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## Interview for the SheCOACH project

# Moving forward: Spanish coach Silvia Font Puig on challenges, discrimination, and inspiration

### Silvia Font Puig

*Silvia Font Puig is a seasoned basketball coach with a wealth of experience in coaching female teams at various levels.*

*With a Master's in Physical Culture and a Superior Title of Basketball Coach, she has worked extensively with Spanish youth and professional basketball teams.*

*Notably, she served as the head coach for the U.B. Barça women's team, leading them to a Liga championship, and as head coach for the Catalan Women's National Team.*

*Silvia is currently part of the prestigious SEGLE XXI elite project, mentoring young coaches and overseeing the development of talent in Catalonia.*

*Her expertise is also reflected in her role as an instructor for the Catalan Coaching School and her international involvement in clinics and seminars.*



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### **What challenges do women coaches face compared to their male counterparts?**

To be valued and taken seriously, not only at a technical level, but also at a salary level.

### **Have you ever faced discrimination or bias as a female coach?**

Yes, to the extent that the worst schedules and spaces always came first for them. On the court as a coach, fortunately not. The only way to handle it is to protest, to do so openly and without showing vulnerability.

### **How did you handle it?**

By giving visibility to those who have made it. But above all, by making club leaders aware that they are just as valid and to trust them.

### **What inspired you to become a basketball coach, and did gender play a role in your journey?**

The first time I was given the opportunity to join a court as a coach, I felt excited. I didn't hesitate, and the first thing I did was train and start from the bottom so I wouldn't miss out. My enthusiasm, the results, and my clear understanding of my goals made others believe in me as well. I don't know if gender influenced my career, but what I do know is that it didn't stop me from moving forward.



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