

EXPLORING THE CONTEXT OF COACHED MASTERS SWIM PROGRAMS: A NARRATIVE APPROACH

PARTICIPANTS

5 MALE, 5 FEMALE MASTERS SWIMMERS



ONTARIO, CANADA

- 45-65 YEARS OF AGE
- FORMALLY REGISTERED IN A SWIM CLUB
- RECENTLY REGISTERED IN SWIMMING EVENTS
- TRAINED REGULARLY WITH A REGISTERED COACH



RESULTS



SOCIAL SALLY



STRIVING STEPHANIE



CONTROLLING CONNOR

THREE MASTERS SWIMMER PROFILES

INTERESTED IN THE SOCIAL BENEFITS OF SPORT

LOOKED FOR MORE THAN COMPETITION AND PERFORMANCE

WANTED TO BE COACHED SERIOUSLY BUT ALSO HAVE COACHES RECOGNIZE THE SOCIAL ASPECT OF MASTERS SWIMMING

PREFERRED COACHES WHO ARE PATIENT AND ACCOMMODATE SWIMMERS' PREFERENCES

CONSISTENTLY COMPETITIVE DESPITE FEELING NO PRESSURE TO PERFORM

SOUGHT FITNESS & HEALTH BENEFITS BEYOND COMPETITION

RECOGNIZED THE COACH'S INFLUENCE ON PERSONAL STRIVING AND MOTIVATION

FELT THAT COACHES SHOULD PROVIDE INFORMATION IN DIFFERENT WAYS DEPENDING ON THE INDIVIDUAL & HIS/HER WANTS AND NEEDS

SOUGHT A COACHING PROGRAM THAT WAS INDIVIDUALIZED; DID NOT WANT TO BE SINGLED OUT BUT APPRECIATED RECEIVING TECHNICAL FEEDBACK FOR IMPROVEMENT

LIKED HAVING THE ABILITY TO CHOOSE WHEN TO ATTEND TRAINING

IN A MANAGERIAL ROLE AT THE CLUB, FELT THAT IT WAS THE ATHLETES' DUTY, AND NOT THE COACH'S, TO CONTROL OTHER SWIMMERS' BEHAVIOURAL ISSUES

WHAT DOES THIS MEAN?

MOTIVES FOR SWIMMING

1. HEALTH & FITNESS, PERSONAL STRIVING & CHALLENGE, SOCIAL MOTIVES FOR INITIATION & CONTINUED INVOLVEMENT



2. VALUED SOCIAL AFFILIATION AND MUTUAL CONNECTIONS



3. SOCIALIZED FOR TASK-RELATED PURPOSES



4. SOCIALIZED IN ORDER TO VALIDATE SENSE OF STATUS



PERSPECTIVES ON COMPETITION SELF-COMPETITION VS. COMPETITION AGAINST OTHERS

1. READILY LABELLED THEMSELVES AS COMPETITORS



2. RELUCTANT TO LABEL THEMSELVES AS COMPETITORS; ONLY ADMITTED TO IT PRIVATELY



EXPERIENCES SPECIFIC TO BEING A MASTERS SWIMMER

1. BELIEVED IN A SHARED LEADERSHIP BETWEEN COACH AND ATHLETE



2. RECOGNIZED THEIR LONG-TERM PARTICIPATION AS A CUMULATIVE INVESTMENT AND A DUTY TO CONTINUE IN THE SPORT



3. "OWNED" DECISION TO PARTICIPATE; VOLUNTARILY MADE SPORT A PRIORITY



PERSPECTIVES ON BEING COACHED

1. HELD A DESIRE TO PLEASE THE COACH; COACHES REINFORCED THEIR EFFORT AND BEHAVIOUR



2. WANTED COACHES TO TREAT THEM AS "CLIENTS", CATER TO THEIR WANTS & NEEDS, AND ENGAGE THEM IN DECISIONS



3. BELIEVED COACHES SHOULD GIVE EQUAL TIME AND OPPORTUNITY TO ALL ATHLETES REGARDLESS OF SKILL LEVEL



4. SOUGHT COACHES WHO EXEMPLIFIED SERIOUSNESS THROUGH STRUCTURED TRAINING

