

## COACH As An Acronym

Why do you coach? How do you coach? And who are you as a coach?

Questions which may have answers in the letters that spell out the word coach.

Let us look at the letters C O A C H and find words that apply to we coaches as there must be a number of words apt to the description, role, craft of the coach.

### C

- Catalyst for people wanting to develop as bowlers
- Contribute enjoy giving of oneself
- Committed establish and foster that culture of commitment in the coaching environment
- Challenge respond to the keenness and enthusiasm of the players to learn, share and enjoy
- Care about how important self progress can be to an individual and thus keen to foster someone's level of self esteem through bowls
- Culture that reflects your style and standards of coaching
- Creative in your training
- Core values held such as integrity and dignity and excellence
- Critical in your assessment of your own coaching, a player performance
- Cohesion know how to enhance team cohesion
- Character required in players
- Confident in your coaching, in your preparation of players
- Concede to others when you are mistaken, or, when another has an idea or program superior to your own
- Certainty in your messages to players
- Conflict willing to deal with conflict
- Communications IT, verbal, formal, media, interaction(s),
- Computers social media
- Constructive-feedback mentality when dealing with players

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**O**

- Obligation take a serious responsibility that will enable players to develop their optimum level
- Opportunity a buzz from the fact players feel you have something to offer to guide them
- Observer developed this sense of skill observation and can impart that reasonably well
- Organizer of programs, squads, schedules
- Originator if possible of novel sessions
- Oneness being your influence in everyone being as one in a team / squad / program
- Outcomes set down as goals and objectives and results
- Openness in all dealings with all people
- Ownership of your singular approach to your coaching

**A**

- Attitude encourage others to gain the enjoyment I derived from sport
- Achievement-with others I want to constantly strive to develop, strive to excel
- Analytical have measures, objectives, appraisals and audit to make decisions on coaching and player performance
- Adaptable to the needs and feelings of players
- Accountable for your approach
- Available for personal interaction with players
- Aspirations of players paramount
- Awareness of human frailties, of team dynamics and dysfunction
- Acquisition of skills a requirement of coaching
- Appraise oneself, the players, the program
- Acknowledge-everyone on a personal level, and those who do well
- Avoidance of behaviours such as harassment, abuse, demeaning
- Attention to detail, to player needs

- C** already listed above

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**H**

Holistic      value the fact someone has helped me along the way,  
Helpful      learn from others with others  
Health and happiness - what a hoot being vibrant about something with  
someone else, the player, equally enthused about their bowls  
HP            high performance as an aim as a coach, for the players  
Heroes        to be highlighted, recognized, make headlines  
Honesty      in all your dealings  
Hard nosed   about maintenance of standards  
Happy        being the coach, fostering such a mood in the squad  
Humane      we are all human beings with emotions, highs & lows

Can you identify yourself in any of the numerous descriptions within  
the letters....coach?

Hope so!

**Lachlan Tighe, 2021**