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Dear Friend

Welcome to the March 2020 edition of the Coach Digest, with the latest updates, articles and news from our Coaching Development Team.

COACHING NEWS

MESSAGE FOR COACHES: We recognise the impact the current situation is having on our coaches. We know you play a vital role in our community and will be leading the way for our sport when we all return to fencing. We've created a dedicated page with answers to your questions and published best practice guidelines for creating online content. [Read More](#)

EVENTS UPDATE: British Fencing has made the following decisions with regards to events: [Read More](#)

TOKYO 2020 POSTPONED: Tokyo 2020 will now take place in the summer of 2021. The joint statement from the British Olympic Association (BOA), British Paralympic Association (BPA) and UK Sport about the postponement of the Tokyo 2020 Olympic Games is here [Read More](#)

STUTCHBURY CLAIMS GBR'S CADET MEDAL: Cadet European Championships took place in Porec, Croatia, 22- 26 February. Here is our report [Read More](#)

JUNIOR EUROPEAN CHAMPIONSHIPS 2020: The Junior European Championships took place in Porec, Croatia, 27 February - 2 March. Here is our report [Read More](#)

COACHING ARTICLES



It's Not What They Do, It's How They Do It: Athlete Experiences of Great Coaching

Andrea Becker conducted 18 in-depth interviews with elite-level athletes (9 female; 9 male) from baseball, basketball, football, soccer, softball, volleyball, and water polo about their experiences of great coaches. Key Findings [Read More](#)

Lessons from Other High Performance Environments

The high-performance environment is a fundamental building block for any organisation and the creation and maintenance of this environment is a challenge for... [Read More](#)

Coach - Athlete Relationship.

Professor Sophie Jowett's research on Relational Coaching Environment, where she talks about the Complementarity. [More Information](#)

Creating a Relational Coaching Environment

How to build complementarity in the coach-athlete relationship by ConnectedCoaches Content Champion Dr Sophia Jowett

Complementarity reflects coaches and athletes' behaviours that are complementary or cooperative. These behaviours determine the efficient conduct of interactions between coaches and athletes.

- Work together through well-coordinated actions
- Lead/follow by example
- Improve communication
- 'Simple communication' is best and more impactful
- Ensure all members in the team/squad know one another (group spirit)
- Clarify roles and reinforce rules
- Explain consequences if rules are not met
- Meet regularly
- Address issues quickly
- Be well prepared for training/competition (mentally and physically)
- Create an environment that is positive, engaging, motivating, creative and innovative
- Make an impression by showing your competency and expertise
- Create a friendly and supportive environment
- Provide structure, challenge and organisation - instil a hard work ethos
- Show flexibility and adaptability (adopt a flexible management style)
- Display responsiveness
- Clarify and recap the goals each individual wants/needs to accomplish
- Promote individual goals
- Promote team goals and make sure everyone knows
- Celebrate every success (large and small)
- When there is 'failure', don't see it as a liability, but as a learning opportunity
- Exhibit, and expect from each athlete, responsive, patient, determined, driven, ambitious, enthusiastic, disciplined and focused behaviours.



Jowett, S. and Shanmugam, V. (2016) Relational Coaching in Sport: Its psychological underpinnings and practical effectiveness. In R. Schinke, K.R. McGannon, B. Smith, Routledge International Handbook of Sport Psychology. Routledge.

Read Sophia's full blog about how to create a relational coaching environment at www.connectedcoaches.org

BF COACHING FRAMEWORK

Fencers work with coaches to help them improve their skills, become stronger, and fence better. Coaches will provide feedback to the fencer to improve a fencer's development and performance. How well that feedback is provided influences the potential rate of a fencer's development and performance. In order to build and lead successful fencers, coaches must be able to deploy various methods of feedback.



This skill is an important component of the "How to Coach" skills and introduced in the Introduction to Coaching Fencing Course. (ITCF)

Tips for giving feedback:

- Ask questions to generate self feedback
- Limit information to 1 - 2 key points
- Give specific and simple information
- Keep it Positive

ATHLETE DEVELOPMENT PROGRAM

The GB Sabre Style

This document will provide some insight into terminology and a framework being used to help the coaches assist the fencers to develop structures. [Read More.](#)

Coach Development Activity - Fight Analysis

Below are three bouts from the recent Cadet and Junior Europeans.

Men's Epee Match - Last of 8: Di Veroli (ITA) vs Shvelidze (RUS)

Women's Sabre Match - Last 8: Di Carlo (ITA) vs Taricco (ITA)

Women's Foil Match - Semi Final: Ciampalini (ITA) vs Chalдайou (GRE)

1. What advice would you provide to the fencer winning at the minute breaks?
 - 1a. What was your reasoning for that advice?
2. What advice would you provide to the fencer losing at the minute breaks?
 - 2a. What was your reasoning for that advice?
3. For a fencer you identify - From a technical perspective what are their strengths and areas for improvement?
 - 3a. For the same fencer - From a tactical perspective what are their strengths and areas for improvement?

Send in your analyses via the [link here](#)





UPCOMING EVENTS

The health and wellbeing of our community are of the utmost importance and there are currently no coach education courses available. We are planning to offer coach education courses at the end of July at the King Edwards School Coach Development week. (20-25 July 2020) This will be dependent on the government policies nearer the time, which we will be monitoring and we aim to provide confirmation as soon as we can.

Meanwhile, tell us about any coaching course you would like to attend in the future by completing this [expression of interest](#).

SAFEGUARDING

Do you have a concern about a young person in fencing? If so, report it. Safeguarding is everyone's responsibility. [More information here](#)

The NSPCC has created new resources to help adults respond to a child who raises a concern. [More Info](#)



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