

**Favourite Ringette memory:** One of my favourite ringette memories has to be winning the gold medal at the Canadian Ringette Championships in Halifax, 1999. It wasn't so much the win (although that was pretty fantastic) it's the memory of my mom leaning over the glass to give me a hug during the celebration. Seeing how proud she was of me is something that I will never forget. Another memory, although it wasn't just one day, was driving to and from all those early morning ringette games and practices with my dad. I learned so much about my dad and from my dad during those countless hours driving to and from the middle of nowhere. My parents have always been my biggest fans, so I think that's why my favourite memories involve them.

**What ringette has done for me as a person:** Wow, what hasn't ringette done for me as a person!? I truly believe that it has taught me more than any other activity or experience in my life. It has made me stronger both physically and mentally, and taught me how to keep going when times get tough. I know it sounds cliché, but it's true. It has taught me that anything worth having is worth working for. Ringette also helped develop my confidence, my work ethic, my determination and taught me how to work as both a team player and an individual. Ringette, school, work and friends have always kept me super busy, but it has taught me how to organize and balance my life so that I can be successful in all of them.

## Feature Player

**#34 Amy Maclean**

Age: 24

Position: Goalie

Number of years played: 18

Hometown: Sherwood Park



**I'm looking forward to the summer camps in August because...** I get to coach!! I love working with young ringette players who want to have fun and work hard at the same time. I love teaching a player something, and then seeing her be successful at that skill later on in the week. I'm also excited to see all the people who are returning from last year and to meet all the new people at camp; both the players and the instructors.

**Special opportunities you have had because of ringette:** Ringette has allowed me to travel all over Canada and to meet some pretty fantastic people. Most of my best friends have come from playing ringette, and that is something that can't be replaced.

**One big tip for goalies:** Stay calm, stay confident and stay big. Being a goalie can be pretty stressful at times, but it can also be a lot of fun. Staying calm, but intense is crucial for my game. I play better when I am relaxed, and I have more fun out on the ice. Even if things don't go perfectly every game, you still have to keep your confidence up. If one gets past you, don't get down on yourself, shake it off and keep going. You are still just as good of a goalie as you were before you got scored on, so be confident in your skills. Confidence also helps you to stay big. Even if you are the smallest girl on the ice, you need to think and play like you are huge! It will help give you the confidence you need to play as a goalie and to get in front of that ring.

**What I'm looking forward to next season:** I'm really looking forward to travelling with my teammates again. The University Challenge Cup is in Niagara Falls this year and I have never been there, so I'm pretty excited. I am also looking forward to coaching again next year and watching my players grow not only as a team on the ice, but as individuals off the ice.