

## **NYSW Women In Coaching Zoom-Talk: Tracy Hamm**

Welcome:

Hello and Welcome everyone to our first NYSW WomenInCoaching Zoom Talk.

First, please make sure that you are muted during the call, so that we can eliminate any background noises.

Second, if you have any questions for our guest speaker, please feel free to put them in to the chat box and we will get to them at the end of the talk.

Also, this call is being recorded and will be put on our website.

Thank you again for joining tonight, we are very happy and excited that we have about 60 people registered, that's pretty sweet for our first Zoom-talk!

So what is NYSW WomenInCoaching: NYSW WomenInCoaching is a committee initiated by the New York State West youth Soccer Association. Our mission is to provide a lifelong positive experience by engaging, supporting, and advocating for females in the NYSW soccer community. Our goal is to increase the number of female coaches in our region as females are important role models. You can find more information on our website about upcoming events, researches, interviews, etc.

Speaking of the Committee, I also want to introduce Lisa Martone and Keri Kephert, who are members of the committee and who are on this call tonight taking your questions about the NYSW WomenInCoaching Initiative or questions you have for our guest speaker.

Alright let's get started and introduce our first guest speaker tonight: Tracy Hamm.

Tracy is the Head Coach of Women's Soccer at the University of California-Davis. She turned San Francisco State into a winning program and successfully led the program at Santa Rosa Junior College. She started her coaching education with the USSF, she was denied to get waived into the C-license. She went to Europe to continue her coaching education. And now she is holding the UEFA A-license and the USSF B-license. Also, her coaching journey with the UEFA A-license in Europe was filmed, and it is a 25min documentary about why Tracy went to Europe for the license and what it took to accomplish this course. It is a great inspiration that tells women and girls, you can do that!

The movie is available to watch online, it is on our website and I will also send out an email with the link! I highly recommend watching it!

Tracy: welcome to our first Zoom-talk, and thank you so much for taking the time to be on the call. We really appreciate it!

1. So Tracy, how did you get into soccer and was there a moment or click when you said this is what I wanna play when I am older or this is what I want to pursue at college?
    - a. I have two brothers one old and one young; parents involved in sports. Baseball, tennis.
      - i. HS-Played five sports
        1. Best sport was soft ball—didn't like there was no physical contact
        2. The requirements and the physical contact, agility, and your strength
          - a. I enjoyed the game the most the strategy and the tactic about soccer
          - b. I had a great experience-got a scholarship for CAL
            - i. Needed to work on the technical things.
            - ii. Division 1
      - b. Soccer is something I fell in love with
- Great, so sports and soccer played an important role in your childhood.
2. Did you have a moment where you wanted to quit soccer when growing up?
  - a. No, I think for me soccer—when recruiting players, I think there is a big difference between liking soccer and liking to play soccer—college is such a demanding; time constraint; you have to love it with your heart and soul
    - i. I was always Tracy Hamm the soccer player
      1. Big dreams— “Mia hams little sister”
      - ii. Soccer to me—I am now Tracy hamm the soccer coach
3. You also played in the WPSL for a few years after playing at the college in Berkeley, what was your experience playing professionally and how did get into coaching from there? Was it always our goal to coach at the collegiate level, or what were the reasons to see coaching as a career opportunity? Talk us a little bit through.
  - a. When I went to college, coming from a place of how to retain coaches; I wasn't like oh I'm going to go to Berkley to be a soccer Coach; I am going to go for something else
    - i. Brought me back was the game
      1. 2006-Wasn't a pro league for her to play in.
        - a. Started coaching in the summer
        - b. After college—coaching 4 other teams; trying to figure out what she wanted to do
        - c. WPSL—2009 played for Sacramento; played the best soccer of her life after college
        - d. Drafted—Dream come true, never thought would happen—it did; really hard time in her life; released from the team 3 months in; thought the world was over, let people down, the CAL coach called and asked if she wanted to be asst.
        - e. I didn't know that I wanted to coach full time—I coached at CAL then signed contract with Atlanta; missed coaching while there.
        - f. Grad school in Boston univ. first college position, didn't know much about it and was a whim. I was 27 when I got that job.

Different than anything I ever thought of. Used to being around division 1 players, or national players. Very different experience.

g. After Santa Rosa—Went to San Francisco to coach.

4. Let's talk about your coaching education journey, you did the former f and e-license, then you tried to get into the c-license by skipping the D, because you played professionally, USSF did not accept your application, what was your response and why did you choose to go to Europe to continue your coaching education?
  - a. I heard of a couple people that had been waived, so I wanted to Waive the D, I had done enough in my career, lots of documentation. You only played two not three, they weren't malicious about it, they wrote it for men, woman were not going to get their license.
  - b. I saw a foreign waiver license, looked at it again, I refuse to get my D license. Whales was going to do a residential course. I have to go, I showed up...I stand a night in a hostile in Dublin Ireland,
  - c. Got the b license, most rewarding experience time in my life! I had to leave the country to get the license I wanted.
  
