

Alison McGillivray, Little Flower Acad.

Coach

About Alison McGillivray:

Alison McGillivray is a teacher coach at Little Flower Academy in Vancouver. She started the school's field hockey program in 1985 and has been the coach ever since. She has also coached basketball, cross country and tennis.

Why She Became a Coach:

"I always enjoyed being on a sports team and coaching seemed a good way to give back. I think it's important to contribute to life in the school outside of the classroom and coaching is a good way to do this."

Most Rewarding Experience as a Coach:

"Lots of rewarding experiences. They include seeing players improve, have fun with their team mates, learn the value of commitment and sportsmanship. Working with the other hockey coaches at our school. The appreciation I have for so many parents who help the program at our school."

What Coaching has Brought to Her Life:

"A lot of new people - either coaches, umpires, players or parents."

What Athletes Look for in a Good Coach:

"Consistency and fairness."

Biggest Challenges:

"Finding enough time - coaching a sport is like teaching another course. Life is extremely hectic during the season, but it is always worth the extra work."

Proudest Moment in Coaching:

"I had one today. LFA is a AA school and has four field hockey teams (largest sport in the school). Today, as I was taking my team to a game, there were two other squads heading out and the fourth one was practicing. So thankful to all the other coaches who are the program and make LFA such a hockey school."

