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What are Master's Athletes?

Active adults aged 35+ who participate in sports mainly designed for the older population.

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Do They Need Coaches?

Not necessarily, but more serious master's athletes do tend to have coaches.

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What Level of Sport do They Play at?

Master's athletes play sports from various levels, ranging from recreational to competitive.

4

Why Continue to Play Sports?

Master's athletes continue to play sports for several reasons:

- They enjoy it
- Challenge and achievement
- Health & fitness
- Social reasons



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How to Coach Master's Athletes?

Coaches should take on a consultative role. Use realistic goal-setting and self-confidence enhancing techniques. Coaching master's athletes is an exciting opportunity and can be highly rewarding!

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What Should Coaches Know about Master's Athletes?

- Master's athletes bring **knowledge** to sport
- Master's athletes bring **experience** to sport

Coaches should acknowledge this and work with, and learn, from the athletes.



For More Information Visit: [Sport Psychology for Coaches](https://sportpsychologyforcoaches.ca)
It's FREE!



Source: <https://sportpsychologyforcoaches.ca/diversity/masters-athletes/>