

Getting to know Triple Threat Coach Terri May

What got you interested in triathlon?

Well, Dan Morwood used to train in my parents' pool, and when I was in grade 12 he told me that I should do the Bird's Hill triathlon. I told him that I could do the swim, survive the bike, but would never be able to run 5 km. He argued that I could, but I didn't believe him. About ten years later I decided that I should have a more active lifestyle, and started training for the half marathon. Suddenly I realized that if I could run 13 miles, I could certainly run 5 km, and thus my triathlon career began. I've been hooked ever since.

How long have you been competing in tri?

I started when Daniele was 18 months, so that would make this my sixth year of competition.

What is your proudest moment in triathlon?

Hmmm...I'm not sure. I was pretty pumped when I was the first of the women at my very first try-a-tri (I emailed Dan to inform him that he was right.) But I think the one I'm proudest of is completing a sprint when I was six months pregnant. It was the toughest race I ever did because I had to sit back and watch people pass me on the bike.

What kind of coaching certification and experience do you have?

Triple Threat is my very first coaching job, and I absolutely love it! The members are wonderful. I am officially a "trained" coach, and also a "coach in training," having almost completed Part I of the new Competition Intro course that Triathlon Canada offers to replace the old NCCP certification. I will then be considered a certified coach.

What other sport related education do you have?

I am a student at the U of W, taking education. Kinesiology (or in education terms, phys ed) is my minor. (Math is my major. I'm a true math geek at heart.) I have taken a wide variety of courses in kinesiology, from Psych Skills to Motor Learning to Scientific Principles of Fitness and Conditioning, and have many more than the required ones for my minor. I am currently taking Advanced Seminar in Coaching, which provides the theory for the old NCCP Level III.

What's your coaching philosophy, and what are your goals for Triple Threat?

Great question! Glad I get to state it. My philosophy is this: "Sport is not inherently good or bad, but rather can be used to develop or to destroy an individual. It is my job as coach to help athletes develop to their full potential in a holistic manner, and to help them reach their own goals, all the while keeping sport challenging and rewarding. Winning or losing is not what matters, but rather that you did your best, and had fun doing it." So, essentially, my goal is to make you guys better triathletes in a fun and wholesome manner.

What is your favourite (or most notorious) drill or workout?

Wow, you've got me stumped...I think for myself, my favourite workout is just running, or biking off-road. I love being with nature. Maybe I'll have to come up with a really notorious workout, just for you guys! :)