

Queen's Field Hockey 2006-07

Thanks for your interest in Varsity Field Hockey at Queen's; I hope that this info-letter will help to answer many of the general questions you may have about our program. As you will see, the girls in our team are very passionate about their Hockey and Queen's itself, and I hope we are able here to share some of that enthusiasm!

We are coming off a strong 2005-06 season and are looking to build on our successes, with the goal of making this coming year our best season yet! We have the foundation for an extremely talented team, and are on the lookout for rookies who are passionate about the sport and have the potential and desire to be really positive contributors to the Queen's program next season and beyond.

Our current squad features players from a wide variety of playing backgrounds, ranging from being involved in the national program, to having only played at high school prior to university. We don't have a set number of spaces on the roster for rookies; we simply take the best players - even if that means taking a rookie at the expense of a returning player. As a general guide we would usually expect 4-5 rookies to make the roster each year, with as many as 20 attending training camp; this past season we had 5 rookies in the squad.

I strongly believe that playing Varsity sport can be a great part of university life; it is a wonderful opportunity for both personal and sporting development, and an experience that lasts a lifetime. One of the great strengths of our program here at Queen's, is the camaraderie and team spirit that exists within the current squad – they are a very cohesive unit, both on and off the field and the players have an excellent rapport with the coaching staff. As coaches one of our most important roles is to ensure that the Varsity experience remains a very positive component of our athletes development – we set high goals, and we train and play hard to achieve them, but we never lose track of the big picture and the importance of having fun!

Choosing a university is a very difficult decision, but I truly believe that Queen's offers one of the most unique undergraduate university experiences in the whole of Canada; providing a distinctive blend of high quality education in a small vibrant city that is dominated by the university and it's students. It really is a great place to go to school!

On a final personal note, my own experience with Queen's has been a very positive one and I can guarantee that both the team and coaching staff are fully committed to working hard to make next season a great success!! If you have any further questions or would like any other information or assistance, please

don't hesitate to email me, or any of the girls on the team (any of the girls who've provided quotes will be happy to help you out).

Best of luck with the important decisions ahead, and I hope to have the opportunity to meet and work with you here at Queen's in the Fall!

Best Regards,

Chris

Chris McArdle - Head Coach
Queen's Field Hockey
April 2006

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"The move from Vancouver BC to Kingston was a big one, but the great atmosphere at Queen's made it easy and my three years here have been awesome. Varsity Field Hockey is a major reason that my experience has been such a positive one. My three years of Hockey have challenged me to improve in a sport I love, while playing with a team that I love to play for. A great team coupled with the unique life at Queen's has made my experience more enjoyable than I ever thought possible."

*Lindsay Hacking (linds_002@hotmail.com), Defence (Co-Captain 2005-06)
3rd year Nursing – Vancouver, BC*

Trying out for the team

"The first time I met the team was at an outdoor scrimmage the day before tryouts started. When I showed up at the field, I was sure that everyone else already knew each other and had been playing for much longer and at a much higher level than me. But as intimidating as those first few minutes were, I soon found out that tryouts weren't all about just making the cut. The coaches and the other girls would take time to help me learn how to improve a certain skill, not merely evaluate it, which made tryouts a very positive experience overall!"

*Hilary Piets (hildil42@hotmail.com), Forward
2nd year Mech Eng – Victoria, BC*

Open tryouts will be held at the beginning of September, prior to the start of Frosh Week for first years – specific details will be communicated once arrangements are finalized. Selections will be made during the tryouts and a final squad of 18 players, that includes any potential Red-Shirt candidates, will be named at the end of the training camp. Varsity Team training will start in Frosh Week in preparation for the weekend preseason Toronto tournament; league play begins the following weekend.

"Tryouts were definitely all that I expected. They were challenging, yet fair. If you trained properly throughout the summer and kept up with the program, the whole camp didn't seem bad at all. The best part was just being able to play with so many amazing field hockey players and learn first hand from them."

*Tori Hacking (tori_hacking@hotmail.com), Forward
1st year Arts / Life Sci – Vancouver, BC*

Significant emphasis is placed on conditioning in our program and we expect our athletes to arrive at training camp fit and ready for the season; the short nature of our season means that we don't have time to wait for players to reach match fitness. Tryouts reflect this; in addition to on-field skill and tactical sessions, there will be a series of off-field fitness assessments including strength, agility, sprint and endurance (beep test) testing.

Tryouts are competitive and unfortunately not everyone will make the team in their first year. The best way to win a spot is to come both physically and mentally prepared, and ready to give it your best shot. An off-season Training Program, aimed at physically preparing our athletes for Training Camp and the

season ahead, is sent out throughout the summer as part of our monthly newsletters; if you have specific issues or questions regarding fitness and conditioning, please let us know – we're always willing to help anyway we can!

