



RDGHA Competitive Program

I am thrilled to introduce myself as the head coach for the U15 Tier 1 for the Russell Coyotes. Coaching has always been my passion, and I'm eager to work alongside an amazing group of athletes this season. I have been coaching girls' hockey for the past 4 seasons. I was also fortunate to have played hockey both professionally and at a collegiate level (NCAA).

I believe in providing a positive, hardworking, and supportive environment both on and off the ice. Our goal is to help each player grow—not only as an athlete but also as a person. We'll focus on teamwork, hockey IQ, skill development and continue learning how to compete. We want to encourage our athletes to push their limits, learn from challenges, and achieve success together.

Our intent is to participate in approximately 4 tournaments (2 out of town) to showcase our talent and build team chemistry. Qualifying for the provincial championship, of course, will always be a team goal for the season.

Our practices will emphasize skill-building, strategy, teamwork and learning to compete. Off the ice, we plan to incorporate activities that strengthen team bonds.

