

Sydney Mintz: *Player Reference*

Coaching Sydney Mintz has truly been an honour. She embodies all the traits a coach and mentor aspires for their athletes. She is a tremendous student-athlete, devoted to her studies and is a tenacious, hardworking and smart player on the ice. In all my years of working with Sydney, coaching her behind the bench, as well as working with her in her skating and skill development, she has surpassed all developmental expectations. She has taken her game from varsity to elite prep level within months of a committed training plan. I have seen firsthand with Sydney, what is possible when a player has an unparalleled passion for the game, a drive for constant improvement and is committed to excellence day in and day out.

She demonstrates an unequivocal drive for improvement, has a diverse and complete skillset and an incredible hockey IQ that allows her to dominate in any forward role given. She is committed to improve her speed, shot and puck skills, and the steps she has taken have already put her right on track to where she aspires to be. She is both gritty and smart. Two words I would use to describe her style of play. The type of player you want on your team and hate to play against. She demands excellence in herself and her teammates, accomplishes every mission put in front of her, making her a natural leader with a heart that shines bright in any locker room.

Sydney's energy and positivity is infectious and whether she's tasked with a challenging skills session, or seen in practice or a game, her love for the game is apparent in the work ethic she puts forward. Not only is she coachable, she is willing to do whatever it takes to reach her goals of playing college hockey. How she pushes outside her comfort zone, and openly embraces feedback is what will truly allow her to reach this goal. All in all, Sydney Mintz is an athlete that does not settle for complacency and demonstrates a constant trajectory of growth and unlimited potential. I can attest that Sydney would be a tremendous asset to any team she is part of and would make a profound impact on any team culture.

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