

Vern Fedorak, Terry Fox Secondary Coach

About Vern Fedorak:

Vern started his coaching career at New Westminster Secondary in 1979. Throughout the years he's coached soccer, football, wrestling and rugby. He's currently the Head of the PE Department at Terry Fox Secondary in Coquitlam.

How He Got Into Coaching:

"Being a coach was the perfect fit for who I was and who I am. My interest in sports came early in elementary school and has been with me ever since. Whatever my friends were doing on Saturday afternoons never mattered to me because I never missed watching *Wide World of Sports*."

His Most Rewarding Experience:

"The feedback from athletes and parents that what I have done over time is teach and inspire people to be better people and to believe in themselves."

What Coaching Has Brought to His Life:

"Friendships and good times with countless quality people throughout the years. John Simpson and Richard Elson organized a trip for our Port Moody wrestling teams to Japan 20 years ago that still remains at the top of my list of great adventures."

What do Athletes look for in a Coach:

"Knowledge and somebody who cares more about them than results."

Proudest Moments:

"Proudest - I can't say with certainty. Memorable ... the year Terry Fox qualified seven wrestlers for the Provincial Championships. One of my coaching colleagues asked me late on Friday of the first day of competition how our team was doing? The truth was we hadn't lost a match ... all seven had advanced to the semi-finals. Five went on to the finals and four won B.C. titles. Our team of seven placed third."

