



# **CORNWALL MINOR HOCKEY ASSOCIATION**



## U13 Rep B – Tessa Harrison

My name is Tessa Harrison, and I've been coaching hockey for the past seven years with the Cornwall association. I've always believed that success in this sport isn't just about talent, it's about heart, work ethic, and the willingness to push yourself. I work hard to create a team culture where players never give up and give 100% at every practice, off-ice conditioning, and in every game. Effort and attitude matter just as much as skill on my team.

I expect my players to show up ready to work, stay positive, and respect their coaches and teammates. In return, I reward hard work and a respectful attitude. I run a structured, high-energy program, but I also make sure we have fun—especially when the team is focused and giving their best. I want my players to grow not only as hockey players but as people, learning the value of discipline, teamwork, and resilience along the way.