



MY JOURNEY

BRIGETTE  
LACQUETTE

Born:

Dauphin Manitoba

Grew up:

Mallard, Manitoba

Treaty:

Cote First Nation, Saskatchewan





# My Family

- Father: Terance Lacquette
- Mother: Anita Lacquette
- Sister: Tara Garrioch
  - (Harley Garrioch)
    - Sarah Lacquette-Garrioch
    - Jacob Garrioch
- Brother: Taran Lacquette
  - Noah Noel-Lacquette











# Obstacles

- Bullying

- Eczema

- Always be kind, you don't know what other people are going through

- Racism

- “Beat them on the ice”





# College

- NCAA DIVISION 1
  - University of Minnesota Duluth Bulldogs
    - Graduated in 2016
      - BA AMIN Studies
      - Phys Ed
- 
- Out of my comfort zone
  - Away from home and family
  - Balance
    - Had “too much” fun
      - Alcohol etc





# Centralization #1

- Hockey Canada's home base is Calgary
  - 6 month long try out prior to the Olympics
- Centralized in 2013
  - Released in November

## Factors

- Unprepared Physically, Mentally
- Unfocused
- Distracted
  - Partying
  - Toxic Relationship





# My Struggles

## November 2013-2014

- 6 months off from hockey, gained 25 lbs.
- Wanted to quit hockey
- Zero motivation
- Continued a toxic relationship

## May 2014

- Made the decision to continue to work towards my goal of becoming an Olympian
- Went back to College

## 2015

- Went back to school to finish my schooling and hockey
- Continued to Party
- Made the World Championship team (Barely)
- Completed College Hockey & Degree

## 2016

- Moved to Calgary
- Played hockey and trained with Calgary Inferno & National Team
- Made the World Championship team
- Continued to Party
- Thought I was able to continue my lifestyle and train as an elite athlete



A photograph of a paved road that splits into two paths, leading into a vast green field under a blue sky with scattered clouds. The road has white dashed lines in the center and solid white lines on the edges. The paths curve gently to the left and right, disappearing into the distance.

# My Decision

January 31<sup>st</sup> 2017

## Sobriety

Admit to yourself that you need help

Don't be afraid to ask for help!

Those people who really care about you will support you no matter what

- Returned back from a trip to Japan
  - The Last night I drank, got into an altercation with a teammate
- Upon my return home
  - Self Reflection
  - Quitting alcohol
  - Start living a healthy lifestyle

## I learned that I had to:

- Keep Busy
- Surround myself with good, positive people.
- Talking to a councilor helped me



# Centralization #2

Another 6 month long try-out

Focusing on myself, my lifestyle choice.

Keys:

- Focused
- Prepared
- Present



A female ice hockey player is crouching on an ice rink. She is wearing a white jersey with red sleeves and a red maple leaf on the front, along with black and white hockey pants and skates. The background is a blue wall with white snowflake patterns. In the foreground, the five Olympic rings are painted on the ice.

# Olympics

- A Dream Come True
- Opening Ceremonies
- First Game
- Olympic Final
- Silver Medal



# Post Olympics

- Sharing My Story
- Sharing my Olympic Medal with the Youth
  - Hardwork
  - Determination
  - Perseverance



# Awards

## IIHF U18 World Championships

*Silver 2009*

*Gold 2010*

*Top 3 Players of Canada*

*Top Defensemen*

Team Canada

Development Team

*Gold 2013*

*Gold 2016*

*Silver 2017*

## IIHF Women's World Championships

*2015 Silver*

*2016 Silver*

*2019 Bronze*



2019 Indspire Award (Sports)

2018 Dreamcatcher Award  
(Sports)

2018 Manitoba's Top Female  
Athlete

2010 Tom Longboat Award

## Olympic Games

2018

*First First Nation to play on  
Canada's Olympic Hockey  
Team*



# What I've Learned

- You can achieve anything you set your mind to
- Take of care of you
- Don't be afraid to ask for help
- Surround yourself with good people
- Believe in yourself

