

# Meet the Instructor

## Sheila Kelly



***Editor's note:***  
***Recently, I had a good chat with Sheila Kelly, Instructor for Tucker Hockey. Sheila has been a valuable member of the Tucker Hockey team for the past 5 years. She has helped teach power skating and hockey skills programs to various Spring and Summer Minor groups. Here is a summary of our conversation.***

hockey scholarship to St. Francis Xavier University in Antigonish, Nova Scotia. I played varsity hockey for 5 years, winning 3 AUS championships. I was also named an AUS First Team all-star twice and Most Sportsmanlike player once. Following graduation, I moved to Calgary for work and continue to play senior AA women's hockey. I am an assistant captain with the Calgary Coyotes and since 2009 we have won Alberta Provincial's three times and the Western Shield once.

On the coaching side of things, I have been instructing since I was 12 years old when I started helping with the local Learn to Skate program. After that, I instructed with an All Girls program for girls aged 6-12. In the summer times, I instructed at Wally Bray's Ice dog hockey program for 4 summers before heading off to university. At university, I instructed at several camps throughout the years run by my hockey team. I spent one year as assistant coach at St. FX while I finished my education degree. Since I've been in Calgary, I've instructed at Tucker Hockey.

### **Sheila, tell us a little about yourself.**

I was born and raised in St. John's, Newfoundland and Labrador. Growing up, my two older brothers used me as a goalie in hockey and that's how I got my start. I played hockey in the winter and soccer in the summer. As I got older, I played ball hockey in the summertime. I was a rink rat growing up. If I wasn't playing, I was coaching, timekeeping, or refereeing. At the age of 17, I attended St. Francis Xavier University in Nova Scotia on a hockey scholarship graduating with Bachelor degrees in Science in Human Kinetics and Education. I then moved to Calgary to pursue work as a Physical Education teacher.

### **What sports do you participate in?**

I play Women's Senior AA hockey in Calgary with the Calgary Coyotes. I also play ball hockey and I'm starting to play golf.

### **What is your hockey background?**

I started playing hockey when I was 4 years old. I played boys and girls hockey in the St. John's Minor hockey system. I had the privilege to captain Team Newfoundland and Labrador at the Canada Games in 2003. I received a

### **How has hockey influenced your life?**

Hockey has been a major influence in my life as it has taught me such life skills as teamwork, cooperation, leadership, commitment, work ethic, and time management. Hockey has taught me that life isn't always fair and I've learned you have to make the best of all situations. Hockey has opened many doors for me including a scholarship to university. Most importantly, hockey has led me to some life-long friendships. I've met some of my best friends through hockey and continue to foster these great friendships all across Canada and throughout the world.

### **When and how did you first become acquainted with Tucker Hockey?**

I first became acquainted with Tucker Hockey in 2011. I have always enjoyed coaching and was looking for a program in Calgary where I could help kids learn to play hockey. I became acquainted with Rex Tucker, a good Newfoundland boy. We connected right away and I've been involved with Tucker Hockey ever since.

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**What, if anything, has instructing for Tucker Hockey taught you?**

Tucker Hockey has taught me many things. It has rejuvenated my love for coaching hockey and passing on my knowledge of hockey. It has also taught me how important the basics of skating and skills are. When you are a young player, you don't realize how small aspects of your skating and skills can make you such a better and more complete player. Instructing at Tucker Hockey has fine-tuned my ability to help players with the specifics of skating strides and basic skills.

**What is the most enjoyable part of instructing for you?**

The most enjoyable part of instructing is working with the kids and seeing the "light bulb" go on when they finally get the skill they have been working so hard on. Coaching kids, seeing the smiles on their faces, and watching them have fun really invigorate me.

**What advice would you like to offer hockey coaches, parents and players about the importance of skating, and why they should invest the time and money towards quality skating instruction?**

Love the game and the game will love you back. Hockey is about having fun. I think it's important for coaches, parents, and players to come to the rink with a positive attitude and make sure they enjoy playing the game. Skating is the foundation of hockey. Investing in a quality skating program

will cure bad habits, and set the foundation of proper technique that will lead you to being a fantastic skater. The better skater you are, the easier it is to develop your other hockey skills.

**What does Sheila like to do for fun?**

I like to be an active person. I obviously enjoy playing and coaching hockey. Outside of that I participate in ball hockey and golf. I also like to hike, get together with friends, and workout at the gym.

**What does the future hold for Sheila?**

The future is unknown, but whatever I do, it will always be fun!

**Editor's note:**

*Thanks Sheila for taking the time from your busy school, teaching, hockey playing and personal life to complete a Tucker Hockey Instructor Profile. Sheila brings a very easy going and calming influence to the hockey rink. She works extremely well with our young skaters. It's indeed a great pleasure to have a fellow Newfoundlander on the Tucker Hockey team. Her smile and pleasant approach to enjoying life is a true delight. Sheila, my friend I have valued your contributions to Tucker Hockey...much appreciated! I look forward to many fun times on the ice in the years ahead. Keep that easy going spirit and love for the game. Let's give er on the ice! Teach! Teach! Teach!*

