SARAH JONES #21

SAMPLE

ATHLETE PROFILE

CONTACT INFO

Address: 123 Main Street,
Ancaster, Ontario, L9G 1K2

Home: **(905)555-5555**
(Parents: John and Mary)

Email: sjones@gmail.com

OBJECTIVES

To play university hockey beginning in the fall of 2022, studying Architecture or Applied Health Science.

To be a key contributor in winning the championship every year!

STATS

Date of Birth: May 1, 2002
Height: 5'9"
Weight:140 lbs.

Ancaster High School
Graduation: Winter 2020

Academic Average: 95%
Academic and Enriched
Top in class: Mathematics, Technology and Phys.Ed.

CURRENT AND RECENT TEAMS

ANCASTER AVALANCHE MIDGET AA GIRLS HOCKEY (2019-20) – CENTRE (R)
Head Coach – Dave Smith
- Leading scorer

ANCASTER AVALANCHE MIDGET AA GIRLS HOCKEY (2018-19) - FORWARD
Head Coach – Doug Wilson
- Leading scorer (34 Goals, 60 points in 60 games, +30, 68% Corsi%)

ANCASTER AVALANCHE MIDGET A GIRLS HOCKEY (2017-18) - CENTRE
Coaches – Ryan Mills and Jennifer Nance
- LLFHL Overall Regular Season Champions (#1 of 47 teams)
- Leading scorer (46 Goals, 60 points in 58 games). Co-MVP.

BURLINGTON BAYHAWKS REGIONAL ELITE U21 SOCCER (2019) (G, STRIKER)
Head Coach – Martha Williams. Team Captain. Underage player.

SCHOOL SPORTS

ANCASTER HIGH SCHOOL
- **Athletic Association Co-President** (2019-20)
- **Junior Athlete of the Year** (2018)
- **First Team All-Star** (3 categories) – Most wanted by coaches, Most wanted on the team to win, Positive influence in sport (2019)
- **Varsity Hockey** – Centre, Captain. Led team in goals and assists.
- **Varsity Soccer** - Defence, Midfield and Goalkeeper, Assistant Captain. HWDSB Champions.
- **Varsity Flag Football** - HWDSB Champions 2017-2019. Team MVP.
- **Varsity Softball, Junior Volleyball, Junior Basketball**
- **Rowing Team –** 4th out of 72 teams - The Bay High School Regatta
- **Badminton** - OFSAA Silver medalist (2017)

ANCASTER SENIOR PUBLIC SCHOOL
- William Montgomery Humanitarian Award (2016)
- Female Athlete of the Year (2016)
- Intramural Sports Program Coordinator

LEADERSHIP, JOBS, COMMUNITY AND OTHER SPORTS

- Volunteer – Ancaster Community Services – 350 hours
- Certified hockey referee (Level 1) – Over 200 games
- Hockey Coach Level 1 certified - On-ice coaching assistant
- Hockey Trainer Certification (2019)
- Timekeeper – Ancaster Men's Hockey League (2017-2019)
- Daily cardio and weight training (537+ consecutive days fitness chain)
- Ancaster "Dare To Tri" Triathlon – 1st place Junior Girls (2018)
- Ellicottville Mud Run (3.4 Miles)– 2nd place Women (2018)
- Ontario Hockey Prospects Camp Combine (2018) – 1st Overall
- Community fundraising for AAGHA and Grindstone Foundation
- Golf, tennis and skiing enthusiast