



FOR IMMEDIATE RELEASE

WeCOACH Hosts Inaugural CATCH A VISION Workshop for Aspiring Women Coaches

December 13, 2022 – WeCOACH hosted its inaugural CATCH A VISION: Aspiring Women Coaches Workshop on Sunday, December 11, a free new virtual workshop that is open to any woman aspiring to coach in any sport, at any level. These workshops focus on best practices for securing coaching opportunities, networking, and career strategy to help women catch a vision for their careers and set them on a path toward landing their first coaching job. Over 150 women registered for the December 11 workshop.

“CATCH A VISION advances our WeCOACH mission to recruit, advance, and retain women coaches in all sports and levels. WeCOACH strives to be a national leader in actively recruiting more women coaches to build the pipeline of future leaders in sport. And this program has special meaning to me as it is named in honor of my collegiate coach, Sue Semrau, who continually empowered her student-athletes to catch a vision for their lives,” said WeCOACH CEO, Vanessa Fuchs.

Coach Semrau was joined by five current and former coaches representing different sports and levels for the inaugural CATCH A VISION workshop:

- **JoAnne Ferguson**, Head Softball Coach at Pomona-Pitzer Colleges
- **Nicole Lukic**, Head Coach of Minnesota Aurora (USL W League)
- **Ana Rios**, Head Cross Country & Head Girls Track Coach at Diamond Hill-Jarvis High School
- **Nickie Sanlin**, Head Men’s & Women’s Volleyball Coach at McKendree University
- **Sue Semrau**, Former Head Women’s Basketball Coach at Florida State University (retired)
- **Helen Williams**, CEO of HMW Sports Consulting LLC (former DI, II & III basketball coach)

“Catching a vision for what you want to accomplish, and whom you want to be, is vital for success in our coaching careers. WeCOACH hosted an excellent program with this in mind. Aspiring young coaches heard from an outstanding and diverse panel of coaches who shared their “Why,” their plans after catching their vision, and the importance of celebrating the small victories along the way. Full discussion and breakout rooms provided a strong format for knowledge sharing and discussion,” said recently retired Florida State University Head Women’s Basketball Coach, Sue Semrau. “WeCOACH is making all the right moves to pour into coaches and move the needle for women in coaching!”

The interactive workshop format allowed participants to ask questions and gain advice from the featured coaching panel. Topics discussed included: knowing your coaching why, common career pathways, mentoring, lessons learned, tips for building experience & preparing for interviews, coaching resources, and navigating the unique challenges women face in sport.

Magdeline Gigliotti, Fairmont State University Acrobatics and Tumbling student-athlete, was recognized as the first aspiring coach to register for the workshop and she shared this about her experience: “As a current female athlete who is looking forward to a career in coaching, the WeCOACH Aspiring Women Coaches Workshop was a great opportunity to ask established women coaches questions about their experiences and to network with other young women who intend to get into coaching. I am so excited to be a part of WeCOACH and to attend and learn from all of the women involved in this organization! I’m sure they will provide so much valuable information for me and other young women as we look forward to entering the coaching profession!”

As we continue to celebrate Title IX at 50, the CATCH A VISION: Aspiring Women Coaches workshops will directly impact our **MOVE the NUMBERS** campaign to support and increase women in coaching. The next workshop will be held in Spring 2023. For more information, visit: wecoachsports.org/aspiring-women-coaches/.

About WeCOACH

Founded in 2011, WeCOACH is a one-of-a-kind nonprofit dedicated to recruiting, advancing, and retaining women coaches in all sports and levels through year-round professional growth & leadership development programs. Prior to Title IX, over 90% of women’s collegiate sports teams were coached by women. Today, 50 years later, data indicates that number has decreased to a stagnant 41% in all three NCAA Divisions, with only 7.3% women coaches of color. Five percent of women coach men's teams, and at the youth level, the data is hard to estimate, approximately less than 20% of teams are coached by women. As part of its year-long Title IX 50th Anniversary campaign, WeCOACH launched MOVE the NUMBERS to help change the landscape for women coaches and to impact history for the next 50 years. For more information, visit wecoachsports.org/50th.