

Women in sport

What do female athletes tend to want from their coach?

Emma Ross:

We know that a lot of coach-athlete relationships are male coaches supporting female athletes.

And in my experience, we see lots of male coaches who aren't confident or feel uncomfortable talking about lots of the aspects of female athlete health-- things like the menstrual cycle-- things like breast support or pelvic health. And actually, our message to them really is you don't have to have a lived experience of these things. You just have to have empathy and curiosity in order to support your athlete.