



## FOR IMMEDIATE RELEASE

Friday, April 19, 2013

### **Inaugural WinSport Academy Female Hockey Showcase helps girls navigate their hockey future**

CALGARY, Alta. – Some of the top young female hockey players from across Western Canada are converging on WinSport's Markin MacPhail this weekend for the inaugural WinSport Academy Women's Hockey Showcase.

Designed as an educational weekend, the purpose of the showcase is to support young females in their pursuit of playing beyond minor hockey, at the provincial, national, international, university/college and professional level.

The weekend includes skills sessions, games and educational seminars for parents and players with topics that include dry land training, sport nutrition, sport psychology and recruitment, with the opportunity to speak with a college recruiter and numerous NCAA and CIS (Canadian Interuniversity Sport) alumni, who are available to share their own personal experiences.

"WinSport is thrilled to be providing this service to these athletes and their families," said WinSport Academy coach Erin Duggan. "As a Hockey Alberta alum, NCAA alum and a member of the Alberta team in the Canadian Women's Hockey League, I have lived first-hand what these girls are experiencing. It is WinSport's goal to help these families and their daughters navigate this overwhelming process, providing them with the most information possible in terms of high-performance training and recruitment. WinSport has brought together the experts in the fields of on-ice training, off-ice training, nutrition, sport psychology and college recruitment to share their knowledge with these athletes."

The women's elite hockey program is a new addition to the WinSport Academy, which recently completed its inaugural season in freestyle skiing and snowboarding, providing athletes with the expert training and coaching required to help in their quest in making Canada's national teams.

The showcase began Friday and runs through Sunday at WinSport's Markin MacPhail Centre, with the Black vs. Grey game at 5 p.m. on Friday on Arena A. On-ice skills sessions resume at 9:30 a.m. on Saturday and 8:15 a.m. on Sunday.

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#### **About WinSport**

*The Canadian Winter Sport Institute provides world-class sport facilities where Canadian athletes can discover, develop and excel. WinSport owns and operates Canada Olympic Park in Calgary, Alta., the Bill Warren Training Centre located at the Canmore Nordic Centre and the Beckie Scott High Performance Training Centre on Haig Glacier, Alta. A not-for-profit organization, WinSport supports national sport organizations, encourages educational opportunities and subsidizes the operation of unique training and recreational facilities used by the nation's top athletes and the general public. For more information on WinSport please visit [www.winsport.ca](http://www.winsport.ca).*

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