



BURLINGTON

JUNIOR BARRACUDAS 2017-2018 MEDIA GUIDE

“Building
character
through
sport”

Mainway Arena

4015 Mainway
Burlington, Ontario
L7P 3N9

www.bghc.ca



Burlington Barracudas

Team Schedule

09/23/17—8:00pm @ Mainway—Pad A vs. **Leaside**

09/26/17—7:40pm @ Mainway—Pad B vs. **Stoney Creek**

09/30/17—8:00pm @ Mainway—Pad A vs. **Etobicoke**

10/21/17—8:00pm @ Mainway—Pad A vs. **Waterloo**

11/05/17—12:00pm @ Mainway—Pad A vs. **Brampton**

11/07/17—7:40pm @ Mainway—Pad B vs. **Aurora**

11/11/17—8:00pm @ Mainway—Pad A vs. **Bluewater**

11/25/17—8:00pm @ Mainway—Pad A vs. **Nepean**

Home Games:

12/10/17—12:00pm @ Mainway—Pad A vs. **Kingston**

12/12/17—7:40pm @ Mainway—Pad B vs. **Oakville**

12/16/17—8:00pm @ Mainway—Pad A vs. **Durham West**

01/07/18—12:00pm @ Mainway—Pad A vs. **Whitby**

01/13/18—8:00pm @ Mainway—Pad A vs. **Ottawa**

01/20/18—8:00pm @ Mainway—Pad A vs. **Toronto**

01/21/18—12:00pm @ Mainway—Pad A vs. **London**

01/28/18—12:00pm @ Mainway—Pad A vs. **Mississauga**

02/10/18—8:00pm @ Mainway—Pad A vs. **Cambridge**

02/11/18—12:00pm @ Mainway—Pad A vs. **Southwest**

02/18/18—12:00pm @ Mainway—Pad A vs. **Barrie**



Team Schedule

09/22/17—8:00pm @ Gateway #1 vs. **Stoney Creek**

10/01/17—2:30pm @ East Bayfield—Green vs. **Barrie**

10/22/17—3:00pm @ Canlan York—Rink 3 vs. **Toronto**

10/28/17—4:30pm @ Nepean Sportsplex—Rink 3 vs. **Nepean**

10/29/17—2:15pm @ Goulbourn Rec Center—B vs. **Ottawa**

Away Games: 11/04/17—3:15pm @ London Sports Park—North vs. **London**

11/12/17—3:40pm @ Leaside Memorial vs. **Leaside**

11/16/17—8:15pm @ Century Gardens vs. **Brampton**

11/19/17—12:30pm @ Invista Center—Swish Pad vs. **Kingston**

11/26/17—1:25pm @ Stronach Aurora Rec Complex vs. **Aurora**

12/08/17—8:00pm @ Kitchener Aud—Kinsmen vs. **Waterloo**

12/17/17—4:40pm @ Iroquois Park Sports Center vs. **Whitby**

01/06/18—1:15pm @ Mastercard Center vs. **Etobicoke**

01/09/18—8:00pm @ Joshua Creek Arena vs. **Oakville**

01/14/18—2:30pm @ Ajax Community Center vs. **Durham West**

02/03/18—1:45pm @ Gemini Sportsplex—Green vs. **Bluewater**

02/04/18—1:00pm @ Forest Glade vs. **Southwest**

02/09/18—7:40pm @ Preston Memorial Aud vs. **Cambridge**

02/17/18—4:45pm @ Iceland—Rink 1 vs. **Mississauga**



Team Schedule

Tournaments:

