

Becky Kellar – Powerskating Instructor – MRA Provincial Program

Becky Kellar began her career in ice sports through playing ringette. She played ringette for 10 years before transitioning to hockey at age 17. In 1993, she was selected MVP as her Team Ontario won Gold in the National Women's U-18 Hockey Championship.

Becky attended Brown University in Providence, Rhode Island and played on the women's hockey and softball teams from 1993-94 through 1996-97 seasons. She was named the Brown Bears Most Valuable Player in 1995-96.

Becky is a 4-time Olympic Medalist in women's hockey: 1998 Nagano, Japan (Silver), 2002 Salt Lake City (Gold), 2006 Turin, Italy (Gold) and 2010 Vancouver (Gold).

Becky is a 4-time World Champion: 1999 (Espoo, FIN), 2000 (Mississauga, CAN), 2001 (Minneapolis, USA), 2004 (Halifax, CAN). She is a 3-time World Silver Medalist: 2005 (Linkoping, SWE), 2008 (Harbin, CHN), 2009 (Hameenlinna, FIN).

Kellar also has 7-Gold Medals won at the Three/Four Nations Cup: 1998 (Kuortane, FIN), 1999 (Montreal, CAN), 2000 (Provo, Utah, USA), 2001 (Vierumäki and Tampere, FIN), 2002 (Kitchener, CAN), 2005 (Hämeenlinna, FIN) and 2009 (Vierumäki, FIN). Becky has 2-Silver Medals at Three/Four Nations Cup: 1997 (Lake Placid, New York, USA) and 2003 (Skövde, SWE).

Becky retired from International Hockey in 2010.

Becky was recognized with the following awards and honours:

- 2012 Queen's Diamond Jubilee Medal Recipient
- 2010 Burlington Female Athlete of the Year
- 2-time CWHL Top Defenseman (2008, 2009)
- 2005 - Inducted into the Brown University Sports Hall of Fame
- Several Academic All Ivy awards at Brown University
- Wilfrid Laurier 100 Alumni of Achievement

Becky lives in Burlington, Ontario with her husband Nolan and two sons, Owen and Zachary. She teaches hockey skills and powerskating to aspiring youth athletes, and is a powerskating instructor for the Mississauga Ringette Association.

