

infosheet

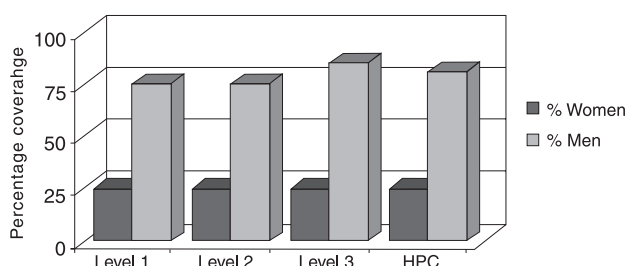
Women as Coaches

Women are significantly under-represented in sports coaching, especially at elite levels and the highest levels of coaching accreditation. Coaches play an integral role in developing, motivating and leading those involved in sport and physical activity at any level and can also be role models for athletes and other coaches. To give athletes and other coaches access to the best and widest range of skills, experiences and opinions, it is essential to increase the numbers of women in coaching positions.

Gender breakdown of accredited coaches in NSW, 1998-99

	Males		Females	
	Number	%	Number	%
Level 1	26,217	75%	8,934	25%
Level 2	2,783	76%	880	24%
Level 3	287	85%	50	15%
HPC	25	81%	6	19%

(Source: NSW Sports Development Program, excluding peak industry bodies 1998-99; HPC = high-performance coach)



- In Australia, 1998-99 Australian Sports Commission figures report that women make up 30% of level 1 (the lowest level of accreditation), 18% of level 2, and 11% of level 3 accredited coaches.

- New South Wales has a higher percentage of female level 2 (24%) and level 3 (15%) coaches than the national average.
- In 1998-99, 28 (21%) of the 136 New South Wales Institute of Sport coaches were women.

Why Women Don't Become Coaches

Women give these reasons for not participating in coaching:

Time

- Coaching at any level involves a significant time commitment, including after-hours training, travel and weekend competitions.
- Many athletes turn to coaching after retiring from sport. Athletes are now competing to an older age before focusing on areas outside of sport (for example, career and family).

Confidence and support

- Often women do not have enough confidence in their skills and abilities to coach.
- Because there are few women coaches in many sports, there is often little support or encouragement - and there are few role models - for new female coaches.

Perception

- Many sporting organisations and athletes have a preference for male coaches. Some athletes (of both sexes) believe that male coaches are tougher, stronger and more motivating.

Sources

The information on this fact sheet was drawn from these publications and organisations: National Coaching Accreditation Scheme Database Report (1999) Canberra: Australian Sports Commission; New South Wales Institute of Sport Annual Report, 1998-99 (1999) Sydney: New South Wales Institute of Sport; NSW Sports Development Program 1998-99 (1999) Sydney: NSW Department of Sport and Recreation

