

Helen Posthumus, Tamanawis Sec.

Coach

About Helen Posthumus:

Helen Posthumus currently teaches LST, ESL and English at Tamanawis Secondary in Surrey. She previously taught at Holy Cross School and has coached cross country, volleyball and basketball. She considers track and field to be her main sport.



Why She Became a Coach:

“Because of the experiences I had playing sports in high school. I had great coaches and a lot of success, and I wanted to share that with my own students.”

Most Rewarding Experience as a Coach:

“When I left Holy Cross we had won the Surrey track and field championships three years in a row. We had 100 kids on the track team, out of 700 kids in the school. I worked hard to increase participation, and track became a mainstream sport for our school.”

The Importance of Staying Active:

“I feel strongly that having kids involved in track gives them a greater chance of having an active lifestyle. And track is something that’s accessible after high school – everyone can run.”

What Athletes Look for in a Good Coach:

“I would say someone who sets high goals and challenges them. Someone to offer encouragement and support. And obviously being dedicated to what they do.”

Biggest Challenges:

“Balancing priorities: family versus coaching. I get a lot of support from family. Today kids are specializing in many sports. It’s challenging having kids commit - they have to balance their priorities as well.”



Proudest Moment in Coaching:

“Having 100 kids on the track team at Holy Cross. It was hard to leave and I remember telling the team and there were lots of tears. You see how much the kids want you there. Establishing the program to that level was my proudest moment.”