

**Gatekeeper Letter**

We would like to invite the youth athletes you coach to take part in a research project. Please read the following information carefully before deciding whether you are willing to allow us to ask the athletes to take part. Please ask us if there is anything that is not clear or if you would like more information.

**Research Team:** The research is being conducted by members of the Motivation, Performance, and Well-being (MPaW) research group at York St. John University: Mr Michael Grugan (PhD Student), Dr Sarah Mallinson-Howard, Dr Robert Vaughan; and Professor Andrew Hill (Project Supervisors).

**Purpose of the study:** We are interested in examining how youth athletes think coaches behave in the sport environment. The purpose of the current project is to find out whether the extent to which youth athletes think that their coach pressures athletes to perform perfectly influences their own experiences in sport.

**Why have I been chosen? / Do I have to take part?** You have been asked to support this project as you coach student athletes. It is up to you to decide whether you would be willing to allow us to ask the athletes to take part. With your permission, they will then be asked to participate. Whether they agree to take part is entirely up to them – participation must be completely voluntary.

**What will the athletes be asked to do if they take part?** Participation involves completing a short questionnaire. The questionnaire includes statements about the coach (e.g., The coach expects perfect performance) and the athlete (e.g., I have fun in my sport). Participants are instructed to rate their level of agreement or disagreement with each statement. The questionnaire should take approximately 15 minutes and will be completed in club time (e.g., before or after training or competition). A4 envelopes will be provided for participants to deposit and safely secure their confidential questionnaire responses.

**What are the possible disadvantages/risks of taking part?** We do not consider there to be any probable disadvantages or risks.

**Will my taking part in this project be kept confidential?** Participant names are NOT required. The information that we do collect during the research will be kept confidential. Only members of the research team are permitted to see the questionnaire responses. Coaches are required to maintain this level of confidentiality.

**How to withdraw?** Participants can withdraw from the research project up until four weeks after completing the questionnaire. If an athlete would like to withdraw, this is possible by contacting the project director.

**What will happen to the data and results of the research project?** The anonymised data/results will be reported in the PhD Thesis of the Project Director and may be published as part of a scientific study. The anonymous data will be digitised and stored securely in the York St John University Research Data Repository. Hard copy data will then be safely and securely destroyed. Please feel free to contact us (details below) to request a summary of the findings.

If you have any questions/concerns, during or after the investigation, please contact:

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