



Mission Statement:

Do your best at all times, maintain safety, reinforce the value of respect, never stay in a comfort zone, encourage and create confidence in others.

Having been part of the KMHA for more than a decade, I have always enjoyed watching my children play and grow in the game along with many of the players that I have coached and gotten to know over the years.

Throughout my years with the KMHA, I have been a member of good standing and I have held volunteer roles each season. I have been Head Coach for six seasons; co-Head Coach for three seasons plus I have taken on additional roles including assistant coach, trainer and manager. The teams I have been involved with have only missed out on the Kanata Final twice.

Over the last six summers, I partnered in training young athletes giving them an opportunity to get out of the house and challenge themselves. The sessions were two hours of intense dry-land training intended to develop children's athleticism, strength and confidence.

In 2015, I was asked to take on the Head Coach role for a U14 team going to China. The majority of the players were KMHA bantam house B and peewee house A levels. We spent four to five times a week for almost five months preparing and developing this team to take part in the largest International Ice Hockey Tournament ever held in Asia. We finished with a record of 2:3:1 and created a lifelong memory to be proud of.

In my youth, I competed in multiple sports at school, city, regional, provincial, country and world stages. I played nine years of competitive hockey that ranged from city hockey to the QJMHL. For my first four competitive years of hockey, I played for three different hockey teams each season and participated at some of the highest levels available, including representing my country overseas.

- I played seven seasons of Junior hockey
- I played four seasons of city competitive hockey
- I competed for my country in two sports
 - Hockey and Barrel Jumping
- I competed for my province in two other sports
 - Football and Speed Skating
- I competed for my region in multiple sports
- I competed for my city in every sport I undertook
- Refereed hockey for four years
- Umpired baseball for nine years
 - youngest in Canada to ever achieve the highest grade attainable in Canadian umpiring