

Coach Nudge#12

We are in your coaching corner



Effectively supporting female athletes

To be most effective supporting female athletes, it may be useful to consider the bigger picture.

Here we will work through three different levels of consideration:

1. How societal beliefs may impact what is acceptable in your gym
2. How common practices in your organisation affect female boxers
3. What things you might consider when supporting individual boxers



Let's take a look at the bigger picture

In our society, a lot of people don't think women's boxing is as good as or as important as men's boxing. Some people even say "women shouldn't box".



- How do these views impact what goes on in your gym?
- Do you ever notice yourself or other coaches favouring male boxers?
- Are male and female boxers given the same amount of support and opportunities?
- How have recent media stories impacted you and your practices toward your female boxers?

We all have a responsibility – how might you reflect on your own biases?

What's happening at the organisational level?

The deep structures of sport organisations can often reinforce gender inequalities.

- Do you notice any financial differences in facilities or support provided for female athletes?
- Do female boxers have as much opportunity to progress at youth level before reaching the elite level? What challenges might female boxers face when they're fast tracked through the system?
- How many females are represented in leadership or management positions? How do you think that might impact the decisions being made that shape the culture at your gym?
- What type of banter is common in your gym? Do people make sexist jokes? How might hearing these jokes everyday impact a female athlete?

We all have a responsibility - what can YOU do to challenge or change the current processes?

Supporting the individual

Rather than generalising on how best to support a female athlete, the focus should be on treating each athlete as an individual.

- Is it always effective to treat every boxer, male and female, exactly the same?
- How do you react when a boxer displays emotions (sad, angry, nervous, happy)?
- In recent years, athletes are asking more questions about their training. How can you provide them with more information about their training and the reasons for doing specific sessions?
- Is there a way that you can involve your boxers more in your decision making processes?
- How can you provide your boxers a safe space to raise concerns?

We all have a responsibility – what can you do to better support your boxers on an individual basis?



Think:

Consider how societal views on gender and female boxing impact your female boxers' approach to training and performance.



Think:

Consider how you can make trainings sessions varied, fun, structured, challenging and tailored?



Think:

Listen to your athletes and think about ways you can involve them in decisions that affect their training and performance.



Think:

Every athlete is unique. Try to understand the challenges they face in balancing being an athlete with the other demands in their lives.



Think:

Keep lines of communication open and where possible provide regular feedback, both positive and constructive.

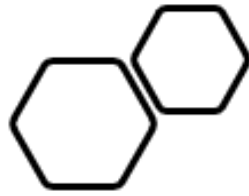


Think:

Get to know the **individual** athlete and try to understand what they want from you as their coach.



A Coach Reflection from
the 2020 Coaching
Scrapbook



**Boxing is
Boxing,
however every
Boxer is
different**

