

Chris Frehlick, George Elliott Sec.

Coach

About Chris Frehlick:

Chris began his coaching career at McNair Secondary (coaching at his old high school) while attending UBC in 1983. He was a member of the 1992 Canadian Olympic team (volleyball). He currently coaches senior boys volleyball, grade 8 boys basketball, junior girls basketball, and track and field at George Elliott Secondary in Lake Country, BC.



Why He Became a Coach:

“The opportunities given to me as a university, national team and Olympic athlete are directly attributable to the countless hours given to me by my elementary and high school coaches. My career as an athlete opened doors for me in my career as an educator. I can’t imagine not trying to give as much back in return.”

What Coaching Has Brought to His Life:

“Coaching gives me a sense of satisfaction that comes from knowing that the athletes I coach generally figure out there is an enormous correlation between the amount and quality of work they put in, and the results they achieve. This notion should be the most important learning outcome that any teacher can offer. Teachers who choose not to coach are doing themselves and their students a disservice because the goal is so easy to reach on a court or field, yet remains elusive in a classroom.”

What Athletes Look for in a Good Coach:

“Every athlete is different. What one considers a good coach, the next does not. Those with a future in sport need technical expertise, others need a nurturer, and some need a task-master. All we can do is offer kids opportunities and hope they appreciate our commitment and tolerate our flaws as we do theirs.”



Proudest Moment as a Coach:

“There really isn’t one. I’m pleased that my volleyball teams have finished in the top 8 at provincials 11 of the last 12 years. I’m proud when my basketball teams score more than 25 points in a game. I’m happy when every kid shows up to practice on a daily basis. I’m proud when I can’t enter every kid on the track team in all his or her favourite events and no one complains because they are happy to buy into the team aspect of an individual sport.”