



The Role of the Athletic/Performance Coach

We are all looking for something to give us the edge. We look for the right cleats and soccer ball. We search the internet over for the best compression shorts for basketball players and will go to the ends of the earth for top of the line gloves for wide receivers. However, what kind of effort do we take when looking for the right coach/performance trainer or in that case physical therapist? Sadly, it is often a choice of “who takes my insurance” or “this guy only charges X amount”. How does this even make sense?

First things first. Respect is earned. Respect for what a coach knows or doesn't know is earned. How a coach can help or hurt is earned. But it is up to the athlete and his parents to do the research. I cannot tell you how many times I have taken on a client that has come from another performance coach or physical therapist and they seem worse off than when they started. They are beaten down both physically and mentally and in some cases are dealing with an injury that they sustained during training with the “other guy” that has not been dealt with appropriately.

Coaching is and should be personal. The athlete is asking for help and inviting you into their “arena”. Step in with confidence. Not arrogance. Evaluate and assess for successes and “wins” and not just weaknesses and “failures/loses”. Training should focus on function and look to improve upon dysfunction and goals should be set and agreed upon by both parties. When given the opportunity then evaluation and assessment should happen again to test the training/treatment that is being given.

This is a cooperative effort. Not a one-way street. If the coach has certain focuses and goals and the athlete isn't on board, then all is lost. If the athlete thinks they need to work in one area and the trainer/physical therapist thinks it better to work on something entirely different then no matter the fancy techniques or equipment or not, all will be in vain. Want to learn more? Contact us at www.elitelevelpt.com and visit our [Performance Coach Site](#).

