

we
coach
educating & empowering through **sport**

1. To provide cutting-edge, research-based educational workshops for females who coach (or want to coach) at the interscholastic and youth levels
2. To provide an opportunity for female coaches to build community, network, and develop on-going support for each other throughout their coaching tenures
3. To attract, develop, and retain diverse female coaches



What is We Coach?

We Coach is an educational and networking resource for women who coach (or want to coach) youth or interscholastic sports. We Coach workshops—delivered by women for women—will be offered throughout the year.

The reason the **We Coach** initiative is so important is that despite the passage of Title IX in the early 1970s, there has been a dramatic decline nationally in the number of intercollegiate female head coaches in women's sports, from 90% in 1972 to 43% currently. This trend is also evident across Minnesota. While historic data from our state are unavailable, according to the Minnesota State High School Coaches Association, females make up only about 20% of interscholastic head coaches.



Why We Coach?

Women in sports have been disproportionately discriminated against socially, educationally, and occupationally, and thus have not enjoyed the benefits of equal opportunity. The decline of women in head coaching roles impacts girls and women in a variety of ways.

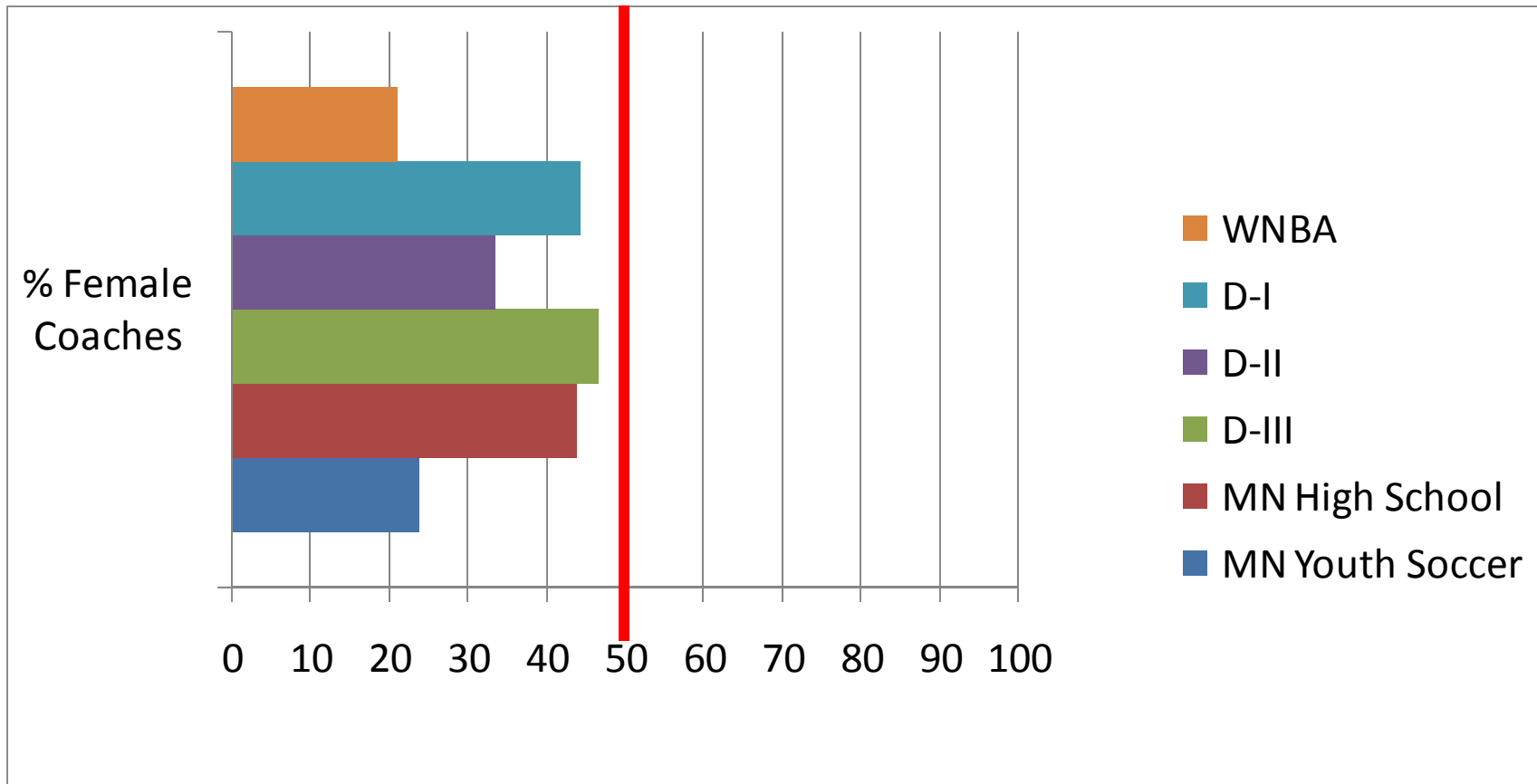
Research shows female athletes who have never been coached by a female often believe that male coaches are more competent than female coaches. In the absence of female coaches and role models, female athletes may devalue their own abilities, accept negative stereotypes, fail to realize their potential, or consider coaching as a viable career path themselves. In addition, research indicates that coaches cite formalized mentoring as the most important factor in their acquisition and development of coaching knowledge and expertise.

Access and exposure to female role models in positions of leadership (i.e., power) is particularly important to girls, as they have fewer such role models in their lives than do their male counterparts—this is especially true in sport. Females are more likely to emulate and identify with a matched-gender role model, and the success and visibility of other females may have a positive impact on girls' motivation and self-perceptions.

