

## Shelley Hruska

Ringette star, Shelley Hruska, has been a Ringette World Championship gold medalist, a member of Team Canada and Team Manitoba. She also plays for the Canada National Women's Bandy team, which captured the silver medal in the 2009 World Championship.



In 2004, she was awarded a Manitoba Aboriginal Youth Achievement Award, at which time they stated:

Shelley Hruska is a 24-year-old Metis woman from Winnipeg. She began playing ringette at the age of five, and nineteen years later Shelley has played at all levels of the sport.

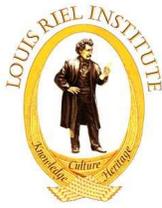
Shelley played a key role in Team Canada's gold medal performance at the 2004 World Ringette Championship in Stockholm, Sweden. The Team also took gold in 2002, and in 1999 Shelley played for Team Manitoba, winning a silver medal at the 1999 Canada Winter Games. Her athletic ability and finesse have won her a spot on all-star teams four times.

Shelley is a certified Level 2 ringette coach, and an instructor at the Lisa Brown Ringette School. Shelley holds a degree in education and is a full-time teacher at Cecil Rhodes School in Winnipeg. Her optimistic outlook and enthusiasm has endeared her to both her peers and the children whom she coaches and teaches.

Her time spent teaching, coaching, and volunteering with children in the inner city, as well as her athletic achievements, have provided her with the opportunity to make an impact on the lives of many. Shelley says, "I take pride in being a role model for young people and I work hard at building a positive community within any school that I am involved with."

Shelley dedicates countless hours within the Aboriginal and non-Aboriginal communities as a motivational speaker, inspiring her audience to get involved in their community and promoting the benefits of choosing a healthy lifestyle.

In 2005, Shelly Hruska of Winnipeg (Ringette) and Garnet Desjarlais of Winnipeg (Ball Hockey) were named winners of the Tom Longboat Award as Manitoba's Aboriginal Athletes of the Year.



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