



# A synthesis of research: A Masters coach facilitation of developmental outcomes

Ciera Disipio, Catalina Belalcazar, & Bettina Callary

Dr. Callary and Dr. Young's program of research Coaching Masters Athletes has grown since 2013 to include Dr. Rathwell and a number of students in several research studies that illuminate psychosocial issues of working with a fast-growing and understudied cohort of Masters Athletes.

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## WHY WAS IT IMPORTANT TO DO THIS RESEARCH PROJECT?

Coaches have an influence on their athletes, including their improvement in sport, but also other outcomes associated with quality sport experiences. This project explores the reflections of a coach over the course of a season to note what actions she perceives have an influence over her MAs' growth in and through sport.

## WHAT IS THE RESEARCH GOAL?

The purpose of this undergraduate honours thesis is to examine the reflections of a coach to understand how she perceived that her actions facilitated potential developmental outcomes for her MAs.

## HOW WAS THE PROJECT DONE?

In this single case study design, one female alpine ski coach's reflections of her training sessions throughout one season were audio recorded and transcribed. Data was analysed according to themes that were developed. Thematic analysis was used to interpret the data.

## WHY SHOULD YOU KEEP READING?

This study uncovered key developmental outcomes that a Masters coach tries to develop, which other Masters coaches, coach developers, or even Masters athletes themselves may be interested in understanding, highlighting the importance of specialized coaching for MAs.

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## WHAT WERE KEY FINDINGS?

- The findings from this study indicated that the coach's approaches catered to developing in her MAs high levels of *connection* through social interactions between coach and MAs, and between the MAs themselves.
- She developed sport-specific skill acquisition, working on MAs' *competence and confidence* on snow.
- The coach perceived that she developed the MAs' abilities to *challenge* themselves competitively.
- The coach noted the importance of developing the MAs' *enjoyment* in participating as part of a Masters ski group.
- The coach perceived she influenced MAs' *cognitive development* by providing intellectual stimulation; namely by sharing useful information, facts about ski topics in general or individualized feedback about MAs' skiing.

## REFERENCES

[Currie, C., & Callary, B., \(2017\). A coach's facilitation of developmental outcomes in Masters Athletes. Unpublished honours thesis. Cape Breton University.](#)

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