

2015-16 - Emily



Emily Rickwood played Defense with the Midget AA Ice Cats in the 2015-16 season. She played in the Esso Cup.



Past Accomplishments

2018 NATIONAL WOMEN'S DEVELOPMENT TEAM
SELECTION CAMP - TEAM HEANEY

2018 IIHF U18 WOMEN'S WORLD CHAMPIONSHIP -
CANADA

2017 NATIONAL WOMEN'S UNDER-18 CHAMPIONSHIP -
ONTARIO BLUE

2016 ESSO CUP - BRANTFORD ICE CATS

2018/19

Currently playing defense - UNIVERSITY OF NEW
HAMPSHIRE (HE)



Brantford Expositor - Apr. 16, 2020

Emily Rickwood's confidence grew in her second hockey season with the University of New Hampshire, which went to a playoff semifinal for the first time in a decade.

"Coming into my second year, I knew what I was walking into and what the season was going to be like," the 20-year-old Brantford native said.

"I was pretty happy with (my season). It was definitely a big step for our team and our program."

The defenceman's freshman season with the NCAA's Wildcats included 36 games. The Brantford Collegiate Institute graduate and former Brantford Girls Hockey Association player recorded 11 assists but a first collegiate goal eluded her.

She said playing with older players was a big adjustment.

"Coming in as a freshman and playing with girls who are up to 22 years old can be a little bit intimidating."

But she approached her sophomore season with a different mindset.

"I tried to come in less nervous and less scared," said Rickwood, who represented Canada at the under-18 world championships in 2018.

"The only personal goals I really had was to get that first goal and try to contribute more to our team's outcome."

Rickwood didn't have to wait long to find the back of the net. In the season's second game, she was playing the flank on the power play and she was able to score.

That turned out to be the first of seven goals. She also added seven assists for a career-high 14 points in 37 games.

Going into the season, the team saw a number of freshmen replace seniors who graduated, she said.

"Losing those seniors was hard but our freshmen class really stepped it up,"

After falling in the first round of the playoffs a year ago, New Hampshire defeated Providence in the Hockey East quarter-finals before losing to the University of Connecticut in the semifinals.

"It was the first time in 10 years that UNH has been to the semifinals," said Rickwood. "It was a huge step for our program."

Rickwood said she and her teammates now believe they can play with anyone in Hockey East.

"We had a team meeting and we talked about how UNH is kind of known as an underdog but we can go out there and beat any team if we put our mind to it."

Rickwood said she wants to continue to improve.

"I think each year I'm coming in with more confidence and my role is increasing," she said. "I just want to keep stepping up."

Due the COVID-19 pandemic, Rickwood is taking online classes to finish her year. She said she has enjoyed her time in New Hampshire.

"It definitely has been a challenge learning how to balance academics and sports," said the daughter of Garth and Sam.

"Now that I've gotten into a groove, I'm hoping my last two years go just as smooth as the first (two)."

2019/20 Season -UNH Women's Hockey (Wildcats)

#25 - Defense

2019-20 Season

- Skated in all 37 games
- Had 14 points on seven goals and seven assists
- Blocked 56 shots
- Had 71 shots
- Tallied 3 points on a goal and 2 assists against #10 Boston University (10/12)



Printed from bgha.ca on Saturday, April 18, 2020 at 12:08 PM