



RED DEER MINOR HOCKEY



I am a proud mother of four young girls who are just beginning their journey in Red Deer Minor Hockey, a path that is especially meaningful to me given my lifelong connection to the sport. I grew up playing hockey in rural Ontario, where I developed not only my skills but also a deep appreciation for teamwork, dedication, and community. My passion for sport continued into my academic career at Brock University, where I earned an Honours degree in Kinesiology. Following graduation, I worked closely with sports teams in the field of athletic therapy, gaining valuable experience in injury prevention, recovery, and athlete support. These experiences strengthened my understanding of the physical and mental demands placed on athletes at all levels. Throughout my life, I have been deeply involved in sports in a variety of roles—as a player, team official, and now as a parent. This diverse perspective allows me to appreciate the many layers that contribute to a positive and successful sport experience. Professionally, I work for a Provincial Sport Organization, where I have developed a strong foundation in the administration and development of minor sport programs. This role has provided me with valuable insight into governance, program delivery, and community engagement. I am passionate about giving back to sport and creating opportunities for young athletes to develop confidence, resilience, and a lifelong love of the game. Watching youth grow, challenge themselves, and succeed is incredibly rewarding. I am excited to bring my experience, knowledge, and enthusiasm to the RDMHC Board and to contribute to the continued growth and success of the sport we all love.

Red Deer Minor Hockey stands on a strong foundation, and its future should be defined by bold growth, inclusivity, and innovation. Serving over 1,300 athletes is an incredible achievement, but the next step is ensuring every player—regardless of background, ability, or pathway—has access to meaningful development and opportunity. I envision an organization that leads, not follows, in advancing minor hockey—particularly in the continued growth of the female game. With more girls entering the sport than ever before, RDMHC has an opportunity to be a leader in creating clear, supported pathways for female athletes, while building an environment where they feel equally valued, visible, and empowered to succeed. Challenges such as rising costs and limited facilities require forward-thinking solutions. By embracing creative programming, strengthening community partnerships, and expanding off-ice and skill development opportunities, we can remove barriers and elevate the athlete experience across all levels.



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The future of RDMHC is one where development, accessibility, and passion intersect—where we are not only building strong athletes, but confident, resilient individuals. I am excited about the opportunity to help shape that future and ensure hockey continues to grow as a sport for everyone.

Professionally, I bring a strong foundation in sport governance, having built my career within a Provincial Sport Organization. This experience has given me valuable insight into national-level expectations, strategic planning, and the evolving landscape of minor hockey in Canada. I have been fortunate to contribute to research initiatives and collaborative projects aimed at strengthening and modernizing the sport, which has allowed me to think critically, adapt to change, and support long-term development. My educational background in Kinesiology, with a focus on athletic therapy and childhood development, provides me with a deep understanding of athlete growth, safety, and performance. I approach sport with a holistic lens, recognizing the importance of physical, mental, and emotional development in young athletes. Personally, as a multi-sport coach in hockey, soccer, and softball, and as a mother of four young daughters actively involved in sport, I bring a grounded and current perspective on the athlete and family experience. I am passionate about creating positive, inclusive environments where all athletes can thrive. I am driven to ensure that every player has access to quality development opportunities and a meaningful, rewarding sport experience.