1) What best describes your gender? (Tick the appropriate box below)

- [ ] Female
- [ ] Male
- [ ] Prefer not to say
- [ ] Prefer to self-describe…….

2) In which age group do you fit? (Tick the appropriate box below)

- [ ] 18-25
- [ ] 26-33
- [ ] 34 or older

3) In which Division do you play in? (Tick the appropriate box below)

- [ ] Division I
- [ ] Division II
- [ ] Division III

4) What sport do you play at the highest competitive level? (If you are an active competitor in more than one sport, please confirm below the sport you compete in at the highest level)

5) For how long have you been training under the supervision of a strength and conditioning coach? 1 academic year = 9 months (Tick the appropriate box below)

- [ ] One or more academic years
- [ ] Less than 1 academic year

6) How many sessions per week (on average) do you train under the supervision of a strength and conditioning coach? (Type the number of sessions in the box below)

The Revised Leadership Scale for Strength and Conditioning

(Athletes' Preference Version)

Directions: Each of the following statements describe a specific behaviour that an S&C coach may exhibit. For each statement there are five alternative answers, as follows: 5 means 'always' (100% of the time); 4 means 'often' (75% of the time); 3 means 'occasionally' (50% of the time); 2 means 'seldom' (25% of the time); and 1 means 'never' (0% of the time).

Please indicate your preference by ticking the appropriate space for each statement. Answer all items even if you are unsure of a response. Please note that this is not an evaluation of your present coach or any other coach. It is **your own personal preference that is required**. There are no right or wrong answers. Your spontaneous and honest response is important for the success of this evaluation.

Example: I prefer my strength and conditioning coach to…

	never		seldom		occasionally		often		always	
1) like each athlete on the team	1	☐	2	☐	3	☒	4	☐	5	☐

I prefer my strength and conditioning coach to…

	never		seldom		occasionally		often		always	
1) coach to the level of the athletes	1	☐	2	☐	3	☐	4	☐	5	☐
2) let the athletes share in decision making and policy formulation	1	☐	2	☐	3	☐	4	☐	5	☐
3) congratulate an athlete after a good lift	1	☐	2	☐	3	☐	4	☐	5	☐
4) stay interested in the personal well-being of the athletes	1	☐	2	☐	3	☐	4	☐	5	☐
5) use a variety of drills in a workout	1	☐	2	☐	3	☐	4	☐	5	☐
6) present ideas forcefully	1	☐	2	☐	3	☐	4	☐	5	☐
7) put an athlete into different positions depending on the needs of the situation	1	☐	2	☐	3	☐	4	☐	5	☐
8) put the training suggestions made by team members into operation	1	☐	2	☐	3	☐	4	☐	5	☐
9) give credit when it is due	1	☐	2	☐	3	☐	4	☐	5	☐
10) encourage close and informal relationships with the athletes	1	☐	2	☐	3	☐	4	☐	5	☐

I prefer my strength and conditioning coach to…

	never		seldom		occasionally		often		always	
11) supervise athletes' drills closely	1	☐	2	☐	3	☐	4	☐	5	☐
12) disregard athletes' fears and/or dissatisfactions	1	☐	2	☐	3	☐	4	☐	5	☐
13) assign tasks according to each individual's abilities and needs	1	☐	2	☐	3	☐	4	☐	5	☐
14) let the athletes decide on S&C exercises to be used in a workout	1	☐	2	☐	3	☐	4	☐	5	☐
15) express appreciation when an athlete performs well during workouts	1	☐	2	☐	3	☐	4	☐	5	☐
16) help the athletes with their personal problems	1	☐	2	☐	3	☐	4	☐	5	☐
17) pay special attention to correcting athletes' mistakes during workouts	1	☐	2	☐	3	☐	4	☐	5	☐
18) keep aloof (apart or away) from the athletes	1	☐	2	☐	3	☐	4	☐	5	☐
19) increase complexity and demands if the athletes find the demands are too easy	1	☐	2	☐	3	☐	4	☐	5	☐
20) give the athletes the freedom to determine the details of conducting a drill	1	☐	2	☐	3	☐	4	☐	5	☐

