



Warriors Women's Hockey Ancaster Avalanche



Presented by:

Shaun Reagan, Head Coach

Dollee Meigs, Associate Coach

Monday January 11th , 2020

AGENDA

- Introductions & Welcome
- General USports Information
- USports and Hockey Canada
- High Performance
- Recruiting – What Should I Do?
- Recruiting- What do we look for?
- Finding the Right Fit
- Funding your Education
- Warrior Women's Hockey
- Grow
- Q & A



USPORTS WOMEN'S HOCKEY INFORMATION

- 4 regions across country (Canada West, OUA, RSEQ, AUS)
- CanWest – 10 Teams
- OUA – 13 Teams
- RSEQ – 6 Teams
- AUS – 8 Teams



USPORT & HOCKEY CANADA

- Hockey Canada scouts USport games
- Many Hockey Canada players have and continue to play USports hockey (Hefford, Wickenheiser, Campbell, Labonte, Daoust, Bettez)
- USport coaches directly involved in Hockey Canada at many levels, including National team
- Hockey Canada is supportive of coaching and player development at the USport level
- USport sends a team each summer to the Hockey Canada U22 Camp



USPORT WOMENS HOCKEY FUN FACTS

- 5 years playing eligibility vs. 4 in the U.S.
- New Transfer Rule – can play in NCAA and return to USport with no penalty
- Contact/commitment rules relaxed in USport
- No SAT/ACT!
- FISU games (World University Games)



HIGH PERFORMANCE USPORT HOCKEY

- Top USport schools have put greater resources and emphasis on High Performance sport, without sacrificing excellence in the classroom (“**the best of both worlds**”)
- Competitive Hockey – games and practices
- Full time Elite hockey coaches
- Full time strength and conditioning coaches
- Year-round training programs
- Full time athletic therapists and access to specialized sports medicine
- State of the art training facilities
- New and modern residences
- Comprehensive academic supports (ie. free tutors, exam assistance)
- Counseling services – mental health and sport psych
- Equipment and travel
- Nutrition, Yoga...



RECRUITING - WHAT SHOULD I DO?

- Always Show Your Jersey Number
- Have a Strong Work Ethic
- Strive for Championships Habits
- Don't Underestimate the Value of Fitness
- Don't Fear Failure
- Close the Door on Excuses
- Maintain Solid Academics
- Be Honest in the Process
- Make Contact!



RECRUITING – What do we look for?

- On Ice Play
- Work Ethic – on and off ice
- References
- Fit at uWaterloo
- Leaders
- Love Hockey!



FINDING THE RIGHT FIT

- Create a valid and honest checklist – set your priorities
- Academic Program
- Hockey Program
- Location
- Size of School
- Research Schools
- Tour campuses
- Narrow your list down and focus on those
- Do not get pressured into a commitment until you've done the research



FUNDING YOUR EDUCATION

- Academic Scholarships (based on grades or other circumstances)
- Athletic Scholarships “AFA’s” in Canada
 - 80% required out of High School
 - 70% required in University
- Bursaries – (based on financial need)
- Provincial funding - OSAP
- Provincial Quest for Gold Funding
- Hockey Canada card funding
- Summer jobs – Warrior Programs/Work Studies



WARRIORS Women's HOCKEY STAFF



Shaun Reagan
Head Coach



Dollee Meigs
Associate Coach



Jacqueline Schwantz
Team Therapist



Andrew Hopf
Strength and Conditioning Coach



WARRIORS WOMEN'S HOCKEY STAFF

- Goaltending Coach– **Jory Elliott**
- Equipment Manager– **Matt Sinclair**
- Academic Support & Wellness Coordinator – **Marshall Bingeman**
- Mental Skills Consultant/Sports Performance Coach – **Dr. Kim Dawson**
- Student Therapist – **Reagan Anderson**
- Student Therapist – **Sarah Latham**
- Student Therapist – **Patrick Cooper**



WARRIORS WOMEN'S HOCKEY TEAM

- 23 Roster Size – 3 G, 7D, 13 F
- Student Athletes are mostly from Ontario with 4 currently from out of province
- Players coming from PWHL Junior League and Midget programs
- More options for players to move on to professional



STATE OF WARRIORS WOMEN'S HOCKEY

Academics is very important. We have members of our team studying in:

- Health Studies
 - Recreation and Sports Business
 - Kinesiology
 - Architectural Engineering
 - Public Health
 - Therapeutic Recreation
- Majority of the team takes a **full course load**.
 - Team average in 2019-20 was **81%**.
 - Academic All Canadian (AAC) earn an average of 80%+
 - In 2019-20 we had **15!**
 - We have players from across the province & country.



WHAT IS NEXT?

- GROW Our Minds – Continued excellence in the classroom
- GROW Our Game – Practice, skill development & film study
- GROW Our Bodies – Strength & conditioning
- GROW Our Culture - Team building/ Leadership development
- GROW Our Impact - Community outreach
- GROW Our Team - Recruiting

GROW. GROW. GROW. GROW. GROW!





Q & A

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ATHLETICS AND RECREATION