

Dianne MacDonald, Prince Charles Coach

About Dianne MacDonald:

Dianne MacDonald has been coaching for 30 years. She first started coaching girls rugby in the Fraser Valley. She previously coached gymnastics and, up until this year, senior girls volleyball. She currently teaches at Prince Charles Secondary School in Creston, BC.



Why She Became a Coach:

“I decided to become a coach for several reasons, firstly because of the many coaches who influenced me during my time as a player in high school, and secondly because as a teacher I have an opportunity to interact and get to know students on an entirely different level outside of the classroom.”

Most Rewarding Experience as a Coach:

“The relationships built over time with players and other coaches. There is nothing more rewarding than establishing a very unique bond with a group of girls and having those same girls continue that tradition over the years by giving back to their communities. ‘Coaching’ off the court has been just as important as the lessons learned on the court.”

What Coaching has Brought to Her Life:

“Ultimately, the athletes I have coached and the experiences I have enjoyed, while coaching have certainly inspired me to be a better person.”



What Athletes Look for in a Coach:

“In my opinion, an athlete wants a coach who can motivate and inspire them, whose expectations are clear, fair and consistent. I think players are looking for a coach who helps to develop the ‘whole’ player and who is more interested in the ‘team’ than in just the win.”

Proudest Moments as a Coach:

“One of the most memorable moments was winning the BCSS Provincial Gymnastics’ title for the first time. Another ‘proudest’ experience was a 5th place finish at the AA Girls’ Volleyball Provincials at Kalamalka Secondary School with a group of very influential and inspirational young women. Proud moments also include seeing the look of accomplishment on the face of an athlete who ‘finally gets it’ and you know that all that coaching has been certainly worthwhile. And finally, watching your former players come back to our community and coach a sport.”