



2018 ONTARIO SUMMER GAMES
LONDON, ONTARIO
AUGUST 2-5, 2018



TEAM BIOGRAPHIES

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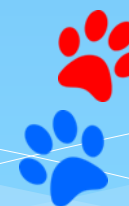
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OWHA VALUES

**FAIR PLAY, FUN, EXCELLENCE,
GOOD CITIZENSHIP, EQUITY,
INTEGRITY & HONESTY**





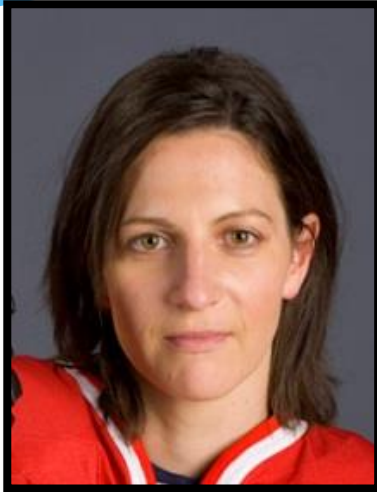
SARAH NURSE

Sarah has been a member of the Ontario Women's Hockey Association for 9 years. She has played for both Ancaster Avalanche GHA and Stoney Creek GHA. Sarah won a silver medal with the Stoney Creek Jr. Sabres at the OWHA Provincial Championships in 2010. During the 2010/11 season she led the Stoney Creek Jr. Sabres in scoring and was named the OWHA All-Star of her team for a game vs. Team Ontario U18. She was also named alternate captain of the Stoney Creek Jr. team in the 2011/12 season where she helped the club win a bronze medal at the PWHL Championships.

Sarah was a member of OWHA Team Ontario Red in the 2011 and 2012 National Women's U18 Championship, where she won a gold in 2011 and bronze in 2012. She then went on to join Team Canada's National Women's program in 2013, winning a Gold medal at the IIHF U18 World Championship, a Gold and Silver Medal at the 2015 and 2017 Nations Cup, and a Silver medal at the 2018 Olympic Games in PyeongChang, South Korea.

She is a University of Wisconsin Business School graduate and will be continuing her professional playing career in the CWHL this upcoming season





GILLIAN FERRARI

Gillian has been a member of the Ontario Women's Hockey Association for many years. She played for Team Ontario in 1996 in Summerside PEI at Midget Nationals. In 2000 and 2004 Gillian competed with Team Ontario and claimed gold at the Nationals. In 2005 she played with the Brampton Thunder and participated in the Esso Women's Nationals as part of Team Ontario. She won a silver medal at this tournament.

Gillian also won a gold medal in 2002 and 2005 and one silver medal in 2003 in three Four Nations Cup Championships. She is also a three time ESSO National Champion. She played defence in both the 2002 and 2006 Winter Olympics. She won an Olympic Gold medal in 2006. She has also won two gold medals with Canada at the Women's World Hockey Championships.

She holds a Bachelor of Arts Degree from University of Calgary, a Master of Arts from McGill University and has an MBA from Warwick Business School. Gillian currently works in Management Consulting.



Born and raised in Burlington, ON, Renata grew up playing hockey for the OWSHA with the Burlington Girls Hockey Club for over 8 years. She also played for CWHL Toronto Furies .



RENATA FAST

A multi-sport athlete, she also grew up playing competitive soccer and places an emphasis on the importance of playing a wide variety of sports. After high school, Renata played NCAA hockey for the Clarkson University Golden Knights winning the National Championship in 2014.

A late bloomer, Renata was never selected to try-out for Team Canada until the age of 19. After being released from the Under-22 National Development Team in 2012 and 2013, Renata made her debut with Team Canada as a member of the 2014 Under-22 National Women's Development Team. She would go on to represent Canada as a member of the 2015 and 2016 National Women's Team at the Four Nations Cup. Renata made her IIHF World Championship debut in 2017 winning silver in Plymouth, Michigan.

With tremendous hard work, perseverance and diligence, Renata reached her dream of competing at the Olympics where she won a silver medal in PyeongChang, South Korea as a member of the 2018 Olympic Team. "If your dreams don't scare you, they're not big enough"





KIM RATUSHNY

Kim has been a member of the Ontario Women's Hockey Association for many years. She started playing at the house league in Nepean, and then became a member of Ottawa-Nepean Raiders, the first Midget Competitive Team in Ottawa in 1984/85.

