

# **BC Coaches Week – Feature Coach**

## **Jason Rusu – Nelson Kayak and Canoe Club**



If you could be any color in the Crayola box which one would you pick and why?  
**Green. It's my home club colour (Saskatoon) and I like being near trees.**

How long have you been coaching?  
**15 years (7 years regularly, 8 yrs part-time volunteer)**

And coaching at the current club?  
**4 months**

Why did you decide to be a coach?  
**I wanted to share my love of the sport with others as it was freely offered to me as a youth**

What, if any, professional development plans are in your future?  
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What is your proudest coaching moment to date?  
**Stepping up to successfully encourage an athlete to persevere with sport while they were facing personal distractions and adversity.**

Who is your 'idol' coach?  
**Krzysztof (Kris) Lepianka**

How important is winning?  
**If the desire to win helps us dig deeper (when we are optimally executing our skill) then I'd say it's very important. Fire in the belly as it were!**

How do you define success as a coach?  
**Daring an athlete to strive for a goal that is seemingly out of reach and being willing to support the athlete when they make 'the leap'.**

If you could be a super hero for 24 hours; which one would you be and why?  
**The Incredible Hulk of course. He's Green and he can probably paddle a sub 30s 200m.**

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