I prefer my strength and conditioning coach to…

	never		seldom		occasionally		often		always	
21) tell an athlete when the athlete does a particularly good job working out	1	☐	2	☐	3	☐	4	☐	5	☐
22) remain sensitive to the needs of the athletes	1	☐	2	☐	3	☐	4	☐	5	☐
23) stress the mastery of greater skills	1	☐	2	☐	3	☐	4	☐	5	☐
24) dislike suggestions and opinions from the athletes	1	☐	2	☐	3	☐	4	☐	5	☐
25) alter training sessions' plans due to unforeseen events	1	☐	2	☐	3	☐	4	☐	5	☐
26) get approval from the athletes on important S&C matters before going ahead	1	☐	2	☐	3	☐	4	☐	5	☐
27) compliment an athlete for a good performance in front of others	1	☐	2	☐	3	☐	4	☐	5	☐
28) perform personal favours to the athletes	1	☐	2	☐	3	☐	4	☐	5	☐
29) make complex things easier to understand and learn	1	☐	2	☐	3	☐	4	☐	5	☐
30) prescribe the strength training methods to be followed	1	☐	2	☐	3	☐	4	☐	5	☐

I prefer my strength and conditioning coach to…

	never		seldom		occasionally		often		always	
31) clarify strength training goals and the paths to reach these goals for the athletes	1	☐	2	☐	3	☐	4	☐	5	☐
32) ask for the opinion of the athletes on important strength training matters	1	☐	2	☐	3	☐	4	☐	5	☐
33) recognise individual contributions for the success of each S&C workout	1	☐	2	☐	3	☐	4	☐	5	☐
34) look out for the personal welfare of the athletes	1	☐	2	☐	3	☐	4	☐	5	☐
35) clarify training priorities and work on them	1	☐	2	☐	3	☐	4	☐	5	☐
36) refuse to compromise on a point	1	☐	2	☐	3	☐	4	☐	5	☐
37) set training goals that are compatible with the athletes' ability	1	☐	2	☐	3	☐	4	☐	5	☐
38) let the athletes try their own if they make mistakes	1	☐	2	☐	3	☐	4	☐	5	☐
39) reward an athlete as long as the athlete tries hard	1	☐	2	☐	3	☐	4	☐	5	☐
40) visit the parents/guardians of the athletes	1	☐	2	☐	3	☐	4	☐	5	☐

I prefer my strength and conditioning coach to…

	never		seldom		occasionally		often		always	
41) possess good knowledge of S&C	1	☐	2	☐	3	☐	4	☐	5	☐
42) plan training programs for the team without the input of the athletes	1	☐	2	☐	3	☐	4	☐	5	☐
43) suggest to the head coach which athletes should be on the first team (start)	1	☐	2	☐	3	☐	4	☐	5	☐
44) ask for the opinion of the athletes on specific strategies for enhancing the S&C program	1	☐	2	☐	3	☐	4	☐	5	☐
45) praise the athletes' good effort after failing a lift	1	☐	2	☐	3	☐	4	☐	5	☐
46) encourage the athletes to confide in the S&C coach	1	☐	2	☐	3	☐	4	☐	5	☐
47) explain to each athlete the techniques and tactics of the S&C drill (running form or lifting technique	1	☐	2	☐	3	☐	4	☐	5	☐
48) fail to explain his/her actions	1	☐	2	☐	3	☐	4	☐	5	☐
49) use alternative methods when the athletes' efforts are not working well during lifting or training	1	☐	2	☐	3	☐	4	☐	5	☐
50) encourage the athletes to make suggestions for ways to conduct S&C workouts	1	☐	2	☐	3	☐	4	☐	5	☐

I prefer my strength and conditioning coach to…

	never		seldom		occasionally		often		always	
51) encourage an athlete when the athlete makes mistakes while working out	1	☐	2	☐	3	☐	4	☐	5	☐
52) use objective measurements for evaluation (vertical jump, long jump)	1	☐	2	☐	3	☐	4	☐	5	☐
53) adapt coaching style to suit the situation	1	☐	2	☐	3	☐	4	☐	5	☐
54) see the merits of athletes' ideas when different from coach's	1	☐	2	☐	3	☐	4	☐	5	☐
55) pat (on shoulder or back) an athlete after a good performance	1	☐	2	☐	3	☐	4	☐	5	☐
56)conduct proper progressions in teaching fundamentals	1	☐	2	☐	3	☐	4	☐	5	☐
57) get input from the athletes during workouts	1	☐	2	☐	3	☐	4	☐	5	☐
58) clap hands when an athlete does well	1	☐	2	☐	3	☐	4	☐	5	☐
59) let the athletes set their own training goals	1	☐	2	☐	3	☐	4	☐	5	☐
60) show an 'o.k.' or 'thumbs up' gesture to the athletes	1	☐	2	☐	3	☐	4	☐	5	☐