

# Shannon Graham, Argyle Secondary

## Coach

### *About Shannon Graham:*

Shannon Graham is a teacher at Argyle Secondary in North Vancouver, and has been coaching for 20 years. Her first coaching experience took place as a first year student at UBC. She coached Argyle's grade 8 girls team and went on to follow the team for three more years. She currently coaches bantam girls volleyball at Argyle.

### *Why She Became a Coach:*

"A love of all sports my whole life; I wanted to give back. I was influenced by great coaches throughout my high school experience."

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

"Getting to know the students (and them knowing me) in a different place besides the classroom. Watching them develop life skills, and applying my teaching background to coaching activities."



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

"One area that I enjoy is to spend most of my coaching time with the younger athletes hoping to develop sound basics in the sport of their choice. I've also enjoyed my non-coaching involvement with helping to organize Provincial Championships at Argyle and Sutherland. And my 13 years on the AAA Basketball Committee for the championships at Capilano University."

### *Biggest Challenges:*

"Lately, the requirement to be an administrator rather than devote my time to just coaching. The formal demands of coaching (paperwork, budget, etc) is a significant burden."



### *Proudest Moment in Coaching:*

"Surprisingly, not the championships. Instead, using sports and athletics to help students find a place to belong in school. Watching athletes grow and mature as individuals from Grade 8 to 12. Having former students become coaches and give back to the athletic community in which they live."