



Hello everyone,

My name is Kelsey Richards and I am excited to begin another season as coach of the U13 A/BB team this year.

If you do not know me - I grew up in Smiths Falls and have been in and around a rink since I was a baby. I quickly fell in love with the game at a very early age and knew I somehow wanted to be involved in some capacity with the game for as long as I could. Up until I was 15 years old, I played boys A and AA hockey. Then, at 15, I made the switch to plays girls hockey. I spent that first year playing midget AA for the old NCCP program, while also affiliated with their junior team. The following season, I made the jump to fully play with the junior team, which was the first year of the Lady Senators program and where I would spend my next three seasons playing. After my junior career, I was fortunate enough to receive a full scholarship to Niagara University. At the end of my freshman year, the university cut the women's hockey program and so I transfer to Robert Morris University in Pittsburgh. I was very thankful for the opportunity to play NCAA Division 1 hockey for 4 years, and it's an experience I hold near and dear to my heart.

One thing my playing experience taught me, is the importance of creating a positive environment for my players to learn and grow not only as hockey players, but as humans as well. Over the course of this year, I hope to work with our girls to continue building upon their foundational hockey skills, while evolving their hockey minds. Creating a love for the game, and a space where they want to come to the rink. With this in mind, I expect my players to come to the rink ready to play and practice each and every time we hit the ice. Effort and attitude are two things that I value above all else. I will never expect my players to be perfect, but I do expect them bring their best effort each and every time they are on the ice and demonstrate a positive attitude towards their teammates and coaching staff. The game is ever changing and there is always room to grow and learn, so an openness to learn is a must. Just remember, the game is a process and we will work hard this year to bring out the best in each other, but also have fun while doing it.

We are expecting 2-4 team sessions per week; a mix of games, practices, and off-ice activities/team functions. We plan to attend 4-5 tournaments this season, plus the OWHA Provincials should we qualify. Team fees will be determined once the team is formed, but we expect them to be around \$700-\$900/player. This amount can be offset by fundraising, if families are willing.

Should you have any questions, you can reach me at k.gunn@hotmail.ca.

Thank you,
Kelsey