

# Penny Lowe, Sparwood Secondary Coach

## *About Penny Lowe:*

Penny Lowe is the athletic director and Track and Field coach at Sparwood Secondary. She's been coaching for ten years. Her first coaching experience was with a bantam girls volleyball team. "I would get so excited during the games that I could barely watch, never mind coach!" She's been recently appointed as the commissioner for Track and Field in the Kootenays.



## *Why She Became a Coach:*

"It's just so much fun to be with the students on a level different from regular school time."

## *Most Rewarding Experience as a Coach:*

"Just making sure the students have fun while learning and being active."

## *In Her Spare Time:*

"I like to spend time with my family, camp, swim, fish and hike."

## *What Coaching has Brought to Her Life:*

"The satisfaction of reaching out to those certain students who don't normally succeed within an academic setting, and building lasting relationships."

## *What Athletes Look for in a Coach:*

"Someone they can relate to, and who is approachable for matters on and off the court."



## *Proudest Moment:*

"My proudest moments as a coach are always after a good game when everyone talks and describes every play."