

# TIPS for Coaching GIRLS

## Recruiting Girls

### *Strategies:*

- Get girls to recruit others
- Get girls' parents to recruit
- Have female coaches/role models involved and visible within your team
- Take time to thoroughly address girls' parents' concerns
- Trust that if you have a good program for girls, it will grow over time!

## Keeping Girls on your Team

### *Strategies:*

- Create a culture of support and camaraderie
- Check in with the girls on a regular basis
- Keep tabs on how each girl is doing
- Make an effort to connect with girls' parents/guardians
- Have female coaches/role models involved and visible within your team
- Set girls up for success (bikes, ride choices, etc.)
- Give specific feedback to help her improve

## Co-Ed Groups

### *Strategies:*

- Look out for the girls
- Mediate maleness: Challenge the idea that "boys will be boys."
- Support girls-only rides, clinics, and camps

## Coaches' Conduct

### *Strategies:*

- Be an ally to girls
- Maintain professional boundaries
- Maintain a "hands-off" policy
- Watch your words (avoid using condescending language)
- Avoid being alone with individual girls
- Build trust gradually
- Respect girls' comfort zones
- Be patient: It's a process!

Please turn over!

## Body Image & Self Esteem

### *Strategies:*

- Avoid body/image comments
- Compliment girls' strengths and character, not their looks
- Encourage good nutrition
- Understand the cultural forces girls are up against
- Give genuine praise and encouragement!

## Girls' Social & Emotional Needs

### *Strategies:*

- Allow girls to have rituals
- Understand the importance of relationships
- Don't be afraid of tears
- Watch out for social dynamics and intervene when necessary
- Don't baby girls
- Encourage girls to take risks
- Honor girls when they say "no"