5. And what was your experience? I assume there were not many women participating. I remember when I did my licenses in Germany there were 2 women with me and 25 men, and I remember there were many moments where you feel intimidated, and where you have to prove that you know and understand everything before the course even has started, how was it for you, and what was your motivation to go through this?
  - a. People are looking at Tracy, only girl at the time.
  - b. Her and I made eye contact at the time—it helped having another woman there. I was in a unique situation. I was one of the only people that had the most coaching experience. Being an American woman was a double bad thing—fear (remind myself often-the men were in the course with me, they weren't teaching the course) more vulnerable I was—it took the air out of the room, we were able to be nervous together. This isn't for me, this is for my players and my assistant coaches.
  
6. Can you share us one of your favorite coaching moments?
  - a. So much of our success is determined by our wins and losses
    - i. Day to day—the pandemic has made me miss my team and watching them play and develop.
    - ii. My last year at San Francisco State hadn't made the play offs in 20 years. We had a play off for the game and we were tied 0-0 and we had gone through 11 pk's, it was 3-2; got into the play offs—fourth year, first time as a head coach, having four players who played with me from Freshman-Senior year. They believed in me, trusted me, and after a lot of hard work we made it into the play offs.

7. Was there a moment where you considered stopping coaching but decided to continue?
  - a. Asst. Coach at Cal—struggled because you don't always agree when things are being done. Give opinion when asked, also give opinion in the most appropriate way. Interesting skill to learn. Being respectful, when you feel your voice isn't being heard. Most important part—how to be an effective communicator and making your thoughts and ideas heard.
  
8. How do you think having a woman coach affects the players, especially young player, young girls and boys?
  - a. As a female coach coaching woman, you're such a role model. "There's no man that knows what its like being a female." What am I asking my players to do? What I want to do it? The details are so profoundly important; it's a lot of pressure. It does a lot for building the right culture, and environment; hold myself to a higher standard. Its important to give those skills to your players. Coaching boys is a little different (a lot different, lots of energy, a lot more about them, more focused on what do I get for myself, how many goals did I score?) I enjoyed coaching Collegiate level woman. 18–22-year-old woman are so malleable, you have such a possibility of changing their life, and guiding them, you're like their mom away from mom. Your job is to coach woman. Teach them that one for more of us, doesn't mean less for all of us.
  
9. Can you tell us what a normal Monday looks like when you are in season, a typical Tracy day in the office and on the field?
  - a. When were in season, we play Thursdays, and Sundays, we take Mondays off, I try not to go in the office on Mondays. Its emotionally draining, you get so emotionally draining. I sometimes will go to a coffee shop to watch film, and plan out the training sessions for the week. Tuesay are the hardest training day. We do individual training, team training, and train from 10-12, then film 12-3 or 4. Wednesday: Training just go over the plans, and prepare for the game Thursday. Friday: Training the Subs who did not get the 60 minutes or more. It gives them the individual time with me.
    - i. I usually do private training four days a week.
    - ii. Assistant coaches coach training.
  
10. What advise would you give to you as a new coach, and what advise do you have for young coaches or players who consider starting their coaching career?
  - a. Find a mentor someone who can bounce ideas off of. There is a lot of misinformation out there.
    - i. **Start licensing early on.** There are time restraints put on you. You really want to get a good education out of them. Get grassroots right away and then build from there. Knowing its okay to not know everything, and ask questions. When

people ask questions—it fosters a better environment. Remind yourself that most people are willing to help if they ask. When a young coach asks for help, give the help.

Thank you so much Tracy! Now we have like 5-10min to wrap this conversation with questions you have for Tracy!

Do we have any in the chatbox?

IS there anything looking back you would have done differently? Coaching path:

Yeah, I would have started coaching licenses much earlier. It was essential when I was starting, it was more something I had to do it. Here's this awesome opportunity to help you learn about the game. I would have volunteered at a college. I wish I would have coached under more people, the rest of the time, I have been trying to figure it out on my own. When they're hired division 1 too early and there not ready, its blamed because it was a female coach and not ready. Fostered a better environment of learning. Sought out opportunities.

How can we get females to stay within the game?

I think that there are a lot of woman who play soccer because its their routine, then they get to college, and now their interested in all of these different ideas of what they want to invest their time in. Its hard to figure it out. Until clubs start treating it like a profession, it wont be a profession. We really have to build an industry.

AS a college coach, is there anything you have found useful to get your girls to get them into coaching?

I told my girls to get their licenses. 25 of my players got their license. They finished their license, and are now coaching with their license. Get the ball rolling for them, get their grassroot licensing. You have a group of 18 woman who leave your club with their grassroot licensing. They see how difficult coaching is. It makes them better as they have to reexplain concepts.

There was nothing that was alike between whales and America. The UEFA A a they expect you to build a training session—the training is about the game. Where is the US soccer was about teaching? The US coaches is so much about figuring out what you should do.

IF you could get more woman involved in coaching and cost was not an issue, what would you change? THE environment that as is at summits is not very welcoming and we would get woman more inviting and want to be a part of coaching.

Tracy, thank you so much for being on this call, it was a pleasure for us and we really enjoyed it. Thank you so much for your time! And everyone who joined today, we hope this call has inspired you to start coaching and to stay in the game, keep doing what you love! We have female Grassroots course coming up, starting next week, if you are interested in starting your coaching journey! I will send an email with more information about the course to everyone who registered for this call!

Thank you again for joining us tonight! I hope you enjoyed it. Have a great night and stay tuned for our next guest in April!

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