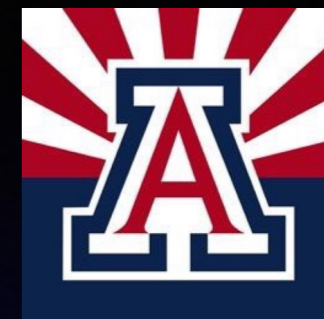
4x400m - 3:04.51



400m - 46.28



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




60m - 6.66



Freshman Record - 200m 23.70



2009 Jr. Pan Am Games -
M 4x100m 39.03



"The greatest good
you can do for another
is not just to
share your riches
but to reveal
to him his own."

(Benjamin Disraeli)

**The more grounded you are as a coach...
the better you are and the more confident
you are at coaching all athletes!**

THANK YOU...THANK YOU...THANK YOU!!!

ANY QUESTIONS???