



June 2025

## Interview for the SheCOACH project

### *French basketball coach Lauriane Dolt: “BE YOU. You need to know who you are and what you want”.*

#### **Lauriane Dolt**

*Lauriane Dolt is a French basketball coach with a distinguished career in men’s professional basketball, a domain traditionally dominated by men.*

*She is currently the head coach of STB Le Havre in France’s Nationale 1 division, a role she has held since August 2024, after a successful tenure at Mulhouse Basket Agglomération (2021–24), where she consistently led the team to playoff contention.*



*Dolt began her coaching journey with SIG Strasbourg, serving 12 years—including time as assistant coach in France’s top league and head of the U21 team, where she earned Coach of the Year honors in 2014. Her experience also includes national-level coaching with the French U18 men’s team and academic instruction at the University of Strasbourg. A graduate of INSEP Paris with a high-level DES diploma, she was named NM1 Coach of the Year in 2025 and is a member of the Global Women In Basketball Coaching Network, reflecting her commitment to coaching excellence and the advancement of women in sport.*



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

To answer the question of whether we are women who coach men — I'm getting tired of answering this. Most of the time, it comes from the media. The challenge is to stay smart in how we respond. Day after day, I don't feel it's a challenge. With my players, everything is okay. I do my job. In front of me — except for opposing fans (but is that really because I'm a woman? I think it's more because I coach the opponent team) — nobody has ever said anything to me about being a woman.

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

Yes, like I told you, the worst situation was with opposing fans. They said vile things of a sexual nature — with referees, for example. And one time, with the leaders of a team, I heard about the situation, but I was not told in person. The president proposed my profile to the main shareholders, and one of them said, "If it's a woman who coaches, I don't give you any more money." When I started my career, on a daily basis I had some thoughts like: *It's a girl, she's susceptible*, or (if I cried too much), *Are you in a bad mood?*

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

I did not manage the situation with the shareholder because I didn't see him. With the opposing fans, my first reaction was to be mad and to respond badly. But later, when I was calmer, I laughed. I think that would have been the best possible answer.

### **What steps can be taken to encourage more women to pursue coaching careers?**

BE YOU. You need to know who you are and what you want. Don't cheat the people you're with. Since the beginning, I've known which coach, which woman, and which mother I want to be. That's what guides my life today.

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

My father coached a football team for a long time. All my childhood, I was sitting next to him during the games. I wanted to do like him. I quickly realized that I would not become a professional player. When I tried for the first time to be on the other side — to coach — I fell in love straight away! At 16 years old, I knew what I wanted to do.

After, I looked a lot at the French coaches, EuroLeague coaches. I tried to understand their philosophy; I looked at the way they managed their team. Gender didn't play a role because there were no women. It's sad, but I didn't think about the fact that there were no women. Now, I wish it would change. Thank you for changing attitudes.



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