

# **BC Coaches Week – Feature Coach**

## **Laurence Chin – False Creek Racing Canoe Club**



**If you could be any color in the Crayola box, which one would you pick and why?** Purple! For some reason I've always liked the color

**How long have you been coaching? And coaching at the current club?** Two years

**Why did you decide to be a coach?** It was something that just happened. The original youth program was going through some changes and there were no coaches available so I stepped in. After awhile, the role grew on me and I realized how much I enjoyed working with kids.

**What, if any, professional development plans are in your future?** This year I will be applying to physical therapy programs in both Vancouver and Ontario.

**What is your proudest coaching moment to date?** Getting a group of kids hooked on canoe.

**Who is your 'idol' coach?** Blake Dalton; his knowledge and enthusiasm is one of the reasons we push for sprint development at our club.

**How important is winning?** Winning isn't important, but it's always a part of sport. I feel we should focus on the things we can control (like our own technique and tactics, physical preparation, etc) and emphasize our personal best.

**How do you define success as a coach?** Being well prepared and giving your best effort.

**If you could be a super hero for 24 hours; which one would you be and why?** Doctor Strange – neurosurgeon and the Sorcerer Supreme. I was obsessed with the comics as a kid! For 24 hours, I'd fly around with a cool cape and perform brain surgery and magic tricks.....and save the world!

