Facilitating Access to Online Resources for Masters Coaches

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Masters Coaches (MCs)

- 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

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

- **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

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

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 ongoing research that you can take part in. For more details and to participate, Read more here →

- LINKS -

Links to international resources.
Read more →

- CONTACT US -

For inquiries or further information you can contact us!
Contact us here →
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Thank you

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