

# Gail Sayers, Port Moody Secondary

## Coach

### *About Gail Sayers:*

Gail has coached for 29 years. Her first coaching experience was as an SFU student working at their summer basketball camps. “I remember the weird and kind of scary feeling of being in charge of a group of high school kids. They looked for my expertise and I nervously wondered if I knew enough to teach them.” She currently coaches cross country at Port Moody Secondary in Port Moody, BC.



### *Why She Became a Coach:*

“When I first started teaching, extra-curricular involvement was an expectation and was even part of the hiring criteria. I never hesitated to join the coaching staff at my first school and loved working with kids outside of the classroom.”

### *Her Most Rewarding Experience:*

“There are many very rewarding experiences. I think the best ones have been coaching cross country and not having to ‘cut’ anyone who wants to join, and having a sport where everyone participates as much as they choose. I love that I can push the real talented runners to reach their best, yet work equally as hard at encouraging the kids who aren’t very fit or fast to reach their potential.”



### *Most Challenging part of being a Coach:*

“The biggest demands have been juggling my coaching responsibilities, yet trying not to miss too many school and athletic events of my own kids, and also finding time to keep fit myself.”

### *What do Athletes look for in a Coach:*

“A coach who is well organized with regards to practices and competitions but one who also makes a personal connection with them. Athletes also want someone to push them to their potential and reward their efforts.”

### *Proudest Moment:*

“I could not pick one. I am proud of so many of my athletes who due to their effort and commitment have grown so much as an athlete but even more importantly as a person.”