

Alysha Thomson, Elgin Park Sec.

Coach

About Alysha Thomson:

Alysha has been the athletic director at Elgin Park Secondary in Surrey for the past seven years. She currently coaches boys' volleyball, and has been the teacher sponsor for many school teams including senior boys rugby, track and field, and various volleyball and basketball teams. Her first high school coaching experience was with a grade 8 boys volleyball team at Elgin Park. She had 13 boys who had never played volleyball before, and they made it to the Surrey championships. She's been coaching altogether for 16 years.



Why She Became a Coach:

"I want to give back to my community and share that same love and passion I have for sports with today's young athletes. I want to develop athletes and give them the same opportunities I was given as an athlete. My coaches were very important and influential in my life when I was growing up."

What Coaching has Brought to Her Life:

"I have been coaching since I was a young teenager so I don't remember a time not doing it. It is a part of who I am. It has brought me great friendships with other coaches, and bonds with students I would not have otherwise. The relationship I have with my athletes gives me an advantage in the classroom because they know I volunteer my time to work with them and that I truly care about them both and off the court."

Biggest Challenges:

"Managing my time between teaching, being an Athletic Director, coaching, my own sports and my family. My principal and school are very supportive of our athletics program which is such a benefit."

Proudest Moment in Coaching:

"I am proud of all of my teams but two of my proudest moments were coming 2nd at Nationals with a volleyball team that I coached for 3 years and when I had a past player tell me I was the most influential person in their high school life. Knowing that I can get players to achieve their potential through quality hard work and dedication makes it all worth it."

