

Chris Halldorson

Coach Bio Feature BC Games Coach Mentorship Program

Hometown: Kelowna

Sport: Biathlon

Number of years coaching: 20+

NCCP Coaching Level: Comp-Dev

What is your motivation for coaching?

I like seeing my athletes face a challenge and then learn about themselves as they work towards the challenge. Whether they come first or not, everyone gets to learn about themselves in the process and what they learn helps to shape them as a person.

In what capacity are you involved in coaching mentorship within your sport?

I am serving as a Mentor Coach and was expected to be the Zone 2 Thompson-Okanagan Head Coach at the 2022 BC Winter Games.

How has your sport structured the coach mentorship program (from a Games lens), including the names of your Coach Mentor or Coach Apprentice (if known)?

We held an open application process and encouraged new coaches to apply for the program. Once coaches were selected as mentees, meetings were set-up to introduce the objectives of the program and to identify their goals for growth. After the goals were identified, we provided support to meet their goals and had regular check-ins to make sure everything was on track.

What are your coaching goals?

My coaching goal is to approach each athlete as a complete person, where sport is only one aspect of their life. If you know how sport fits into their life, it is easier to find ways to motivate the athlete and integrate what they can accomplish on the field of play with what they want to achieve as a person.

From your perspective, what makes the BC Winter Games different for coaches from single sport competitions of similar caliber?

This is the first-time athletes in our sport can qualify for any sort of special event, so it makes it unique in that it can be the first time they enter a qualifying race or make a specific team.

When external factors create challenges or set-backs, how do you encourage athletes to remain positive?

The age categories for our athletes who compete at the BC Winter Games often coincides with the first year they compete in our sport, so there is a lot of inexperience in our racers. We focus on using each race as a learning process and not letting it define who you are.

What is the next coaching project, competition, or other milestone you are preparing for?

Increasing the number of confident coaches in our club system throughout the province with the ultimate goal of developing better athletes and increasing the number of athletes in our programs.