" If I had the opportunity to do my first year of tryouts again, I would definitely change things up a bit. I was very timid and in awe of everyone's skills out on the pitch, and my game reflected my feelings of vulnerability. The best advice I can offer? Go all out at tryouts – show everyone exactly what you can do. If you sit back, someone else may step up and take your spot on the team."

Janette Leroux (3j119@qlink.queensu.ca) Forward
3rd year Biochem – Harrowsmith, ON

The Season

The season is very short and busy, running from the start of September to the end of October/beginning of November. We travel every weekend ranging from day trips to Ottawa to full weekend trips to Toronto, London or Waterloo for upto three games. Queen's organizes and covers the costs of travel and accommodation, and provides a \$15 per day meal allowance while we are away.

"The season is very intense and both physically and emotionally challenging, but with excellent coaching and the support and motivation of 17 other dedicated team-mates the hard work pays off."

Katie Greenham (katie.greenham@gmail.com), Defence (Co-Captain 2005-06)
4th year Biology / English – Stouffville, ON

During the season we train four times a week, Mon-Thurs from 5.30-7.00pm, regular attendance is an expectation for all players; however, we are always cognisant of special circumstances such as exams, and deal with situations on an individual basis. On top of regular practice time, players are expected to do additional fitness training during the week – the team has a fitness and conditioning coach who is responsible for devising and coordinating workout plans.

"I find that looking forward to a weekend full of field hockey helps to keep me motivated, while the routine of practice can be stimulating and refreshing before settling down to other tasks at the end of the day. It also helps that our team is well rounded and supports the concept of the student athlete as a whole."

*Krista Huszarik (krisco07@hotmail.com), Forward
3rd year Chem Eng – Bancroft, ON*

Unfortunately, Queen's does not currently have an artificial turf – plans are presently being confirmed for construction of the first turf facility on campus, with completion anticipated sometime within the next 2 years – so in the mean time we choose to train in a gym. While this limits some aspects of our training, it does allow us to focus on development of close-in skills, an area of the game that is often neglected! In addition, we try to take advantage of any opportunities, often during our weekend travels, to obtain extra turf practice time.

"Coming from a mediocre high school field hockey team, starting varsity was a big transition for me. It took a while to gain back confidence on the field, but being on such an intense team lifted my game to a whole new level as I learned from the veterans and realized how much I could improve. The biggest difference between high school and varsity is the time spent with the team, both on the field and off. Although hockey may have monopolized much of the fall, being so close to a group of awesome girls right from the beginning actually made the rest of the transition to university life that much easier!"

*Kirsten Jewell (4kj2@qlink.queensu.ca), Midfield
2nd year Phys Ed / Life Sci – Toronto, ON*

University Life

Often the biggest challenge during the season is time management, particularly during your first year when you are just starting to adjust to university life. A key component of varsity sport is having the maturity to successfully organize your time to meet both your academic and sporting commitments; this often includes working during weekend travel. However, one of the biggest advantages you have as a varsity athlete is the resource of your teammates; more often than not, someone will have taken your course before or has been faced with similar 'first-

year' issues – they are always there to help you in any way they can, and provide a strong support network!

“Things get really busy during the hockey season, and sometimes you have to sit in your room and do the work while your friends are out having a good time. The good news is that it’s all worth it. The fun that you have with the team both on and off the pitch will more than make up for the couple of hours you missed partying with your floor. As an added bonus, by second semester when hockey’s all done you’re a time-management guru and you’ve found the perfect balance between work, study and play.”

Kaylee Milne (kayleemilne@hotmail.com), Goalkeeper
2nd year Mech Eng – Calgary, AB

The #1 priority for our athletes is school and under no circumstances do we expect our athletes to sacrifice grades for sport. As a coaching staff, we are very proud of the academic achievements of our team and seek to actively encourage excellence in all aspects of university life; over the past 4-5 years, close to half of our athletes have been Academic All-Canadians (A averages). In addition, Varsity athletes have access to extra resources, coordinated by the athletics department, to assist them with their academic needs, including study skill seminars and individual tutoring if required; and, once again teammates can be a great help.

“One of the best parts of playing on the team is the immediate friendships that are forged. It adds so much to the university experience. These are the people that you train and compete with, but they are also the people that you party and laugh with! I don’t think my university experience would have been the same, or as fun, if I hadn’t played on the team. It’s one of the best decisions I’ve ever made.”

