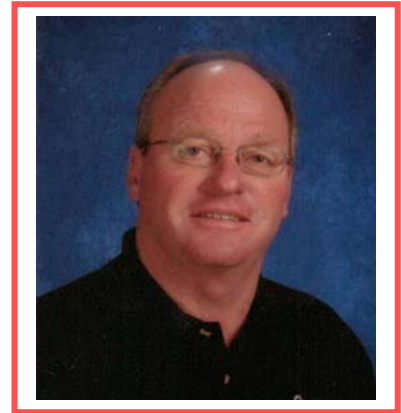


Bob Matlock, Alberni District Sec. Coach

About Bob Matlock:

Bob is a teacher and physical education department head at Alberni District Secondary. He's been coaching 36 years, and has been involved with BCSS on both the golf executive and girls volleyball executive.



Why He Became a Coach:

“In the high schools I attended in Regina athletics was a major fabric of the school. My coaches were not just phys ed. teachers, but biology teachers and math teachers. I enjoyed playing, and coaching is an extension of the playing. When I started it wasn't *if* you were going to coach, it was *what* you're going to coach.”

Most Rewarding Experience as a Coach:

“Basically the kids. You see the kids in a different light than in the classroom. They see more sides of you and you see more sides of them. You build lifelong friendships.”

What Coaching has Brought to His Life:

“I want to say friendships, not only with players but with other coaches from around the province.”

Biggest Challenges:

“In more recent years, it seems to be more difficult to get the kids to commit to a program. There are lots of pressures on them, and too many distractions.”



“I'd also like to see younger coaches and teachers become more involved with high school sports. I still see a lot of the same faces at the meetings. I'd like to see younger people step forward. It's a rewarding experience becoming involved with school sports.”

Proudest Moment in Coaching:

“I had the pleasure of coaching an excellent group of athletes in the mid 80s, a senior girls volleyball team. We played at UBC against Sentinel and won the 1985 BC secondary schools provincial championships. I think that year we won 8 out of 10 tournaments.”