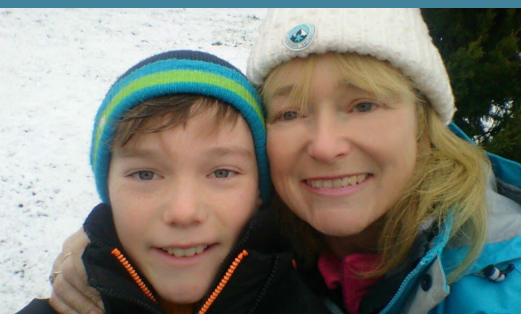
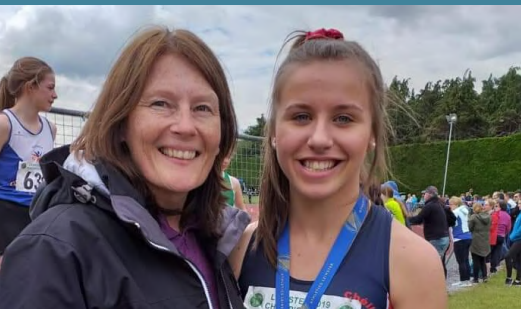


COACH IN THE CORNER

WOMEN IN SPORT EDITION-INTERVIEW SERIES



Women in Sport Edition





Theresa Kinane-Greystones AC

Events: all ages from Little Athletics to Fit4Life & everything in between. Distance running and hurdles for the teens and older gang

Coach in the Corner- The Women in Sport Edition aims to recognise the contribution, commitment and dedication of some of our female role models and leaders. The unparalleled commitment given by these women must be recognised and celebrated, because without them, we would have no athletics. Over the next number of weeks, we will showcase some of the most influential coaches who have made enormous impacts on their local, provincial and national communities.

We hope this interview series will encourage more females to get involved, create an understanding of the pathways that exist for personal development and highlight the opportunities the sport can give us!

How did you get involved in athletics?

I got involved with the local Community Games in the 90's when my kids started to compete and as a runner myself I was particularly drawn to the athletics. Seeing how much our kids were enjoying athletics and aware of the disadvantage they were at trying to compete against those who trained regularly, a few of us decided to try to get a local club going again and in Jan 1997 Greystones & District AC was born. It's been a roller coaster ride ever since, but 23 years on I'm still loving it!



Who or what has helped you as a coach?

I was very fortunate that a well established coach, Noreen O'Reilly, in another Wicklow club took me under her wing from the start. She guided me in the right direction and was and still is one of the biggest influences on my journey with athletics. Always eager to learn, we regularly attend athletics courses and workshops together in an effort to keep up with the latest developments. The series of endurance workshops was particularly helpful and I have had great help from several hurdles coaches over the years also. We are all volunteers and in general most coaches are happy to help if they can.



What is your coaching philosophy?

"Everybody matters or Nobody matters"

Michael Connelly fans will be familiar with this Harry Bosch quote and it sums up how I feel about all the young athletes who come through our gates. Every athlete matters and every athlete has the right to be treated fairly and given equal help and opportunity, whether they are super talented or struggling to keep up with the pack. It's easy to get excited about the talented kids and great to watch them progress, but it can be even more rewarding for a coach to nurture the 'slow burner' and watch them grow & develop into a well rounded young athlete or a future star.



These kids are the backbone of our clubs and are often the future coaches. I think the most difficult thing for a coach, especially with juvenile/junior athletes, can be trying to keep the correct balance as they have so many demands made on them. As well as their athletics, many have school sports & possibly other outside sports as well, so it can be very difficult to fit in those all important rest days.

When you add peer pressure & sometimes parental pressure to this, **it's important that the athletes know their coach is there for them and has their best interests at heart.**



What keeps you involved in athletics?

I have met so many great people through athletics and have made life long friends. I love the sport and I love working with children & young people and watching them grow and develop.

There is great satisfaction in teaching athletes new skills and in helping them to work towards their goals and on the days that everything comes together and the race goes exactly to plan you are every bit as excited as the athlete!

Advice for newcomers..

“ Clubs are always in need of extra coaches and will be delighted if you go along and offer to help out. If you haven't coached before they won't throw you in at the deep end, they will make sure you have support from an experienced coach and will get you on to a coaching course asap.

We definitely need more female coaches, so don't be afraid to get involved, you won't regret it!

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Any stand out coaching highlights or memories ?

There have been so many memorable experiences, from taking bus loads of young athletes all over Ireland for XC or to Nenagh or Tullamore for the weekend for T&F. Trips to Scotland for the Indoors, some fantastic training weekends and a number of terrific warm weather training trips to the Canaries with Inbhear Dee AC. back in the 00's.

I've had the honour of travelling with the Celtic Games T&F teams on a few occasions and was very proud to be part of the Irish contingent.

Our girls team competing in the Junior European Clubs Cup in Leiria, Portugal in 2015 was definitely a highlight. We had one of the youngest & smallest teams there, but they had the biggest hearts and all rose to the challenge. We got tremendous support from the Raheny Shamrocks team and it was such a proud moment to see our girls finish in 3rd place. We were delighted to return there in 2016





The Importance of female coaches

*Attentive to detail and have the skill sets to handle
all kinds of issues.*

Patient & caring for the younger kids it's the
'Mammy factor'

More conscious of eating disorders and body image
issues.

Having both female & male
coaches makes it safer for everyone.



If you would like to highlight any of your female coaches as role models
for this interview series, please contact
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