

**Samantha Morell**  
**U18AA - Head Coach**

Samantha Morell, is from Lombardy and has an extensive playing history that has lead her back to coaching. Samantha started playing competitive hockey with the original National Capital Competitive Program (NCCP) at Peewee and continued to play AA hockey through to Midget with the Kanata Rangers. In her second year of midget she became part of the Lady Sens (Ottawa Senators Women's Hockey Team) Midget AA team. In her final year of Midget she played in the PWHL with the Lady Sens. Samantha took her talents to Laurentian University (Sudbury) where she continued playing hockey for the duration of her 5 years (Human Kinetics /Education). Throughout her five years, she was a leading scorer for her team, and is still the all-time leading scorer with the program, as well as achieving an Academic All - Canadian status in all 5 years. In addition to a successful playing career, Samantha learned the foundation to building a program, as her first year, was the inaugural season for the Women's Varsity Program.

Samantha has experienced firsthand the trials, errors, and success of building a program; she looks forward to sharing her experience and being a part of the development of what promises to be a successful competitive girls hockey program in Carleton Place.

From Samantha and Stefanie:

*"We plan to focus on player development, building confidence and growing their potential while working hard during practices and games. All the while making sure the players never lose sight of enjoying the game of hockey. By improving individual skills and confidence it will lead to developing stronger team tactics and systems that we will be progressively building on during our season. As coaches we believe we are there to educate, guide, implement structure and discipline (both on the ice and off the ice) which will help shape and develop the young girls into becoming strong, confident women. We truly believe coachable players will become coachable employees/employers in the future after their education is complete. We will expect a level of commitment to both their individual skill development as well as the team development while always remaining true to themselves and the team culture. High-intensity practices, workouts and games will be expected. Our plan is to help build our players and team as the season progresses. We plan on approaching the season with a "game-by-game" mentality, with our long-term goals in place to have a bar set. By approaching the season "game-by-game" it allows us to watch and focus on developing this program into a winning one. As coaches, we believe that effort, discipline, and a coachable attitude are the three main pillars for having a successful season.*