

Vicky Sahota, Killarney Secondary

Coach

About Vicky Sahota:

Vicky is the physical education department head at Killarney Secondary in Vancouver. She's currently the senior girls volleyball coach, and has 35 years of coaching experience including basketball, track and field, gymnastics, boys volleyball and community boys soccer.

Why She Got Into Coaching:

"My love for coaching stems from having had excellent role models in coaching throughout my own high school sports life at John Oliver Secondary in Vancouver and later at UBC."

First Coaching Experience:

"My first coaching experience was when I was on a student teaching practicum at Vancouver Technical School. I was on the varsity team for volleyball at UBC and I was thrilled to be able to impart my knowledge, expertise and skills I'd acquired while on the university team."

Her Most Rewarding Experience:

"Observing my students improve their skills and physical development to achieve personal success; and the feeling of gratitude and fulfillment of former graduate students who "give back" by assisting and coaching with our athletic teams."

Biggest Challenges:

"The biggest challenge has always been the time constraints to accomplish your goals as a coach while you are juggling professional commitments to your teaching career. I have been able to accomplish these time constraints by planning and setting long range goals many a time prior to the season."

What do Athletes look for in a Coach:

"I think an athlete looks for someone who is understanding of his or her needs, and has a commitment and passion for coaching with the ultimate goal of having FUN!"

