



Carlo Muro

School: Riverside Secondary School

Athletic Director: Rob Colombo and Jamie Askew

Currently Coaching: Senior Boys Volleyball

Also Coached: Football, Basketball, Track and Field, Tennis, and Volleyball

Length of Years coaching: 35 years

Subject currently teaching: Mathematics and Physical Education

Why did you decide to coach: “I coach for the opportunity to work with individuals who want to strive for excellence in a given sport. Sport is an excellent way to develop life skills. Sport teaches responsibility, and teaches athletes to work hard to achieve their goals. It’s a great way to live an active lifestyle and to develop life long relationships.”

What has been the most rewarding thing about being a teacher coach: “I find it rewarding to help students develop skills and attitudes that allow them to compete at the college and university level.”

Who would you identify as a role model or mentor in your life specific to coaching: “In my early years of teaching, basketball was my passion. John Wooden, Rick Pitino, Dan Misco and Rich Goulet influenced my coaching style. In my past 30 years, my good friend and colleague Lawrence Vea helped me clarify my values, he showed me the priorities we must adhere to and challenged me when I strayed away from them. I would like to especially acknowledge the support and understanding I have received from my wife, Maria, and my son, Angelo. I spent many hours away from home and their patience has allowed me to pursue my passion in athletics.”

What do you do during your spare time: “When I find the time, I ref volleyball games, I work on my garden and I jog through the rainforest trails at Mundy Park in Coquitlam.”

Coaching credentials eg. NCCP training or coach awards:

- NCCP Level 2 Theory
- NCCP Level 2 Practical in Basketball and Volleyball
- First recipient of “Gary Scott Award” for outstanding contribution in athletics in the Coquitlam District
- Recipient of Coquitlam Secondary School Athletic Association 30 year award for leadership, understanding and patience.
- Recipient of “Coach’s Recognition Award” in recognition of outstanding contribution to the Fraser Valley Volleyball Commission.
- Top Athlete Award at Vancouver Technical in 1968 (high school soccer, basketball and tennis)

Describe how you found sport in your life: “My family emigrated from Italy when I was seven and because of financial hardships, sport was not seen as an important aspect in our daily lives. Paul Staley, my PE teacher at the time got me interested in sport. In my grade six year at Lord Nelson Elementary, our team captured the Vancouver Elementary soccer and volleyball championships and placed second in softball with an outstanding group of athletes.”

What do you believe would resonate with the teacher coach of today in terms of recognition: “It would very helpful if teacher coaches were given a “prep” block. This would certainly encourage younger teachers to stay in coaching.”

What is the biggest challenge you face as a teacher coach: “To try and balance the time I spend on my curricular responsibility and coaching responsibility.”

I try to set priorities and organize my time to meet the demands of both. At crunch time I remind myself that I am being paid to teach and that I volunteered to coach. Despite the difference, I teach with the same passion that I coach.”

What has coaching taught you about life: “The *playing field* or *court* is life in action! I truly believe that sport not only develops character but also reveals it. How we respond to adversity tells us a lot about ourselves. Under these situations we can learn a lot about ourselves and how we can change our behaviors.”

Describe your first coaching experience: “My first coaching experience was coaching football at Como Lake Junior in my first year. I taught with former B.C. Lion kicker, Harold Sparrow. Harold made me the offensive coordinator and he ran a very complex pro-offence. I would finish my math lessons around 10 p.m. and then spent two or three hours learning the pro-offence so that I could teach it to the players the next day.”

As an athlete what do you look for in a good coach and how has this perspective changed or molded you as a coach: As an athlete, I look for a coach who provides constructive feedback. Instead of using general phrases such as “play harder” or “play some defense.” I try to be specific. I say things like, “be lower,” “read the hitter’s shoulders” etc.

Describe your proudest moment:

“Capturing the Junior Boys Fraser Valley Basketball Championships in the 1989-90 seasons and capping a perfect 58 win and zero losses season by winning the Junior Boys Volleyball Provincial Championship in 1995. What made this so special was that no Coquitlam Junior High had won a Fraser Valley Championship in the Tournament’s 40 year history. Furthermore, we suffered a buzzer beater loss in the District Championships; we were almost knocked out in the first round of the Valleys and we needed double overtime to win the final game against an outstanding team.”



More about Carlo:

Over the last 19 years I have helped coordinate the “Now Newspaper Volleyball Camp.” Hundreds of students in the Tri-City area have improved their volleyball skills by attending these summer camps. Many of the coaches are former students who went on to play college and university volleyball. Retired teacher-coaches, Lawrence Vea, and Gary Yip, have been an integral part of this program.

- Carlo coached B.C. Summer Games Volleyball for Fraser Valley all stars with Porf Verde and Tim Cross (1990-1997)
- Won gold medals (1993, 1994, 1995 and 1996)
- Won silver medals (1990, 1992 and 1997)
- Served as Recording Secretary for BC High School Boys Basketball Association (1991-1996)
- Served as Fraser Valley Tennis Commissioner (1992-1994)
- Served as PE Department Head at Maillard Junior Secondary (1978-1981)
- Math Department Head at Maillard Junior Secondary (1981-1996)
- Math Department Head Riverside Secondary (1996- present)