



Carmen Brown

BC SCHOOL SPORTS COACH OF THE MONTH DECEMBER 2008

School: Frances Kelsey.
Years coaching: Seven years.
Currently coaching: Cross country, Junior and Senior girls' basketball.
Subjects: Math, PE, English.
Also Coached: Rowing, volleyball, track and field.



Why did you decide to coach?

I've enjoyed sports so much throughout my lifetime and want to give others the chance to enjoy it and take part. I like having the opportunity to make it fun and to help kids learn the basic skills that they can build on when they try new sports or other activities within their lives. I really enjoy the fun part of it, everyone working together as a team and being healthy.

What's the most rewarding thing about being a teacher-coach?

Getting to see kids in a different scenario outside the classroom doing things that they love and that they've chosen to do, and are passionate about, and having them get to interact with me and see that same side.

Who would you identify as a role model or mentor in your life specific to coaching?

I remember coaches from my middle school and university. Ray Faught, for his dedication to early morning volleyball practices that were fun, and my rowing coach, Rick Crawley, at the University of Victoria, because he gave me the motivation to get back into shape.

What do you do during your spare time?

Outdoor activities, anything outside. I'm really into hiking and climbing just now when I can. I also like hanging out with friends, going to movies and getting the chance to catch up with people over coffee.

Describe how you found sport in your life.

I had an older brother and we were always kicked outside to go and play. We had our bikes and we'd be in and out of the neighbour's ditches, up and down the hill at the end of our road, and climbing the trees. I got into soccer in the community, just a boys' team at the time so I joined the boys' team and later on I joined track and field and did that for six years. I did rowing in second year university because I had gotten out of doing fitness for a year and in high school we were introduced to it one day and I thought it was fun. I saw the signs for it and heard it required a lot of dedication, time and energy and that did it for me. It was pretty motivational and I signed up.

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

Probably a committed team. Commitment from the student athletes, because we are there giving our time for them. That and having them give it their all when they are there, having fun and working together.

What is the biggest challenge you face as a teacher coach?

Time. Time to get through the marking of the teaching part, balancing the marking with coaching practices, the paperwork of organizing rides and games and refs, and having that energy as well, so that it's still fun. Balancing that with my own life and my own family.

What has coaching taught you about life?

To relax and have fun and that it's not all drills.

Describe your first coaching experience.

My first coaching experience was in high school. We offered a spring basketball league and the senior students at the high school ran it. The feeder schools took part, as well as the middle schools in the area. It was fun because we were working with the other coaches in the mini league who were also students at our schools. So we were working with our peers and competing as rival coaches as well.

What was your proudest moment as a teacher coach?

My biggest memory is university coaching. A "learn to row" program. I was coaching a novice team and it was their first big race. When they came across the finish line I found myself in tears. I was so proud; I knew the work they put into it to get to that point. Understanding what they put into it.

Other facts about Carmen.

I play ultimate Frisbee and rock climbing. I grew up in Mill Bay where I work with former teachers. I love it here. When I travel elsewhere I'm always glad to come back to the Valley.