

Victoria's Kathy Shields: Master Coach at the Top of Her Game

“Outstanding Coach” Kathy Shields received the Commemorative Medal for the Golden Jubilee of Her Majesty Queen Elizabeth II at a January 2003 ceremony at Government House, Victoria. (Photo below)

The Honourable Iona Campagnolo is a role model whom Kathy considers most inspiring.

A UVic basketball coach for 23 years, Kathy has served as Head and Assistant Coach for the Canadian National basketball team and Canada's Representative for the Olympics, PanAm games, World Championships, and other international tournaments.

Mentor to both athletes and coaches, Kathy has been involved in the Victoria-based National Coaching Institute (NCI), which her husband Ken Shields helped develop.

At the leading-edge of the coaching movement, Kathy was certified a Master Coach in 1986 by the Canadian Association of Coaches (CAC). Since then, she has always had one or two apprentice coaches working under her care and guidance.

Kathy's focus is on teaching and mentoring to already skilled high-level coaches who attend the Institute to work on sports sciences as well as coaching alongside a master coach.

She loves to teach and work with young people. It keeps her young, she

says. Kathy enjoys working with people who are as passionate about the sport as she is, and who want to excel to become the best coaches they can be.

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What does Kathy look for in a high-level coach candidate? People with a love for basketball, a passion for competition, and a desire to learn. What distinguishes an average coach from a great coach is the

ability to lead, communicate, teach, and resolve conflicts. Anyone can learn skills, but great leaders have the ability to communicate well and to inspire and provide the environment for their athletes to excel and reach their potential.

When mentoring to athletes, Kathy also focuses her work on teaching life skills, time management, self-discipline, organization, and good citizenship. Her approach is to build a relationship and develop two-way trust so the teacher and coach can reach a mutual understanding of their goals and activities. As a mentor, Kathy believes follow-up is essential. Seeing students going on to be successful and perhaps becoming mentors themselves is one of her great joys. ▲



Kathy Shields (centre) holding her Queen's Golden Jubilee medal, with BC Premier Gordon Campbell and The Honourable Iona Campagnolo, Lieutenant Governor of BC.