Her team won Bronze at the first Ontario Games to include Women's hockey and she was selected to the Tournament All-Star Team.

Over the next 3 seasons Kim and the Ottawa-Nepean Raiders won Provincial Gold, Silver and Gold medals. She spent four seasons at Cornell University leading the team scoring each year, and was inducted into Cornell Athletic Hall of Fame in 2002.

Kim was also a member of Team Canada winning Gold at first International Women's Hockey Championship, pioneered by OWHA in 1990. She has degrees from Cornell; Ottawa and Yale; and is now practicing law with the Department of Justice Canada in Ottawa.

Kim is now married with 2 children. She coached her daughter in hockey in her younger years.





MARIANNE GRNAK

Marianne Grnak has been a valued member of the Ontario Women's Hockey Association. She grew up in North York and played for the North York/Toronto Aeros organization from 1980 to 1995.

She then joined the Brampton Thunder AAA Team in 1995 and played until 2000. From 1988 - 1993 she represented Team Ontario winning 2 golds, 2 silvers and 2 Bronze at the Canadian Nationals. She was an Ontario Provincial Champion in 1995 and won Silver Medal at the Canadian Nationals.

Marianne got married in 2000. She has 2 beautiful children, Meghan and Justin and has been married for 19 year to her husband Kevin.

She owns and operates her Mortgage Brokerage Business AD/MAR Mortgage Brokers Ltd. for 24 years and lives in Orangeville, ON.





SOMMER WEST

She has been a part of Ontario Women's Hockey Association as a long time player and coach. She played on both the Canadian National Women's team as well as with the Mississauga Chiefs and Burlington Barracudas in the CWHL.

In 1995 Sommer also played in the Canada Winter Games, and in 1993 was a member of Team Ontario Red. She was also a member of the U18 Canadian National Champions and a member of the Canadian U22 National team in 1999. She participated with the Senior National Women's team in two Four Nations Cup tournaments. She competed in the National Women's Hockey League and was part of four NWHL championships for four consecutive years.

She was also voted NWHL Offensive Player of the Year in 2005/06. In 2011 Sommer was selected by Burlington Barracudas in the 2011 CWHL Draft. She retired after that season and was the CWHL's fifth-best scorer with 149 points. She is currently the head coach of the CWHL Toronto Furies



**AMANDA
BENOIT-WARK**

Amanda has been a long time player and member of the Ontario Women's Hockey Association.

She was selected to play with Team Ontario Red at the 1993 Canadian National Women's U18 Championship and was recognized as the tournament's Most Valuable Player in addition to winning a Gold medal. Amanda also participated in the Esso Women's National Championships on seven different occasions. She is a two-time World Champion playing in both the 1999 and 2000 World Championships.

Amanda has been the head coach of the girls' hockey team at Ridley College since 2008. She also captured a gold medal as member of the Coaching staff for Canada's National Women's Development team at the 2015 Nations Cup. In 2012 and 2013 Amanda served as one of the camp coaches with Canada's National Women's Development Team.

In 2016/17 she was named the Assistant Coach of the Canadian National Women's Development Team.





LAURA STACEY

Laura has been a member of the Ontario Women's Hockey Association since 2007. She represented Team Ontario at the 2011 Canada Winter Games in Nova Scotia, where Team Ontario won the silver medal. She was also a member of Canada's National Women's U18 Team in August 2011. In the 2011 National Women's U18 Championships, she scored a goal in the gold medal game for Team Ontario Red.

In 2012/13 Laura was Rookie of the year for the University of Dartmouth. As a junior in 2014/15 she was the team's co-leader in scoring and was an All-Ivy League Honorable Mention. She then captained the Dartmouth team in her senior year and was the team's leading scorer as well as MVP, which earned her a spot on the Ivy League First All-Star Team.

Laura then returned to the OWHA and was select third overall by Brampton in the 2016 CWHL Draft, she went on to be named CWHL Rookie of the Year in 2016-17 after leading all first years in scoring.

Laura competed internationally with the National Women's Development Team and won gold medals at the 2015 and 2016 Nations Cup. In 2018 Laura made her Olympic debut at PyeongChang where she won a silver medal.