Jen Murdoch (2jdm5@qlink.queensu.ca), Defence
3rd year Psychology – Kelowna, BC

2006-2007 Coaching Team



Head Coach: Chris McArdle (above left)

2006-07 will be Chris's 3rd season coaching with the Gaels, his second as Head Coach, having joined the Queen's coaching staff as Assistant Coach for the 2004-05 Season. His Field Hockey background includes over 10 years playing experience in the UK at a variety of different levels, with 6 years playing and coaching at the University of Bristol. In addition to his work with Queen's, Chris is also currently involved in the Ontario Provincial Field Hockey program, working as an assistant with the Women's U-21 and Senior teams. Chris has a PhD in Chemistry and works as a Research Scientist for DuPont in Kingston.

Assistant Coach: Sean Smith (above right)

This will be Sean's 3rd season working with the Queen's Field Hockey team, and his second as a full-time Assistant coach, having originally started as a volunteer working with the team's goalkeepers. Originally from Vancouver, Sean grew up playing Field Hockey from an early age, and has a wide range of playing experiences at both the club (Vancouver Hawks) and provincial level. Sean is currently entering his final year of undergraduate study in Mechanical Engineering at Queen's.

Fitness & Conditioning: Rodney Wilson

Rodney is the Assistant Coordinator of the 'Fitness & Lifestyle Centre', part of the Queen's School of Physical and Health Education. In addition to this role, Rodney currently works with a number of the Varsity teams developing fitness and conditioning programs for both on- and off-season use. His training views and philosophy are quite straightforward, with a real focus on tailoring for sport-specific requirements. Rodney grew-up in Northern Ireland playing soccer and field hockey; this will be his second season working with the Field Hockey team.

2005-2006 Season Summary



Photo © Michael Parkinson Photography

Queen's Golden Gaels – Varsity Field Hockey 2005-06

Squad Roster

Squad #	Name	Position	Yr. Eligibility	Yr. Study	Course	Home Town
21	Nicole Ross	Goalkeeper	3	3	Chemistry	Scarborough, ON
20	Kaylee Milne	Goalkeeper	2	2	Mech. Engineering	Calgary, AB
3	Mary-Anne Reid	Defence	1	2	Phys. Ed./Biosciences	Gananoque, ON
4	Jen Murdoch	Defence	3	3	Psychology	Kelowna, BC
9	Katie Greenham	Defence	3	4	Biology/English	Stouffville, ON
2	Lindsay Hacking	Defence	3	3	Nursing	Vancouver, BC
1	Maryam Adrangi	Defence	3	3	Geology	Vancouver, BC
10	Michelle Fortner	Midfield	4	4	Concurrent Education	Denfield, ON
8	Kirsten Jewell	Midfield	2	2	Phys. Ed./Life Sciences	Toronto, ON
16	Michelle Mattiacci	Midfield	2	2	Nursing	Burlington, ON
13	Olivia Hannigan	Midfield	1	1	Arts/Life Sciences	Toronto, ON
5	Hilary Piets	Forward	2	2	Mech. Engineering	Victoria, BC
14	Krista Huszarik	Forward	3	3	Chem. Engineering	Bancroft, ON
7	Michelle Spink	Forward	3	3	Commerce	Peterborough, ON
6	Fiona Dalrymple	Forward	3	3	Biology	Shawnigan Lake, BC
11	Meghan Davey	Forward	3	3	Phys. Ed.	Vancouver, BC
15	Janette Leroux	Forward	2	3	Biochemistry	Harrowsmith, ON
12	Tori Hacking	Forward	1	1	Arts/Life Sciences	Vancouver, BC

Results & Statistics

Date	Game	Opponent	Result
9-Sep	Exhibition	Carleton	2-0
9-Sep	Exhibition	Waterloo	1-0
10-Sep	Exhibition	York	1-1
10-Sep	Exhibition	Phoenix	1-1
18-Sep	League	McGill	3-1
24-Sep	League	Guelph	0-0
25-Sep	League	York	1-0
25-Sep	League	Waterloo	1-1
1-Oct	League	Toronto	0-0
2-Oct	League	Waterloo	3-0
7-Oct	League	Carleton	0-1
7-Oct	League	Toronto	1-1
15-Oct	League	Western	3-0
15-Oct	League	Carleton	4-0
16-Oct	League	York	1-2
22-Oct	League	Guelph	0-1
23-Oct	League	Western	7-0
23-Oct	League	McGill	2-0
27-Oct	Play-offs	St. Mary's	1-0
28-Oct	Play-offs	Toronto	0-0 (SO: 0-2)
29-Oct	Play-offs	York	0-1

