



## As A Coach I Am:

- **Advisor:** Advising athletes on the training to be conducted and suitable kit and equipment.
- **Assessor:** Assessing athletes performance in training and in competition.
- **Chauffer:** Transporting them to sporting events if parents or family are unavailable to take them.
- **Counselor:** Resolving emotional problems on the basis that sharing anxieties can be both relieving and reassuring.
- **Demonstrator:** Demonstrate to the athletes the skill you require them to perform. To achieve this it is important that you also keep fit.
- **Friend:** Over the years of working with an athlete a personal relationship is built up where as well as providing coaching advice you also become someone, a friend, who they can discuss their problems or share their success with. It is important to keep personal information confidential because if you do not then all respect the athlete had for you as a friend and coach will be lost.
- **Facilitator:** Identify suitable competitions for them to compete in to help them achieve their overall objectives for the year.
- **Fact Finder:** Gathering data of national and international results and to keep abreast of current training techniques.
- **Fountain of Knowledge:** This may be part of the advisor role in that you will often be asked questions on any sporting event, events that were on the television, diet, sports injuries and topics unrelated to their sport.
- **Instructor:** Instructing athletes in the skills of their sport.
- **Mentor:** When athletes attend training sessions you are responsible, to their parents and family, for ensuring that they are safe and secure. You have to monitor their health and safety whilst training and support them should they have any problems or sustain any injuries.
- **Motivator:** Maintain the motivation of all the athletes the whole year round.
- **Organizer and Planner:** Preparation of training plans for each athlete and organize attendance at meetings and coaching clinics.
- **Supporter:** Competition can be a very nerve racking experience for some athletes and often they like you to be around to help support them through the pressures. Role of a "Friend" and perhaps "Counselor" come in here too.