

# Surinder Brar, Brocklehurst Secondary

## Coach

### *About Surinder:*

Surinder is the vice-principal at Brocklehurst Secondary and has been seconded to the position of district vice-principal, working from the Henry Grube Educational Centre. After over 24 years of coaching, he has decided not to be the head coach of a specific team this year, and instead provides assistance and mentoring with several teams.



### *How He Got Into Coaching:*

“I am a gym rat and love playing games. Coaching allowed me to continue to do what I enjoyed with a lot of like-minded people. I enjoyed a lot of successes in sport as a player and was fortunate to have several coaches who put in a lot of time with me, and taught me how to set and achieve goals through hard work, dedication and teamwork. Coaching also allows you to work with the whole student, not just the academic portion in isolation.”

### *What Coaching Has Brought to His Life:*

“I was able to have interactions with a lot of great people and establish life long friendships. I was also able to devote hours of quality time with my own three children and their friends while coaching them in a variety of sports.”

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

“Making cuts is always the hardest thing. I have always brought in several evaluators and allowed the tryouts to have enough variety and length in order to ensure that the process is fair and that every athlete had a chance to show what they can do to help the team.”

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

“A good coach cares about each athlete as an individual person, is fair and consistent, and treats the players and the team with respect and dignity. The coach must be organized, knowledgeable, current and passionate about the sport and the team.”

### *Proudest Moments:*

“Seeing players perform something they didn't know before. Helping students 'focus on what is important' during a time that can be very stressful in their life. I have had the fortune of helping a grade 10 student return to school after dropping out and then achieve honour roll during grade 12.”