

**Claudie** - Claudie grew up in Gatineau, QC, and has been a goaltender since the age of 4. Claudie has always played at competitive level including 6 seasons in the NRL with Gatineau Fusion and Rive Sud Revolution. She trained and played on Team Quebec AAA from 2009 to 2011 and won a bronze medal at the Halifax 2011 Canada Games. As a player, Claudie participated in two National Championships, was chosen for an NRL all-star game and attended the 2007 Quebec Winter Games.

Claudie has worked with goaltenders since she was 14 years old. From Bunnies to AAA, she trained, developed and mentored girls of all ages in both Quebec and Ontario. This gives her a unique perspective to successfully evaluate different skill levels and help in player development. She also has experience working with both sport-academy programs and ringette camps, including the National Ringette School. She coached Team Quebec AAA from 2013 to 2015 and traveled with the team to the Prince George 2015 Canada Games. Most recently, she was a part of the U16AA coaching staff that won silver at the Ontario Provincials as well as a consolation gold medal at the 2018 National Championship in Winnipeg.

Claudie moved to Toronto in 2016 for work and continues to play at the Open AA level with the Mississauga Ringette Association. Her love for the game has sparked a desire to keep spreading her knowledge and passion to other developing goaltenders as a coach.



**Elysia** – Elysia grew up in the small town of Paris, Ontario and began playing ringette at the age of 5. She played at the provincial level for nearly three decades including representing Southern Region at the Ontario Winter Games, Team Ontario at the Canada Winter Games, Brock University at the University Challenge Cup. She is currently playing for Paris in the Open AA division.

At a young age Elysia knew that she was very passionate and dedicated to ringette. She loved helping younger players grow and develop as she got older. She was fortunate to be an instructor at Eagle Lake Ringette Camp for a few years and eventually turned that experience into a passion for coaching. For the past five years, Elysia has been on the University of Guelph bench as the Head Coach, developing a strong program that has seen the University of Guelph Ringette team win a Gold medal at Open A provincials and a Bronze medal at the University provincials.

Elysia is looking forward to being a part of the Southern Region AAA bench for the 2019-2020 season and participating at the Ontario Winter Games.



**Jessica** – Jess grew up playing AA ringette for Kitchener and Cambridge, eventually graduating to the NRL Cambridge Turbos, where she played for 6 seasons. Currently, she plays in Open AA for Waterloo-Dawson. She has been coaching with the Cambridge U19AAs since 2013 and has been Director of Coaching for Cambridge Ringette Association since 2016.



**Rebecca** - Rebecca has been playing ringette for almost 30 years and coaching for the last 15 years. She began playing in Etobicoke at the regional level and continues to play Open AA in Mississauga. Rebecca has coached ringette players of all ages ranging from U12-U19 and at all levels ranging from recreational, regional and provincial. The highlight of her coaching experiences came last season after having decided to take a year off from coaching, her friend and teammate promised her “the best coaching experience and ringette season ever” if she joined the bench staff of the Mississauga U16AA. After some nail-biting games, a provincial silver medal, a National Consolation Title and countless of other amazing memories, that promise was bang on.

As a member of the 2019 Southern AAA Bench Staff, Rebecca is excited to motivate and inspire this group of elite athletes to accept new challenges, develop their ringette knowledge and skills and most importantly inspire the next generation of passionate ringette leaders.



**Heather** – Heather has been playing ringette for over 40 years. She played in the NRL from 2002-2007 for Cambridge and Sudbury and has also played Open A for Hamilton and Mississauga and Open AA for Cambridge and Toronto. She currently plays for the Valley East Open A team. Heather has also played for Team USA in the 2015 & 2017 World Ringette Championships. Heather is currently coaching the U14AA & assisting with the U19AA Mississauga teams, and is the Director of Coaching for the Mississauga Ringette Association.

