Life Coach

The most influential person in my life was Matt Hurlock. He was my teacher, basketball coach, mentor, and an inspiration. At the young age of 38, Mr. Hurlock passed away this July after a battle with colon cancer. When he was diagnosed, the doctors gave him six months to live. Even with that knowledge, he fought and lived longer than any doctor had predicted. He was influential because he was such a strong person, both mentally and physically. Because of Mr. Hurlock, I gained a love of sports, became a better person, and understand the importance of living life to the fullest.

I can proudly say that Mr. Hurlock has helped to make me the person I am today. I had known him since third grade, and through all of our time together he shaped and influenced my life without me consciously knowing. He taught me how to be punctual by requiring the team to be ready for practice half an hour early. He would often say “If you’re half an hour early, you’re on time. If you’re on time, you are late!” He stressed the importance of appearance by requiring the team to wear dress clothes and ties in school on game day. Mr. Hurlock gave me the discipline to be in the best physical shape of my life. He pushed me to do things I didn’t know I was capable of doing on the court. Every time I wanted to quit he would push me harder and harder until I succeeded. Throughout my four years of high school, whenever I got overwhelmed by the challenges of balancing AP classes and sports and believed there was no possible way I could do it, I remembered my experience on the court and what I am truly capable of when I push myself.

Due to his failing health, he was forced to resign from his position as volleyball coach. When he was strong enough after his chemotherapy treatments he would attend as many practices and games as he could. Frequently, he was unable to stay for the entire time, but his presence made all the difference to the kids. Coach Hurlock led the girls’ volleyball team to seven state championships over eight years, including last year during his cancer treatments.

I now coach younger kids in an effort to become the mentor to them as he was to me. When I coach these kids, my focus is on the value of sportsmanship, self-confidence and the discovery of their potential.

Mr. Hurlock has taught me life lessons that I apply beyond sports. I have the drive, discipline, and leadership qualities to succeed. I am constantly pushing myself to the limit in the attempt to grow, both intellectually, and as a person. I am always active and look forward to the opportunity to play college level track & field and explore different clubs and organizations in addition to working towards a life career.