

**Interview Procedures – Coaching Development**

Name: \_\_\_\_\_ Gender: M F

Main sport currently coaching: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Telephone #: \_\_\_\_\_ Email address: \_\_\_\_\_

Country of Residence: \_\_\_\_\_

Occupation: \_\_\_\_\_

Level of formal education (Tick all relevant boxes and provide details where possible):

High School \_\_\_\_\_

Community College/TAFE: (area of specialization) \_\_\_\_\_

College/University - Undergraduate: (area of specialization) \_\_\_\_\_

College/University – Honours/Master’s: (area of specialization) \_\_\_\_\_

College/University - Doctoral: (area of specialization) \_\_\_\_\_

Other: \_\_\_\_\_

Coach accreditation in [Sport] through National Coaching Accreditation Scheme

Level 1 \_\_\_\_ Level 2 (Year) \_\_\_\_ Level 3 (Year) \_\_\_\_

Level 4 (Year) \_\_\_\_ Level 5 (Year) \_\_\_\_

Other (please specify award and year of attainment): \_\_\_\_\_

Years of coaching experience in [Sport]: \_\_\_\_ ; Years of coaching at present level: \_\_\_\_

Please list any coaching awards/recognitions that you have won in your career at all levels of coaching:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please list all coaching-related organizations in which you have held membership at some point in your coaching career.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 1. Athletic Profile

### Chart 1A: Athletic Activities

#### Column 1: Fill in Sport Activities Participated in

Focus on the sport activities that you have participated in throughout your entire life and please tell me about each sporting activity that you participated in on a regular basis. Sporting activities refer specifically to organized sport involvement, with a coach, practice, and competition (not leisure activities). Please list all levels (i.e., Kanga cricket, Junior soccer, etc.) of these sporting activities.

#### Columns 2&3: Fill in Start Year and End Year

For each sporting activity, please indicate the years in which you participated in the sport. Use a new line if you started playing the same sport again after some time off. See example.

#### Column 4: Fill in Total Years for per Sport

For each sport please indicate how many years you participated in that sport for that period of time.

### Chart 1B: Athletic Activity Profile

#### Column 1: Fill in Sport and Years Played

For each sport that you participated in, please indicate the years that you played that sport.

#### Column 2: Fill in Sport Level

For each sporting activity, please indicate the sport level. Please restrict your information to participation in organized sport activities (leisure activities are excluded).

1 – **Recreational/participation sport coaching context** = emphasis on participation over competition, basic skill development, low intensity and commitment, formal organization but irregular and local involvement, and athletes are not selected based on level of ability. Recreational sport coaches may work with athletes at all ages, from young children to adult (i.e., recreational leagues, adult clubs).

2 - **Developmental performance sport coaching context** = more formal competitive structure, an increasing commitment from athletes and coaches, a stable relationship between athletes and coaches, and athletes are selected based on level of ability. Performance is the primary goal of participation with commitment to preparation (e.g., include high school competitive sport, university athletics, local or regional sport clubs, representative youth teams and adult competitive sport that is neither full-time nor professional).

3 - **Elite sport coaching context** = characterized by the highest levels of athlete and coach commitment, intensive preparation and involvement, public performance objectives, highly structured and formalized competition, coaches who typically work full-time as a coach, and very demanding and restrictive athlete selection criteria. Examples of the elite sport coach context include college athletics in many countries, national and Olympic teams, and professional athletics.

**Column 3: Fill in Assigned Leadership**

For each sporting activity please indicate if you were assigned any specific leadership roles or special responsibilities (i.e., captain, assistant captain, etc.).

**Column 4: Fill in the Role of Participation**

For each sporting activity please indicate if you were a starter (i.e., first string) or a non-starter (i.e., second string or reserve).

**Column 5: Fill in Months per Year (Competition)**

For each of the activities that you have participated in, try to recall the number of months per year you were regularly involved in competition in that sport.

**Column 6: Fill in number per Year (Competition)**

For each of the activities that you have participated in, try to recall the average number of competitions per year that you were regularly involved in competition in that sport.

