Hoo Wants To Talk?

Are You Comfortable with Communicating with Your Coach?²

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 Coach²

• 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?²

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 You¹

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 Years²

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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Jason Freeman, jf42@virginia.edu

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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