Female coaches are role models by proxy—examples of leaders to which girls can strive. Females in positions of power may also help challenge outdated beliefs and stereotypes of gender and power. Coaches hold a great deal of power and importance in the lives of children and youth, and when females occupy coaching positions it provides evidence, for boys and girls, that women can succeed and be powerful.

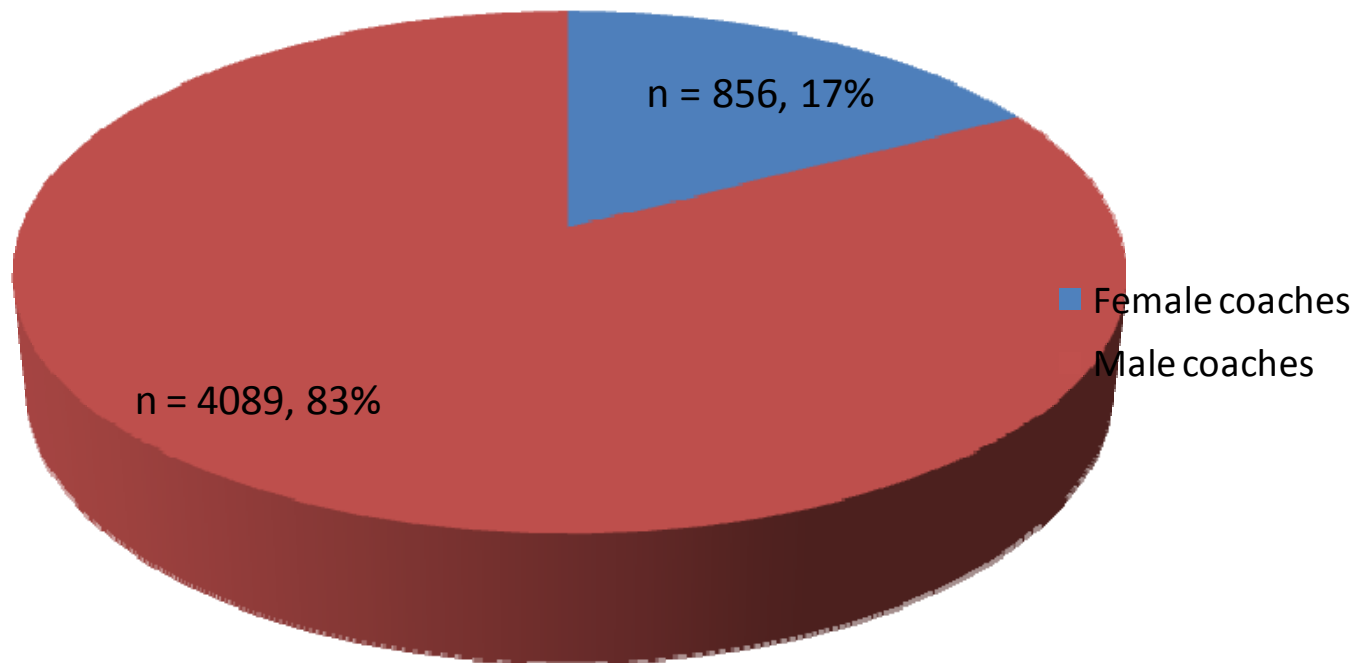


% of Female Head Coaches of Female Athletes by Level of Competition (2008)



Minnesota State High School Coaches Association Head Coaches by Sex (n = 4945) (2007-2008)

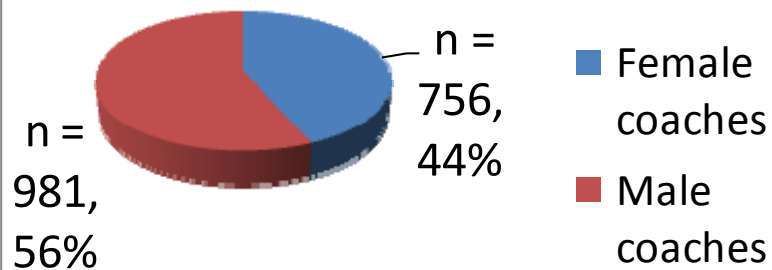
Number and % of high school head coaches by sex



Minnesota State High School Coaches Association Head Coaches by Sex of Athlete (2007-2008)

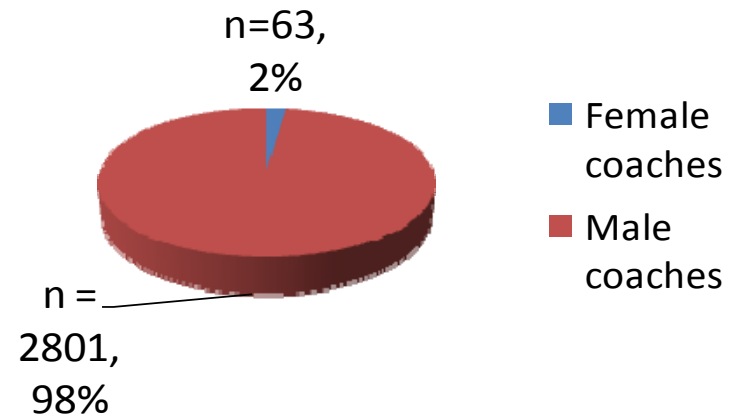
Head Coaches of girls' teams (n = 1737)

% of head coaches by sex for girls' teams



Head Coaches of boys' teams (n=2864)

% of head coaches by sex for boys' teams





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