



Colin McDonald



## Profile

Colin is a graduate from the University of Winnipeg and has been in education for over 15 years. He has 5 years experience teaching Science, Math and Physical Education at the middle years level and 9 years as a Physical Educator and Science Teacher at Miles Macdonell Collegiate. Colin is presently the Vice Principal of John Henderson Junior High School. As a teacher, he was an active member in his school coaching the Junior Varsity Boys Volleyball Team, Junior Varsity & Varsity Badminton Teams, and a Student Council Advisor. As an administrator, Colin continues to coach Volleyball and Badminton in his school.

Colin is a fully certified level 2 NCCP coach in volleyball and a fully certified level 1 Course Conductor/Instructor. Moreover, he is also a certified level 1/2 coach in the following sports: soccer, hockey, badminton, and tennis. He has been coaching volleyball, as well as other sports for over 20 years.

## Development

Colin believes that sport acts as a vehicle for development as an athlete and as a person. So many life lessons can be experienced with sport. He believes in developing the skills his athletes will need to compete at a high level on the court as well as off the court.

Proper skill acquisition, development and learning occurs with repetition, dedication, discipline, patience and time. Colin believes in quality and quantity repetitions and feedback in the forms of auditory, visual and kinetic experiences. Psychologically, athletes need to prepare to compete on and off the court and this is a part of his philosophy of developing the athletes he works with.

Getting athletes involved at the grassroots level is important to Colin. He has a passion for the sport, coordinating and delivering volleyball camps for the WinMan Volleyball Club during the summers for many years now. Supporting the growth of developmental volleyball, he was a member of the MVA Grassroots Committee for many years.

Colin is presently an assistant director for the WinMan Volleyball Club and enjoys growing the sport in Manitoba and Canada.

## Accomplishments

As a head coach and assistant coach with the WinMan Volleyball Club, Colin has been fortunate enough to medal each year his teams have competed at the Canadian Western National Championships. Colin has also had the opportunity to medal competing in both RETSD school division and the KPAC High School Conference in the sports of volleyball and badminton.

*“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.”*

J.Wooden

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