



# Sharon Snow

**School:** Burnaby Central

**Athletic Director:** Paul Kuhn

**Currently Coaching:** Sr. Girls' Volleyball

**Also Coached:** Basketball, Cricket, Volleyball, Softball

**Length of Years Coaching:** 34 years

**Subject currently teaching:** Physical Education

## **What has been the most rewarding thing about being a teacher coach?**

“I started coaching because of my desire to work with students who want to improve their athletic abilities and to work with individuals who enjoy physical activity and love the game. Up to this day, I still enjoy what I do and it has been very rewarding for me. I enjoy working with young adults and I love the fact that I get to be a part of their lives as they grow into wonderful and talented individuals.”

## **What do you do during your spare time?**

“Whenever I get a chance to, I spend my free time with my family.”

“I ride and race thoroughbred horses at Hastings Park. My family has been doing that for 100 years. As long as horse racing has been in BC we've been involved. I grew up as a bit of race track rat. My family had an acreage in Langley and Aldergrove. Once I graduated from university I got into breeding and racing my own horses. That's what I do besides coaching. At the present time I have five horses. I have a five month old donkey at home at my farm in South Surrey near the US border, and a two year old horse that raced last Friday at Hastings Park.”

## **Coaching Credentials, NCCP Training or Coach Awards:**

- NCCP Level 1 – Theory
- NCCP Level 2 – Theory

## **Describe how you found sport in your life:**

“My sport was softball but when I started to coach different sports, I immediately fell in love with all the sports I coach. I come from a big family, and it was an outlet for me to get out of the house. Softball was my sport, and I went on to play it at the national and international, levels. I was probably on the first women's' team, and probably the first and only women's team to play in the Northwest Conference. We played for Vancouver Merchants out at South Memorial. It paid for my university at UBC. At that time you used to get federal grants. Myself and one other guy in Saskatchewan got them.”

### **What do you believe would resonate with the teacher coach of today in terms of recognition?**

“I find that it is a very big challenge to find the time to do everything I want to do. As a teacher and a volunteer coach, I try my best to do all I can to make sport a rewarding experience for the kids I coach.”

“I measure my success by the amount of my players at different universities, competing at the highest levels. I feel I’ve succeeded when kids are still playing in a sport that I coached them in. If being with me taught them to love a sport and they are still doing it years later, I feel successful. If I coached them they quit and didn’t go back to the sport that isn’t success to me. That would not be very successful. Success is seeing my kids continue to play through the years.”

### **What has coaching taught you about life?**

“I find that coaching is a constant learning activity. As a coach I am always learning new ways to encourage both the best athletes and the less athletic students to do the best they can do and not give up. The best part about being a coach is that I am able to apply the drills I do in class (P.E.) and do them with my team. Coaching is the *most* fun and challenging part of being a teacher—as a teacher in P.E. class it’s just like coaching.”

“I’m always coaching and teaching simultaneously, if I’m teaching I’m coaching. I believe an extra curricular program is a reflection of your P.E. program, so if you had a good P.E. program you should have a good extra curricular program. I think they go hand in hand.”

### **Describe your proudest moment in sport:**

“I have many proud moments in sport. However, in 2007 I coached a very strong Sr. Girl’s Volleyball team. The team was open to change and they were totally committed to each other and to the “team” mentality.”

“I had to make a lot of changes that year. A lot of time coaches go down with their ship. They keep hoping things will change, things will get better. I can’t hope now, these kids need to go to provincial; I’m going to make changes.”

“For example, one girl changed her position. She played power all year but when it came to provincials I moved her to libero and she said ‘no problem’. They had to come together and two weeks before provincials we made wholesale changes to positioning and where people were going to play. A lot of coaches would not do that.”

“We made hard decisions for the benefit of the team. Sr. Girl’s Volleyball went from 11<sup>th</sup> place to a sixth finish in the provincial championships. That’s a big jump; people thought we should have been ranked 16.”

### **More about Sharon:**

“I think that better athletes should also strive to be better “students of the game.” The more knowledge you have, the stronger the team.”

“I have a wide interest base and there are very few things I don’t like to do. There are very few things I haven’t tried, I figure if you don’t try you can’t comment. How many people have said “I’ve never done this but I’m going to give an opinion?””

“I do it so I can have an opinion. I’ve coached at every level.”

“If you don’t coach at every level you can’t coach at that level and know what the expectations are. I’m not the one who does senior and defies what’s done in grade eight level. In grade 12, for example, you’re not teaching them new skills, but teaching them to play as a team. Utilizing their developed skills for the benefit of the team. I would like to thank all the people who have touched my life and made it just a little better.”