



JESSICA MITHRUSH
Assistant Coach U10/12 Girls

Coaching history:

- U6 – U8 Indoor/Outdoor house league coach (3 years)
- Lakehead Express Assistant Coach (U11 Girls)

Coaching qualifications:

- Community Coach Youth (Level 2)

Player history:

- 12 years playing experience, current Lakehead Express U19 Girls rep team
- Currently playing in Thunder Bay Women's Soccer League, Division 1

Team successes:

- Had a strong first tournament showing at the Indoor Golden Boy tournament (2010)

Favourite coaching memory:

2010 U11 Girls first ever tournament game at the Golden Boy tournament

Favourite quote:

"I believe life is constantly testing us for our level of commitment, and life's greatest rewards are reserved for those who demonstrate a never-ending commitment to act until they achieve. As simplistic as this may sound, it is still the common denominator separating those who live their dreams from those who live in regret."

-----Anthony Robbins

Coaching inspiration comes from...

- Rob Pasqualino

Future coaching aspirations:

- Continue sharing my knowledge with the Lakehead Express program and become a head coach.