The Importance of Mentoring in the Development of Coaches and Athletes

GORDON A. BLOOM*, NATALIE DURAND-BUSH**, ROBERT J. SCHINKE***, and JOHN H. SALMELA**

* California State University, Fresno, USA.
** University of Ottawa, Canada.
*** University of Alberta, Canada

Mentoring has been considered an increasingly important element of coaching development programs. It occurs when a teacher willingly invests time in the personal development of a student or athlete, when a trusting relationship evolves, needs and interests are fulfilled, and imitation of behavior takes place. The purpose of this study was to examine the mentoring experiences of expert team sport coaches. More specifically, the intent was to determine if any of the coaches were mentored through their development as athletes and subsequently as coaches, and if in turn they mentored other athletes and coaches during their careers. Open-ended semi-structured interviews were conducted with 21 coaches. The data were analyzed inductively using qualitative procedures outlined by Côté and colleagues (1993, 1995). Results revealed that most coaches were mentored by more experienced coaches during both their athletic and early coaching careers. As a result, they gained valuable knowledge and insights that helped shape their coaching philosophies and enhanced all facets of their performance. Once they reached a level of expertise in their field, they themselves began to mentor athletes and younger coaches. The benefits of establishing structured mentoring programs for developing coaches and athletes are highlighted throughout the article.

KEY WORDS: Coaching, Mentoring.

Mentoring is a process that requires further research and is believed to lead to high levels of success in both personal and professional endeavors (Merriam, 1983). In sport, it is evident that the role of the expert coach entails more than teaching individuals how to shoot correctly or how to dribble.
Coaching, counseling, and mentoring are important to increase employee's skills, performance, and productivity. How can you apply for a coaching mentoring job? You can apply for a coaching mentoring job at any college or high school that has openings for the subject position.

Coaching is simple. It provides you with the opportunity to help other people who might not be as high up as you in the workplace. As opposed to counseling and mentoring, what role do supervisors play when coaching employees? The importance of coaching is simple. It provides you with the opportunity to help other people who might not be as high up as you in the workplace. The importance of coaching is simple. It provides you with the opportunity to help other people who might not be as high up as you in the workplace.

Benefits of coaching and mentoring in organizations. Links to good management. Corporate strategy.

Coaching is concerned primarily with performance and the development of definable skills. It usually starts with the learning goal already identified. The most effective coaches share with mentors the capability to help the learner develop the skills of listening to and observing themselves, which leads to much faster acquisition of skills and modification of behaviour. Coaches also share with mentors the role of critical friend — confronting executives with truths no one else feels able to address with them. The importance of mentoring in the development of coaches and athletes. International Journal of Sport Psychology, (29), 267-281.

Principles for youth development. The term youth development is used in at least three different ways, referring to a natural process of development, principles, and practices. All three are important, and they are logically related. A natural process. Youth development has traditionally and is still most widely used to mean a natural process: the growing capacity of a young person to understand and act on the environment. In this usage, it is identical to child or adolescent development. A mentoring partnership can be rewarding to both people, personally and professionally. It's an opportunity to develop communication skills, expand your viewpoints, and consider new ways of approaching situations. And both partners can advance their careers in the process. In this article, we'll look at what mentoring is, and discuss the reasons why you might enter into a mentoring partnership. Should you offer to help others, or ask for help from someone else or both? We'll also explain how mentoring differs from other types of professional career development relationships. What Is Mentoring? Me...