Goalscorers	
Michelle Fortner	5
Kirsten Jewell	4
Hilary Piets	3
Krista Huszarik	3
Mary-Anne Reid	3
Meghan Davey	3
Tori Hacking	3
Lindsay Hacking	2
Michelle Spink	1

Shutouts	
Nicole Ross	5
Kaylee Milne	4

All-Stars & Award Winners

- Team MVP: Michelle Fortner
- Rookie of the Year: Mary-Anne Reid
- Most Improved Player: Kaylee Milne

CIS All-Stars:

- Michelle Fortner (1st Team)
- Jennifer Murdoch (2nd Team)

OUA All-Stars:

- Michelle Fortner (1st Team)
- Jennifer Murdoch (1st Team)
- Lindsay Hacking (2nd Team)

Season Summary

Queen's Field Hockey enjoyed another great OUA/CIS season in 2005, filled with some memorable moments and many excellent team and individual performances. Superbly led by co-captains Lindsay Hacking and Katie Greenham, the team gelled into a wonderfully cohesive unit, both on and off the field. Coming into the season with high hopes and expectations for a trip to Vancouver for the CIS Championships, the team was to ultimately fall short of their goal at the last hurdle; suffering a heartbreaking penalty shootout loss to the University of Toronto in the OUA Play-Off Semi-Finals.

The season started strongly for a Gael's squad featuring five new faces, going undefeated at the pre-season University of Toronto invitational tournament; in collecting two wins and two ties, the stifling defense and dominating midfield play were an early indication of form to come, as the group sent out a clear message that Queen's would once again be a force in the OUA. This strong pre-season form carried through into the early weeks of OUA play, as the Gael's, traditionally slow starters, moved undefeated through their first 6 games (3-3-0), and in doing so shutdown much fancied Guelph and Toronto teams. The team's first defeat did not come until the fourth weekend of the regular season, an upset loss to a struggling Carleton team; despite dominating large portions of the play, the lack of a killer instinct in front of goal proved the Gael's downfall, and highlighted a weakness that would ultimately come to haunt the team.

The team's response to the season's first setback, provided a great demonstration of the character found in this year's squad; a stirring come-from-behind performance against Toronto to secure a tie, that featured one of the most dominating passages of play the Gael's have ever produced - a result that was only marred by the loss of CIS All-Star and defensive stalwart Jen Murdoch, to a season ending head injury. Through the final few weeks of the regular season the Gael's, paced by the stellar play of CIS All-Star standout midfielder Michelle Fortner and rookie defender Mary-Anne Reid, started to find their scoring touch; with comfortable victories over weak Western and McGill squads positioning the team nicely for the impending play-offs. Finishing the regular season with a 7-4-3 record, good for 3rd place in the OUA rankings, the Gael's moved forward into the play-offs with the toughest defense in CIS play; the team conceded only 9 goals in 18 games, as a tight defensive unit was anchored by the solid goalkeeping of Nicole Ross and Kaylee Milne.

In the opening round of the play-offs (and in an OUA Championship first), Queen's ventured into the unknown facing the Atlantic Canada Champion St. Mary's Huskies, who had come to OUAs in an attempt to secure a berth at the CIS Championship; the Gael's successfully negotiated a potentially dangerous opponent, coming out 1-0 victors in a surprisingly one-sided affair. Moving into the semi-finals, and with a trip to the CIS Finals at stake, the Gael's were once

again faced with their long-time rivals, the 2nd ranked and defending OUA Champion, Toronto Varsity Blues. After a nervous start, the Gaels swiftly moved into the ascendancy, and for the first time in many seasons, the all conquering Blues squad was forced onto the backfoot, and dominated for vast portions of the game, as Queen's played with a passion and team-first style that was a pleasure to watch. Despite holding superiority in both territory and possession for the majority of regulation time, the Gael's were unable to find the back of the Toronto net; a goalless full-time scoreline sent the game to a penalty shootout, where Queen's hopes were crushed with a 2-0 reverse - a devastating loss for a squad that felt it should have earned so much more. In their final game of the season, a dejected Gael's team struggled to overcome the disappointment of the previous day, as they fell 0-1 to a lower ranked York team in the OUA bronze medal game; a fourth placed finish for the 3rd year in succession, seemed scant reward for a squad that has taken major strides in the past few seasons.

Looking forward to next season, there is plenty of cause for optimism; with the vast majority of this year's squad eligible to return, and with an ever-improving quality of rookie recruits, expectations and hopes will once again be aimed high. Over the past few seasons, the program has strengthened considerably - if we can continue to build on this potential, combined with the maturity and commitment of the returning players, there is every reason to believe that there will be much more to celebrate at this time next year!!