

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



INTERVIEWED

5 MALE, 5 FEMALE SWIMMERS



PARTICIPANT DETAILS
- Between 45 and 65 years
- Formally registered at a coached club and in competitive events
- Regularly trained with a coach

TRANSCRIBED INTERVIEWS

INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS (IPA)

ANALYZED INTERVIEW DATA

WHAT IS IPA?

Approach to understand participants' lived experiences, to describe what a topic means to them, and interpret how they make meaning within a context.

Lived experiences are related to social, cultural, and theoretical contexts.

LARKIN, WATTS, & CLIFTON (2008)



COLLABORATION BY
THREE RESEARCHERS

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

