

Born:

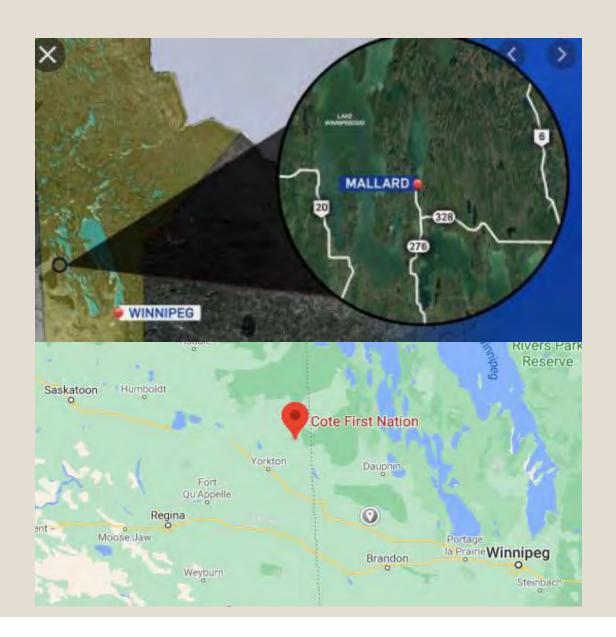
Dauphin Manitoba

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





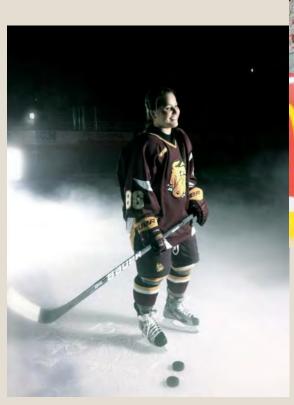




College

- 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



Centralization #2

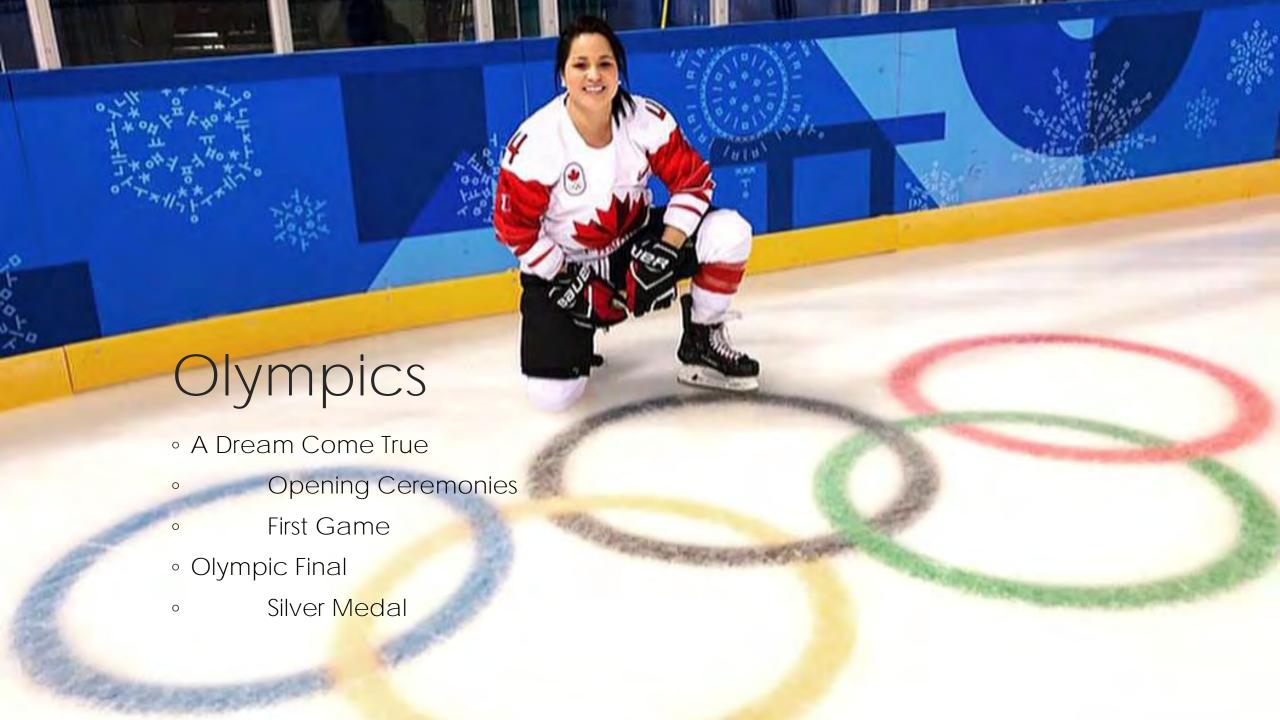
Another 6 month long try-out

Focusing on myself, my lifestyle choice.

Keys:

- Focused
- Prepared
- Present





Post Olympics

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



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

<u>Championships</u>

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

