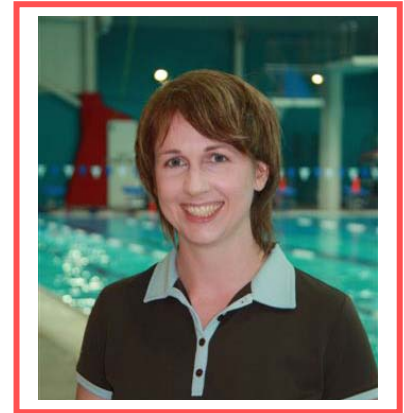


# Andrea Nishi, R.A. McMath Secondary

## Coach

### *About Andrea Nishi:*

Andrea Nishi is a physical education and French immersion teacher at R.A. McMath Secondary in Richmond. She's been coaching swimming and aquatics for 20 years, and was the BCSS Aquatics commissioner for 5 years.



### *Why She Became a Coach:*

"I fell in love with learning the technical aspects of the sport and the physiology and the psychology behind it all. I loved sharing my passion for the sport, and challenging others to reach their full potential."

### *Most Rewarding Experience as a Coach:*

"Being a part of some of the proudest moments in the lives of the athletes I work with. When you witness someone work so hard for something and then accomplish that goal you can't help but be inspired."

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

"My first coaching jobs made me realize my love of teaching. It led me to my degrees in human kinetics and education. I've made lifelong friends with fellow coaches and former athletes."

### *Biggest Challenges:*

"The biggest challenge is getting athletes to understand the importance of commitment. They are being pulled in so many directions with other sports, academics, part time jobs, etc. But when they've committed to being part of a relay team, and three others are counting on them to be there, they need to be there."



### *Proudest Moment in Coaching:*

"Every year I get a few Grade 8s to join up because they believe me when I say it's almost impossible to get an 'A' in my class unless they also join the swim team. Four such swimmers came out and learned the basics in their first year. They stuck with it until Grade 12 and miraculously qualified for the Provincials on a relay."