

Dr. Douglas Wadle has been practicing medicine at Livingston HealthCare since 2003. Originally from Colorado, Dr. Wadle came to Livingston because he wanted to stay in the Rocky Mountain West, and was drawn to the appeal of a small town. He was looking for a town where there was a high quality hospital and a chance to deliver a broad spectrum of care. When he arrived at Livingston HealthCare, he knew it was the right fit. “It was the right climate, location, and number of people,” he says. “And, it afforded me the opportunity to do the many outdoor activities I enjoy and raise my kids in a great environment.”

Since 2003, Dr. Wadle and his wife Kristin have welcomed a daughter and a son into their family, and he is eager to pass on his love of sports and the outdoors to his children. Now that his daughter Ellie is old enough, she is playing soccer and t-ball, and Dr. Wadle signed up to coach both of her sports teams. “I played soccer and baseball throughout my youth, and my dad was my coach,” recalls Dr. Wadle. “You don’t really appreciate that when you are young, but I do now.”

As a physician, Dr. Wadle tries to take a balanced, methodical approach to



One Physician Shares His Love of Sports with Local Kids

medicine, working with patients as a teacher and educator. So it wasn’t a stretch to teach five and six year olds the fundamentals of a sport, and find a way to balance learning a new activity with having fun. “At this age, it’s really about making it fun. You don’t have to do drills—you can teach and keep them entertained by playing games too,” he says. “Coaching your child’s team may actually be one of the most fun things you can do with your kids.”

Dr. Wadle points out that it doesn’t really take much time to coach a kids’ sport. “It’s about two to three hours for eight weeks with practice and games,” he explains. “There is a little extra time up front for planning, but that is about all. I just have to check my schedule for those eight weeks and make sure to block out those few hours each week.”

Dr. Wadle and his wife are both runners and have been athletic all their lives, and they have raised their kids with an active lifestyle. But he says that anyone can be a coach for these local sports teams no matter what their interests or past experience may be. “It might seem intimidating, especially if you haven’t done it before or don’t know much about the sport, but it is really fun—especially seeing the kids gain new skills and confidence. All you need is a willingness to learn.”

Athletic activity contact info

Livingston Parks and Recreation
www.livingstonmontana.org
 222-8155

Livingston Youth Soccer Association
www.livingstonyouthsoccer.org
 For more information,
 call Pam at 224-2914

Livingston Baseball Association
 For more information,
 call Sherri Newman at 223-5744
 or email sherrin@wispwest.net

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