

# Trish Fortier, Esquimalt Secondary Coach

## *About Trish Fortier:*

Trish Fortier is a teacher and athletic director at Esquimalt Secondary in Victoria. Trish has been at Esquimalt for 27 years.

## *Why She Became a Coach:*

“I guess it was expected in those days if you taught PE you also coached. I played sports all through my high school days growing up in Ottawa. I had very good role models from my high school coaches. I now had the chance to get kids involved in sports and instil in them what I had learned.”

## *Most Rewarding Experiences as a Coach:*

“One year at the volleyball provincials during our final game I put on the court my entire grade 12’s, some of which were not my starters. I called a time out and subbed in so they could play the final few points together. We were not in the running for the top spot but at the end of the game, which we did win, they all went into the middle arms around each other and were in tears. You would have thought they had won the gold. They were an amazing group. I had coached them all the way from grade 10. Ever year at Christmas for our year end party they would come and decorate my Christmas tree. They still continued to do this for years after they graduated from high school.

“At the high school provincial curling championships in Fort St John watching our girl’s team win the provincials and being presented with the BC SCHOOL SPORTS banner which hangs proudly in our school gym. This is the only girl’s banner that we have won. I just recently played in a curling bonspiel with 3 of the girls (all sisters) from this team and we won the bonspiel. It was such fun to curl with them. I was introduced as their “old” teacher. It was decided that it was 22 years since I first met them as students.

## *Biggest Challenges:*

“A big challenge today is to get more student involvement in athletics and get them to commit to a sport. For the past few years at our school we are faced with many students who chose to work and do not have time for extra-curricular activities.”

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

“Athletes want a coach who has the knowledge of their sport, understands the techniques and skills involved and can teach the fundamentals of the game. A good coach should be positive, be patient and be committed to each player.

