



Hello everyone,

My name is Kelsey Richards and I am excited to coach the U13 B team this season.

A little bit about me before we get started. I grew up in Smiths Falls and have been in and around a rink since I was a baby. I 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. 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. I spent three seasons playing for them. 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 build their foundational hockey skills, instill a love for the game, and create a space where they love to come to the rink knowing that I believe in them. With this in mind, I expect the girls to come to the rink ready to play and practice each and every time we hit the ice. I will never expect them to be perfect, but I do expect them to try and be willing to learn! 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 OWSHA Provincials should we qualify.

Team fees will be determined once the total amount of players on the team is known, but we expect them to be around \$700/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