

Model Coach Definition

A model coach is one who creates an environment in which:

Athletes would report that:

- they enjoyed being in the coach's program and wanted to return for another season with that coach.
- they learned a lot from the coach, not just skills and strategies of the sport, but also skills that would be helpful in other aspects of their life.
- the coach made them feel confident.

The parents of the athletes would report that:

- their child enjoyed the program and looked forward to participating in sport.
- their child had the opportunity to develop friendships with other participants.
- their child's self-esteem increased.
- their child's skill and fitness level increased.

The athletes, parents and program organizers would report that:

- the coach conducts him/herself in a mature and professional manner
- the coach has the interests of the athletes as a primary concern.
- the coach is well organized
- the coach provides challenging training sessions.
- the coach demonstrates respect for each of the participants being coached.
- the coach is able to communicate well with the participants.
- the coach provides good corrective instruction in a positive fashion.
- the coach is knowledgeable about the sport and about the development of athletes.
- the coach is an exemplary role model.