Types of Athletes and How to Handle Them

There are certain attributes of pro athletes. They are: focusing on one source of sound, coordinating movement, moving quickly, and repeated movement. Someone who competes in an athletic event is an athlete. There are four types of athletes; professional, amateur, collegiate, and high school.

The professional athlete works year round, works for pay, and works also in the off-season. The amateur athlete also trains year round. They usually have other jobs and an example of an amateur athlete would be someone who is in the Olympics. The collegiate athlete trains year round, could get a scholarship but does not get paid, and also goes to school. Finally, the high school athlete is supposed to compete for fun. They are starting to get to be more focused and specific in their sports. For Junior High students usually participate in more sports. In Junior High and High School there is starting to be a focus on winning.

There are several different personality types of athletes. The Pre Madonna can’t handle pressure, they think they are great but may not be that great. Mr. Hustle is the “Rudy” of the team. They never give up and give 110%. The Talent Slackers/Underachievers can’t pull it together. The Team Player does everything for the betterment of the team. They can do it all. The Pure Leader may not be the most talented but they lead the team well. The Star is the best player on the team.

In handling athletes there are many things to consider. Burn out is the leading factor that can lead to athletes quitting a sport. It can be created by exhaustion, negative reactions, negative behaviors, focusing only on winning, and athlete anxiety. Both coach and player burnout influences each other.