

COACH PROFILES

Name

Jarrold Johnstone

Role in school

HPE Teacher, Learning Specialist

What are your favourite sports?

Triathlon, taekwondo and athletics

What sports do you play (or did you play)?

I've enjoyed playing lots of different sports. Growing up, I spent many years practicing taekwondo and surf life saving. I've played hockey for several years but my passion for most of my adult life has been triathlon.

Which sports teams do you coach?

I coach lots of different sports at Westall SC. I particularly enjoy coaching our Taekwondo class and volleyballers of all levels.

Which sports teams do you support/barrack for?

Mitchelton-Scott and Jumbo-Visma (cycling). I follow lots of individual sports, especially in triathlon where I like to support the Aussies as well as some of my favourites like Jan Frodeno and Javier Gomez.

What is your personal sporting highlight?

Representing Australia in the World Ironman Triathlon Championship in 2019. This is an annual event in Hawaii where I swam, rode my bike then ran for a total of 10 hours.

What is your school sporting highlight?

Athlete – competing in the Victorian Championship for high jump when I was 15.
Coach – coaching Westall's Year 7 girls' volleyball team all the way to winning the Victorian Championship in 2019.

Who is your idol?

I have many role models but understand that no one is perfect, so I like to learn from lots of different people. I have learned a lot from mentors including my taekwondo Master Tony and my first triathlon coach John.

Your favourite saying:

I never lose. I either win or I learn.