Coaches Spotlight

MEET COACH EMILY LOWE

Q: What do you do outside of coaching?
A: I'm a special education teacher at Beyond Learning Center.
I teach a K-2 6:1:3 classroom serving students with developmental disabilities. I love it!

Q: What has been your proudest moment as a coach at St. Joe's so far?
A: It's challenging to think of that ONE defining moment. Still, when thinking about how to answer this question I realized every moment I considered features a young man seeing his hard work in the sport translate to a phenomenal and deserving performance. Oftentimes, as a coach, you know those performances are there, but seeing them come to fruition for the athlete always makes me feel really proud.

Q: What are your goals for the team this season?
A: For cross country, we just had a goal-setting meeting as a whole team. We ultimately want to go undefeated in dual meets, win JV and Varsity All Catholics and ensure everyone is putting in the work necessary to improve across the season.

Q: Who has been the biggest influence on your coaching style and why?
A: I had a really great high school coach - Coach Brooks. He always found creative ways to make cross country and track fun while pushing us to test our own limits without overthinking it too much. I think that's a really challenging balance at times and it's something I try to emulate.

Q: When you're not coaching, how do you like to spend your free time?
A: Slightly lame, but I really like thrifting. I do a lot of quick run-throughs of Amvets or Goodwill. You just never know what you're going to find. And spending time with my husband, family and friends, of course.

Q: What's one fun fact about you that people might not know?
A: My lifetime goal is to visit all of the U.S. National Parks. Currently, I'm at 34/63.

Q: What's your favorite motivational quote or coaching mantra?
A: Pretty much anything Steve Magness writes, but a favorite of his is: "The old model of toughness, in essence, throws people into the deep end of the pool but forgets that we need to first teach people how to swim."

Q: What's one lesson you hope every player takes away from their time with you?
A: Ideally that the work you put into something, is what you will get out of it. I think cross country and track and field are some of the best examples of that. If you can learn that mentality through this sport - especially as a high school student-athlete, you can apply it in all aspects of your life.