

ABSTRACT

DEVELOPMENTAL PATHS OF HIGH SCHOOL VARSITY CROSS-COUNTRY AND BASKETBALL COACHES

The purpose of the this study was to examine the athletic and coaching histories of high school basketball (team sport) and cross-country (individual sport) coaches by focusing on activities that contribute to their development using a quantitative interview procedure. Sixteen coaches, nine basketball and seven cross-country, from the Fresno, California metropolitan area, were chosen out of a convenience sample to participate in the study. The results from the individual and team sport coaches were compared to see if any differences were present using descriptive and inferential statistics. A significant, positive correlation was found between cross-country coaching accomplishments and the proportion of seasons spent in a leadership capacity as an athlete. This is in contrast to basketball coaches, who showed no consistent correlation. Although not significant, there was also a strong, positive correlation between coaching accomplishments and the average amount of time spent in formal training for both sets of coaches.

Lucas Thomas Lichtenwaldt
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