**Cheryl A. Cooper U15**

Cheryl has been an active member of the coaching community in the Metcalfe and Russell area over the past 30 years. Starting as a young teenager, she continued to expand her coaching knowledge by refreshing skills, taking continuing education courses through the NCCP and Hockey Canada. She has enjoyed evolving as a coach as she has expanded her experience in coaching both hockey and other softball at recreational and competitive levels. In recent years she has taken on different coaching challenges including specific goaltender work. Her profession as a Physiotherapist augments her coaching through a science-based understanding of sport, human growth and development as well as training athletes.

Cheryl’s coaching philosophy is built on the cornerstone of a love for the game of hockey; the nurturing of that life-long love of the game and keeping our young athletes active in sports they enjoy. Through effective communication a coach can learn the individual needs of players, what motivates them, what their goals are and why they play. Teams are then built by finding a place of value for each young athlete where they can learn and grow. Teamwork is built on players’ mutual respect and respect for their leaders; this requires ongoing communication and reevaluation throughout the season. As a leader of a team her goal is to instill and foster a strong work ethic through fun, challenging and dynamic practice. She aims to help build hardworking athletes, great teammates and respected young citizens who will go on to give back to their respective communities.

**Proposed Tournament Dates**

Oct 28-30, 2022 11th Annual Milk Tournament Prince Edward County
Nov 25-27, 2022 Silver Stick Regionals Pembroke ON
Dec 9-11, 2022 9th Annual Jacques "Coco" Lemay Clarence-Rockland
Jan 19-22, 2023 Oshawa Cup Oshawa