

# Sandy Campbell, Seycove Secondary Coach

## *About Sandy Campbell:*

Sandra Campbell has been coaching at the high school level for 26 years. She describes her first coaching experience (grade 8 girls' volleyball at Vancouver Technical Secondary) as, "Total fun!" She currently teaches and coaches cross country and track & field at Seycove Secondary in North Vancouver.



## *Why She Became a Coach:*

"I love to work with the energy and drive that so many young people bring to their school sports. Coaching cross country and track & field allows me to encourage as many kids as possible to join a team (no 'cuts'). Being able to join a school team is tremendously important to a lot of kids. The camaraderie, fitness-building and school spirit that extra-curricular sports fosters can be so enriching to the lives of the kids, and of the coach."

## *In Her Spare Time:*

"Hiking, gardening, sewing, going to the gym."

## *Most Rewarding Experience as a Coach:*

"I am rewarded each day - I see the satisfaction and pride on the faces of young athletes when they know that they have done their best and not given up."

## *Biggest Challenges:*

"My biggest challenge is managing the time necessary to successfully run a team. Everyone's life in the school system is so busy. Coaching increases the work load but is such a positive part of my work life that I could not imagine giving it up."

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

"Expertise, patience, dedication, organizational skills, sense of humour, confidence."

