

SAMANTHANOLK

SUMMARY

Dedicated offensive Defenseman with proven teamwork and communication skills. Known for resilience and adaptability, enhancing team performance through strategic thinking and intuitive gameplay.

EXPERIENCE

Defense Player, 06/2026 - Current
Kingston Ice Wolves - U18A- Kingston, Ontario

Defense Player, 08/2025 - 04/2026
Belleville Bearcats U15AA - Belleville, Ontario

Defense Player, 08/2024 - 04/2025
Kingston Canadians - U14A - Kingston

Defense Player, 08/2023 - 04/2024
Kingston Ice Wolves - U13AA - Kingston, Ontario

Defense Player, 09/2022 - 04/2023 **Kingston**
Canadians - U12 Select - Kingston

EDUCATION AND TRAINING

High School Diploma, Expected in 06/2029

LaSalle Secondary School - Kingston, ON

- Ranked in Top 10% of class
 - Completed online course on Civics and Careers
 - Top Grade 9 female athlete (Captain Buck Award)
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AWARDS & HONORS

- Grit and Perseverance Award - Calvin Park Elementary School
- Top Grade 9 Female Athlete - LaSalle Secondary School
- MVP Track and Field (Novice) - LaSalle Secondary School
- MVP Volleyball (Novice) - LaSalle Secondary School



CONTACT

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SKILLS

- Defensive strategies
 - Tactical awareness
 - Performance under pressure
 - Team collaboration
 - Conflict resolution
 - Adaptability in play
 - Strong work ethic
 - Exceptional communication
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WEBSITES & SOCIAL LINKS

- Instagram - @samanthanolk