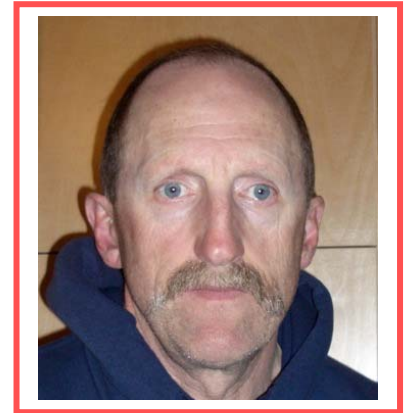


Peter Rushton, Esquimalt Secondary Coach

About Peter Rushton:

Peter Rushton is the rugby coach at Esquimalt Secondary in Victoria. He's been in the school system for 32 years and has coached a number of sports including gymnastics, wrestling, basketball and lacrosse.



Why He Became a Coach:

"I have always had a passion for sport and it seemed like a logical extension from playing."

Most Rewarding Experience as a Coach:

"Seeing young athletes learn about teamwork and a commitment to excellence."

What Coaching has Brought to His Life:

"Opportunity to meet and guide tons of young athletes towards an active and challenging lifestyle."

Biggest Challenges:

"Numbers are always the biggest challenge. Play cat and mouse in the halls convincing kids to get involved."



What do Athletes look for in a Coach:

"Coach must show empathy for his or her athletes. Don't lose sight of what was really going on when you were sixteen. Technical competence and an ability to communicate are key requirements as well."

Proudest Moment in Coaching:

"Running into student athletes from 25 years ago and having them recall their involvement in the Esquimalt rugby program as an integral part of their teenage years."