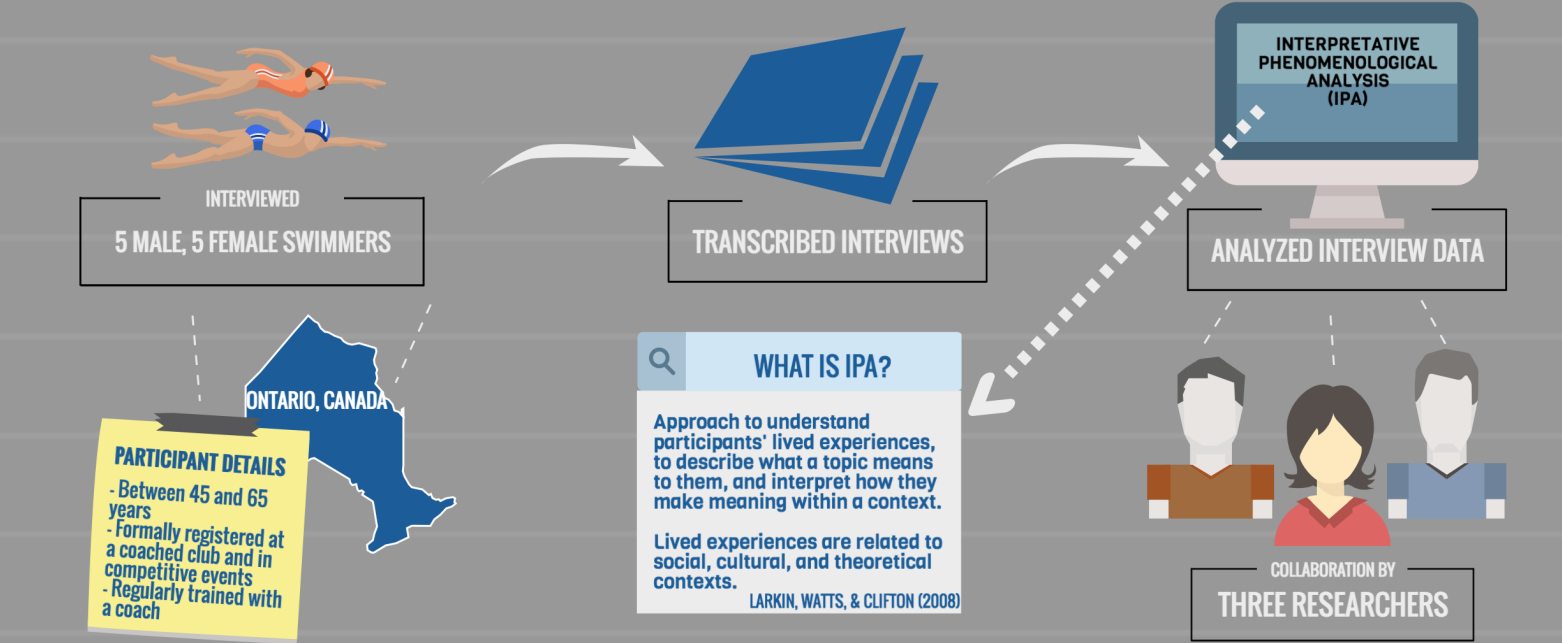


MASTERS SWIMMERS' EXPERIENCES WITH COACHES: WHAT THEY WANT, WHAT THEY NEED, WHAT THEY GET



RESULTS

WHAT THEY GET

BENEFITS OF HAVING A COACH ✓

SWIMMING SPECIFIC

↑ Self-efficacy, skill & performance, interest in swimming, group involvement

NON-SWIMMING SPECIFIC

↑ Overall health, interest & participation in other sports, personal development

WHAT THEY WANT & NEED

INSTRUCTION ⓘ

FEEDBACK

Responding to individual needs: feedback that is positive, constructive, and challenging

STRATEGIES

One-on-one, intellectual stimulation, video

COACHES' INTERACTIONS RELATING TO COMPETITION 🏆

UNIQUE EXPERIENCE OF HAVING COACHES COMPETE ALONGSIDE MASTERS SWIMMERS

BEFORE COMPETITION

Want coaches to provide specific rules, strategies, and registration information for competitive edge

AFTER COMPETITION

Want coaches to provide specific information, support, and feedback related to their performance

WHAT DOES THIS MEAN?

WHAT THEY GET	Masters swimmers described their coach's influence on their development inside and outside of swimming
WHAT THEY NEED	Masters swimmers described needing coaching approaches that differed than those used with youth
WHAT THEY NEED	Knowles et al. (2012)'s andragogical (i.e., adult learning) principles may explain what the Masters swimmers were describing as different coaching approaches
WHAT THEY WANT	Masters swimmers wanted coaches who were caring, professional, relatable, and supportive, and who helped build self-efficacy and interest in the sport
WHAT THEY WANT	Masters swimmers liked coaches who were attentive to individual needs, gave instructional feedback, and held them accountable

PLANNING STRUCTURAL ELEMENTS 📅

AT PRACTICE LEVEL

Challenging and variable schedule that is structured

AT PROGRAM LEVEL

Long-term plan for training season that allows for flexibility

CHARACTERISTICS OF THE COACH 🧑

Experience & professional development

Professional, reliable, relatable, friendly, wholly involved, mutual loyalty and reciprocal caring

