2023/2024 U18 A Head Coaches



| Sydney Smith | | Melissa Plug |
|-------------------|--------------|-------------------|
| (519) 331-4369 | Phone Number | (519) 328-6828 |
| u18sjls@gmail.com | Email | u18sjls@gmail.com |

Our Philosophy:

As high level athletes, we will be offering diverse insights, perspectives and advice to our players. Our goal as coaches is to build character and confidence for young women and to encourage them to strengthen these traits after their minor hockey careers. Our approach to training, coaching and mentorship is designed to prepare players for the next level of the game through on and off ice training, conditioning, and life skill enhancement. Furthermore, as high school teachers, we believe in creating a safe environment for athletes to make mistakes, learn and grow. Finally, we believe that having female coaches and mentors can help to positively influence the self perception of female athletes.

| Defense | Position | Forward |
|--|------------|----------------------------|
| Right | Shoots | Right |
| Neuberg Highlanders (EWHL) Adrian College (NCAA D3) | Played for | Lakehead University (ACHA) |

| U18 A | League Coach | U18 A |
|--|-----------------------------|------------------------------------|
| NCIVS Women's Hockey Head Coach SJPPHD On-Ice Instructor | Previous Coaching Positions | NCIVS Women's Hockey Head Coach |