

# Who Wants To Talk?

## Are You Comfortable with Communicating with Your Coach? <sup>3</sup>

Over 50% of UVA student athletes say they are comfortable speaking with their coach about injury, playing time, academics and personal life.

## Best Ways to Reach Out to Your Coach <sup>3</sup>

- UVA Student athletes have a wide range of ways to communicate with their coach.
  - The first preferred is Texting, followed by speaking to them in person, then email and finally a phone call.
- Find out from your coach the best way to communicate with them.

## When to Text, Call, or Speak to My Coach in Person? <sup>2</sup>

Do you want to ask about a practice and class conflict?  
**Email your coach!**

Are you running late to a meeting or to practice?  
**Call your coach!**

Are you concerned with your playing time or your practice performance?  
**Speak with your coach in person!**

Did you get into some trouble over the weekend or did something that goes against team policies?  
**Speak with your coach immediately! Don't try to hide anything. It's better to find out this information from you rather than from someone else.**

## Don't Be Afraid to Speak Up to Your Coaches, They Want to Help You <sup>1</sup>

Kevin Sauer (Women's Rowing) suggest to speak to upperclassmen if you don't know how to approach your coach about a situation.

## Advice from UVA Fourth Years <sup>2</sup>

Over-communicate, over-communicate, over-communicate. While you may feel like you're annoying your coach, training staff, etc., you're not; it's their job to know what's going on with you on the track, field, classroom, whatever. Doing so will pay off in the long run.

- Kiana Hairston, Track and Field '18

Note to younger years: Do not be afraid to talk to your coach! You may be the young person around but your opinion and voice matters!

- Quin Blanding, Football '18

## Experiencing Conflict? Talk to the Experienced

### Sports Psychology

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### Sources

1. Interview with Sauer K. (2018, March 14) Women's Rowing, ks9a@virginia.edu

2. Interviews and discussions with student athletes

3. Electronic survey conducted in Spring '18; UVA Student athletes



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