

# **Facilitating Access to Online Resources for Masters Coaches**

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**ECSEPS 2018**

**Cape Breton University**



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# The Art of Coaching Adults in Sport"

## Masters Coaches (MCs)

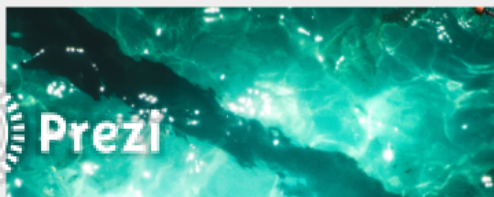
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- Refers to coaches that work with Masters Athletes (MAs). These are adult athletes typically over 35 years of age, that train regularly to compete in sport (Weir, Baker & Horton, 2010).
- It is a fast-growing cohort.
- According to research, up to 70% of serious-minded MAs report having a coach, especially in sports like swimming, rowing, canoe/kayak, skiing and athletics (Medic et al., 2005; Young & Medic 2011).

## Research Program

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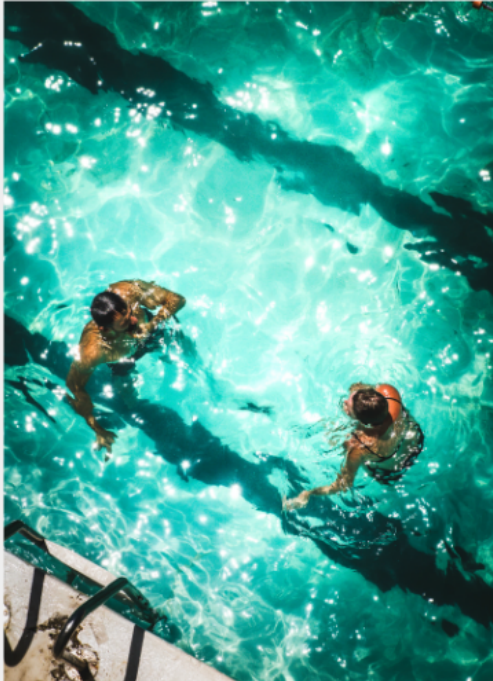
- **Masters Swimmers want coaches to:** have experience and knowledge, hold athletes accountable, plan and structure training and competition (Callary, Rathwell, & Young, 2015)



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## Research Program

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- **Masters Swimmers want coaches to:** have experience and knowledge, hold athletes accountable, plan and structure training and competition (Callary, Rathwell, & Young, 2015)
- **Masters Swimmer groups are heterogeneous:** different motives, competition, personal characteristics, and want coaches to know when, how, and to whom to give feedback (Rathwell, Callary & Young, 2015)
- **Differences in coaching adults and youth:** coach provided greater opportunities for self-direction, questions, autonomy with adults; directed & controlled youth group (MacLellan, Callary & Young, 2018)
- **Masters coaches** sometimes apply adult learning principles, and generally want more information about how to coach adults but have trouble finding sources (Callary, Rathwell, & Young, 2018)



## Online Material

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### Purpose

Fill the gap in online material regarding considerations of relational and psychosocial issues of *how* to coach MAs

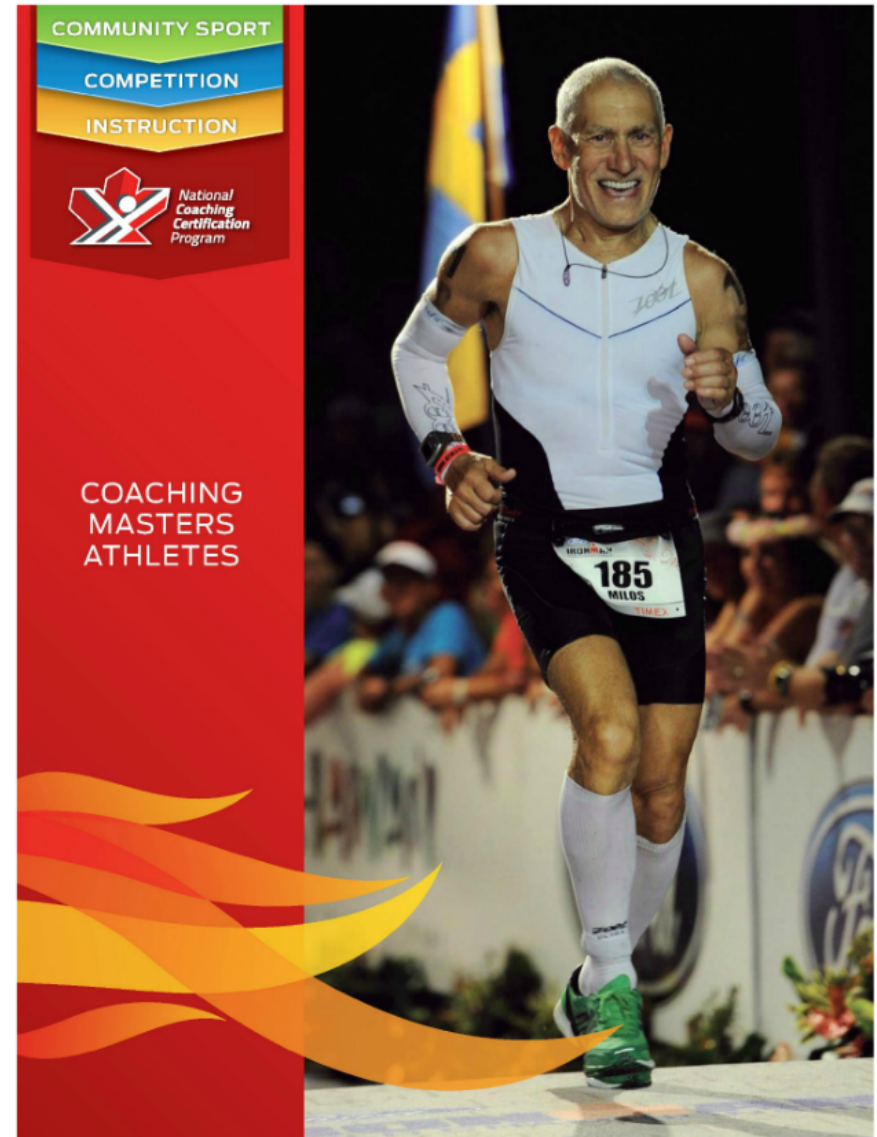
### Systematic Review

#### Canada

- Coach Association of Canada booklet
- Masters Swimming Canada website

#### International Context

- Internationally, there is a paucity of material on “how to coach adults”
- Sports New Zealand: Coach Development Modules
- Sport Coach UK: 2012 research survey a to learn better coaching strategies



# Research Dissemination

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## CoachingMastersAthletes.com

- Key component to the program of research
- Aiming to provide a credible online platform where Masters Coaches can gain empirical information on the psycho-social aspects of coaching
- Featured in a World Rowing Federation interview with Masters student, Justin MacLellan



# Features



## - ARTICLES -



Full-length published articles for those who want the complete picture of our research.

[Read more →](#)

## - RESEARCH BITES -



Research-based posters, infographics, and information with easily digestible take home messages.

[Read more →](#)

## - TOOLS -



Tools (measures, surveys, handouts, etc.) to use for your own professional development based on our research.

[Read more →](#)

## - PARTICIPATE -



There is on going research that you can take part in. For more details and to participate, [Read more here →](#)

## - LINKS -



Links to international resources.

[Read more →](#)

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# Thank you



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- Questions and comments
  - Grant provided by: Social Science and Humanities Research Council of Canada

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