

# Rob Friesen

## Assistant Coach

Rob Friesen is a Hockey Canada High Performance certified coach. He has over 25 years of hockey development and coaching experience at many levels in both the amateur and professional levels.

Rob enjoyed a long and successful playing career at numerous levels including professional hockey leagues in England, Germany and the US, senior hockey in Manitoba with the Ile des Chenes Northstars and the Grunthal Red Wings, university hockey with Lake Superior and University of Manitoba Bisons. He played his junior hockey in Spokane with the Spokane Chiefs where he was an All-Academic & Rookie of the Year; averaging over a point a game in the WHL. He played AAA at Notre Dame in Wilcox, SK where they he won the Air Canada Cup, team MVP & top scorer his 2 years in Midget.

Rob's passion for hockey has led him to transition from player to coach. He maintains many close relationships within the coaching and scouting ranks both provincially and nationally. His coaching career started as a player/coach in Monroe, Louisiana in 1997 in the (then) Central Hockey League. He was an Assistant Coach with the University of Manitoba Bisons from 2003-2009. He has coached in the Hanover-Tache Senior AAA League since 2008; culminating in a Silver Medal at the 2009 Allen Cup Championships. He started coaching girls' hockey in 2013 with the Dakota Collegiate Women's team, where they won 3 consecutive League Championships 2013-2015. Rob also Guest Coaches for many teams at many levels where he brings his experience and knowledge as a special teams and offensive strategist.

Rob founded the West Kooteney Hockey School which he ran in both BC and Manitoba from 1991-2002. Since then he has been a Hockey Instructor & Coaching Mentor for Hockey Manitoba & St Vital Minor Hockey Association. Rob's greatest desire is to develop well-rounded hockey players that can realize their own potential.

Rob & his wife Traci are extremely busy sports parents themselves. They are proud parents to three children; the oldest daughter, currently a Senior at William Jewell College in Kansas City, Missouri where she is on a Softball scholarship, the middle daughter, a 2015 SMA graduate, currently playing D1 hockey at St Cloud State University and the youngest son playing Prep hockey for the RHA Nationals Midget team.

