

# FIH Academy Indoor High Performance Coaching Course Participation Proposal

## Kathryn Williams

Nationality: Canadian  
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## Athlete Curriculum Vitae

### Profile

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A dedicated and passionate leader, focused on developing the sport of Field Hockey in Canada. I am a committed team player and goal-oriented individual with excellent communication and interpersonal skills. Always demonstrating a positive attitude, my drive to learn and strong work ethic have allowed me to achieve success in sport, work and education.

### ACCOMPLISHMENTS AND QUALIFICATIONS

#### Canadian Women's Indoor National Field Hockey Team

January '10 - Present

- Selected to the Indoor Pan American Elite Team, 2017
- Goalkeeper of the Tournament – Indoor Pan American Cup, Guyana 2017
- Indoor World Cup Participant, Germany 2015
- 4 Nations Cup Participant, Canada 2014
- Indoor Pan Am Cup Champion, Uruguay 2014
- Indoor Pan Am Cup Participant, Venezuela 2010

#### Australian Hockey League

May '15 - October '15

- Silver Medal – Victorian Vipers, Sydney 2015

**Hockey Victoria Premier League****Mar '15 - October '15**

- Selected to the Premier League All-Star Team, Melbourne 2015
- Awarded Premier League Best & Fairest at Essendon Hockey Club, Melbourne 2015

**University of Toronto Women's Field Hockey Team****August '08 - April '14**

- Canadian Interuniversity Sport All-Canadian Team, 2013
- Ontario University Athletics All-star Team, 2013
- Ontario University Athletics Goalkeeper of the Year, 2013
- Nominee for Clara Benson Award at the University of Toronto, 2014
- Silver T-Holder Award at the University of Toronto, 2014
- Team Captain – 2011, 2012, 2013
- Canadian Interuniversity Sport Champion, Guelph 2010
- Ontario University Athletics Champion, Toronto 2008, Guelph 2011, Waterloo 2012

**Field Hockey Ontario****August '08 - April '11**

- Silver Medal – Outdoor Senior Nationals, Calgary 2011
- Bronze Medal – Outdoor U18 Nationals, Victoria 2009
- Gold Medal – Indoor U18 Nationals, Calgary 2009

**COACHING EXPERIENCE****University of Toronto Women's Field Hockey Team****August '14 - Present**

- Goalkeeper Coach
- Penalty Corner Specialist

**A & C Field Hockey Academy, Toronto, ON****June '13 - Present**

- Goalkeeper Coach

**St. John's-Kilmarnock School, Waterloo, ON****September '17**

- Goalkeeper Coach - Training Camp

**Essendon Hockey Club, Melbourne, VIC****March '15 - Sept '16**

- Assistant Coach – U16 and U14 co-ed teams

**Ontario Track 3 Ski Association, Toronto, ON****Dec '10 - March '16**

- Snowboard Instructor

**Ontario's After School Program, Toronto, ON****Dec '12 - June'13**

- Youth Sport Coach