**Column 7: Fill in Months per Year (Training)**

For each of the activities that you have participated in, try to recall the average number of months per year that you trained or practiced in that sport.

**Column 8: Fill in Hours per Week (Training)**

For each of the activities that you have participated in, try to recall the average number of hours per week that you trained or practiced in that sport.

**Column 9: Fill in Overall Ability at Each Level**

Please rate your overall ability at each level of activity that you listed. For each sport please compare yourself to other individuals at the same level. Rate your overall ability for each level of activity on a scale from 0 (lowest) to 10 (highest).



## Chart 2B: Coaching Activity Profile

### Column 1: Fill in Sport and Year

For each coaching activity, please list the sport coached and the year(s) you coached that sport.

### Column 2: Fill in Your Role on the Coaching Staff

For each sport that you have coached, please list your role on the coaching staff (i.e. head coach, assistant coach, specialty coach).

### Column 3: Fill in Age of the Athletes Coached

For each sport that you have coached, please list the age of the athletes you coached.

### Column 4: Fill in the Gender of the Athletes Coached

For each sport that you have coached, please list the gender of the athletes you coached.

### Column 5: Fill in Level of Competition

For each sport that you have coached, please list the sport level of the athletes.

- 1 - **Recreational sport coaching context** = emphasis on participation and leisure over competition, basic skill development, low intensity and commitment, formal organization but irregular and local involvement, and athletes are not selected based on level of ability. Recreational sport coaches may work with athletes at all ages, from young children to adult (i.e., recreational leagues, adult clubs).
- 2 - **Developmental sport coaching context** = more formal competitive structure, an increasing commitment from athletes and coaches, a stable relationship between athletes and coaches, and athletes are selected based on skill level. Examples of the developmental sport context include high school varsity athletics, local or regional sport clubs that restrict participation based on athlete skill level, and adult competitive sport that is neither full-time nor professional.
- 3 - **Elite sport coaching context** = characterized by the highest levels of athlete and coach commitment, intensive preparation and involvement, public performance objectives, highly structured and formalized competition, coaches who typically work full-time as a coach, and very demanding and restrictive athlete selection criteria. Examples of the elite sport coach context include college athletics in many countries, national and Olympic teams, and professional athletics.

### Column 6: Fill in the Number of Coaches

For each different coaching position you held, please provide the number of coaches that were on the coaching staff.

### Column 7: Fill in In-Season (Training) Time Commitment

For each of the sports and seasons coached, please list the number of months per year and number of hours per week that you were involved in coaching practices or training athletes. Please list only the number of contact hours you spent with your athletes in training.

### Column 8: Fill in In-Season (Competition) Time Commitment

For each of the sports and seasons coached, please list the number of months per year and number of competitions per year that you were involved in coaching (i.e. games, tournaments, or events).

Column 9: Fill in In-Season Preparation/Administration

For each of the sports and seasons coached, please list the number of hours per week that you were involved in preparation or administrative activities during the competitive season (i.e. practice preparation, competition strategies, recruiting, scouting, etc.).

Column 10: Fill in Off-Season Training

For each of the sports and years coached, please list the number of hours per week and number of months per year that you were involved in training athletes during the off-season. Off-season training includes all the time that you spent training and interacting with athletes during off season camps or clinics.

Column 11: Fill in Off-Season Preparation/Administration

For each of the sports and seasons coached, please list the number of hours per week that you were involved in preparation or administrative activities during the off season (i.e. practice preparation, competition strategies, recruiting, scouting, etc.).

Column 12: Formal Coach Training

For each year, please list the number of hours per year that you attended coaching clinics or classes (do not include hours for clinics you taught). Please list all educational courses related to coaching or sport science that were completed outside of a formal degree in physical education or kinesiology.

Column 13: Mentoring

For each year, please indicate the names of Mentors who you have regularly communicated with (several times for that year) in developing your coaching. A mentor is someone who you respected as a coach who subsequently helped shape your development as a coach.

**At the end of the interview, please ask the participant to review their responses to ensure the accuracy of the data supplied.**









