



**A COACHING
CATCH UP
WITH LAUREN**

How did your coaching career start?

I started coaching at the age of 12 with my local track and field club. Most of my coaching at this time was with rascals, however I helped coach the younger Junior Development ages too. I had aspirations to become the Junior Development Head Coach when I was still a junior development athlete myself. I had fantastic coaches who showed their commitment to the sport and to my success, and I was inspired to be like that myself someday.



What keeps you motivated?

I keep coaching because of the emotional connection and passion that I have for the sport and the athletes. Being able to help support them along their athletic journey is something that I view as a privilege and is something that I think is special to be part of.

What would you have liked to know before you started coaching?

Something I wish I could have known before starting this journey is that along the way, there will be people who underestimate your capabilities and potential as a coach, and the journey won't always be easy.

But you have to believe in yourself as a coach as much as you believe in your athletes. In order to tell athletes that they're capable of becoming whatever they want, you have to convince yourself that you're capable of becoming a great coach first.



What is the most fulfilling part of being a coach?

The most fulfilling part of my role as a coach is building trustworthy coach-athlete relationships with the athletes. Being viewed as a trustworthy individual in these athlete's plans for success is truly an unreplaceable feeling.

What is your coaching philosophy? Does this change across training groups?

My coaching philosophy for the most part remains the same no matter what I'm coaching in track and field. As a coach, I believe I am there to provide support and guidance to athletes within the sport of track and field in order for the athlete to meet their full athletic potential.

As a coach, I want athletes to feel supported and as though my presence has helped them enjoy the sport more. I believe that providing a positive, safe environment for all athletes is necessary to enjoy the sport of track and field.

I enjoy helping athletes achieve their goals and helping athletes discover an enjoyable sport.



How do you keep JD practices engaging and productive?

I enjoy keeping long lasting traditions alive in the JD program at the Prince George Track and Field Club. Halfway through the season, all JD athletes are combined into teams where they compete once a week both as a team and against other teams in track and field events and games. We call this “League Night”.

The point of this tradition is to teach the kids about team work, team spirit, and it allows the kids to become more familiar with the competitive setting but in a fun way. The teams have team names and colours that they wear each week to represent their team. The teenager athletes I coach who I used to coach in JD’s still tell me their favourite thing about the JD program was League Night.



Who do you look up to in the coaching space?

I grew up with great coaches when I was a JD athlete and when I was in high school who still impact me and have shaped the coach I am today.

I'd especially like to thank the Masich family for believing in me and caring about me as an athlete when I returned to the sport after having spinal surgery as a teenager.



What is your most memorable coaching moment to date?

At this time, my most memorable coaching moment was the summer of 2022 at the BC JD Championships and BC Summer Games. Being able to watch the athletes who I coached meet their goals and make the podium was heart-warming.

I'll never forget when one of my JD athletes started to cry slightly after I told her she got bronze in the 100m finals. She thanked me for pushing her in practice and being her coach. This was truly a life changing moment for me as a coach.

What are your goals as a coach?

While I don't believe competition is critical at this age, I hope to see more JD athletes competing and attending the BC JD Championships in future years. I believe this experience can be fun and enjoyable with the right mindset, which I think is important.

My other goals are to provide a safe space for my athletes and to provide them with an overall positive experience within the sport of track and field.

How do you measure your success as a coach?

If I can meet my goals and my coaching philosophy beliefs, I believe I have been a successful coach. This means building a safe, fun, enjoyable, and memorable experience for my athletes in the sport.





How would your athletes describe you?

If you were to ask one of my athletes to describe me, they would say that I'm passionate about the sport, and that I'm dedicated to the athletes and making their experience in track and field good.

What do you hope to accomplish in the future as a coach?

In my future, I hope to build connections with other coaches. I hope to start my Performance Coach training now that I'm a certified Club Coach, and also expand my knowledge through more coaching education. Someday, I would love to coach at Legion Nationals for Team BC. And as always, I hope to make the JD program bigger and better every year.

What are your hobbies outside of track and field?

Outside of coaching, I like to keep busy. I graduate from nursing school in May, and then I start my career as a youth mental health Registered Nurse in Northern Health.

This year I took on the role of President of my university's Nursing Club so I am busy helping with volunteer opportunities and building fundraising opportunities for my grad class and our graduation/pinning ceremony.

I have put my running shoes back on, after a few years off, to train for two half marathons that I've signed up for in 2023 in addition to some other road races!





A note from Lauren

I am so thankful for the Prince George Track and Field Club and my PG Track and Field family. The Junior Development program wouldn't be so successful without help from my fantastic JD coach team, especially during the 2022 season.

Thank you to Brooklyn, Emma L, Sophia, Jordan, Emma W, Sadie, Chloe, Caleb, Noah, and Connel for making this past season memorable and for your dedication to the JD Program. And thank you to Elena for your constant support and for believing in me as a coach!