



U13 Rep

Hi, I am Cassie Depratto Nutt, and I am very excited to have been selected to lead the U13 competitive team this upcoming season.

The arena has been a second home to me for all of my life. Through minor hockey and figure skating as a kid to now coaching, I've spent countless hours on the ice. I played for the Glens and Cornwall Girls Hockey before attending prep school in Massachusetts to complete my high school hockey career. During university, I played Senior Women's A/AA hockey, where our team won a provincial championship.

I have a true passion for the game and have been coaching with AMHA and GGHA for the past 10 years, working with players from U7 to U15. My coaching philosophy centers on creating a positive, hardworking, and supportive environment both on and off the ice.

My goal is to help each player achieve personal goals to grow not only as an athlete but also as a person. We will focus on teamwork, hockey IQ, skill development, and a commitment to continuous learning.

As a team, we will aim to participate in approximately four tournaments (including provincials) to maximize development, build team chemistry, and create lasting memories. Qualifying for the provincial championship will be one of our team goals for the season.

Practices will emphasize skill development, strategy, teamwork, and learning how to compete. I also plan to offer off-ice training opportunities to further support player development.

I look forward to a competitive and positive tryout process, and I encourage all players to come ready to work hard and showcase their abilities.