09/01/17—NAHA Labor Day Tournament

09/15/17—Stoney Creek University Showcase

10/13/17—USA Canada Cup—Detroit

12/01/17—USA Canada Cup—Kitchener/Waterloo



Team Roster 2017-18

Number	Name	Position
#2	Ava Ricker-Singh	Defense
#4	Mackensie Semenchuk	Defense
#7	Ileana Ricker-Singh	Defense
#10	Rebekah Keene	Forward
#11	Jenna Morais	Forward
#18	Mackenzie Drost	Defense
#19	Emma Sutor	Forward
#22	Emily Baxter	Forward
#29	Hunter Cooper	Forward
#41	Chelsea Dubois	Goalie
#44	Catie Huss	Defense
#55	Samantha Mintz	Forward
#65	Emma Welburn	Forward
#67	Kristen Walker	Defense
#71	Mackenzie Lauretti	Forward
#78	Katie Allinott	Forward
#88	Tia Chan	Goalie
#97	Mayla Mayer	Forward

Head Coach: [Steve Langdon](#)

Assistant Coaches: [Dave Schurman](#)

[Vanessa Dupuis](#)

Manager: [Norm Baxter](#)

S & C Coach: [Kyle Kokotailo](#)

Trainers: [Patty Huss](#)

[Trina Keene](#)

[Tara Clark](#)



Burlington Barracudas

#2



Ava Ricker-Singh

Position: Defense

Height: 5'4"

Hometown: Smithville

Previous Team: Jr. Badgers MAA

Shoots: Left

Graduating: 2019

Born: September 2001

School: Blessed Trinity Catholic Secondary School

Current Grade Average: 90%

Academic Interests: Kinesiology and Visual Arts

Hobbies: Painting, Reading and Exercising

Key Achievements:

- 2016 – Received Athlete of the year
 - Qualified for OFSAA for Hockey
 - Qualified for OFSAA for Track and Field
- 2015 – Received Honors
 - Qualified for OFSAA for Hockey
 - Qualified for OFSAA for Cross Country
 - Qualified for OFSAA for Track and Field
 - Received Honors

Volunteer/Extracurricular Activities: Hockey, Cross Country, Soccer, Track and Field

Favourite Quotation(s):

"Be the change you want to see in the world"

"Hard work beats talent when talent doesn't work hard"



Burlington Barracudas

#4



Mackensie Semenchuk

Position: Defense
Height: 5'4"
Hometown: Grimsby
Previous Team: Jr. Badgers MAA

Shoots: Left
Graduating: 2017
Born: July 1999

School: Grimsby Secondary School

Current Grade Average: 80%

Academic Interests: Political Science and Psychology

Hobbies: All Sports, Reading and Dogs

Key Achievements:

2017 – Played OYSL Level Soccer

– Graduated High School with an Over 80%

Average

– Mentoring Grade 9 and 10 Students

– Counsellor at Golden Horseshoe Hockey

Camp

– Teaching Special Needs Children the Basics of Hockey

Volunteer/Extracurricular Activities: Counsellor at Bruce Boudreau Golden Horseshoe Camp, Kathi Plug Hockey Skating Lessons, GSS Mentor, Camp Eagle Camp Leader

Favourite Quotation(s):

"Champions aren't made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision"

- Muhammad Ali



Burlington Barracudas

#7



Ilena Ricker-Singh

Position: Defense
Height: 5'5"
Hometown: Smithville
Previous Team: Jr. Badgers MAA

Shoots: Left
Graduating: 2019
Born: September 2001

School: Blessed Trinity Catholic Secondary School

Current Grade Average: 85%

Academic Interests: Criminology and Kinesiology

Hobbies: All Sports, Reading, and Listening to Music

Key Achievements:

2017 – Award winner for Track and Field

2016 – Participated in OFSAA for Hockey

– Participated in OFSAA for Track and Field

– 80%-85% Average

– Joined the Ontario Summer Games

2015 – Participated in OFSAA for Hockey

– Participated in OFSAA for Track and Field

– Received Honors

Volunteer/Extracurricular Activities: Playing

Soccer with U17 Regional Hamilton Sparta,

Running and Shooting Lessons

Favourite Quotation(s):

"Hard work beats talent when talent doesn't work hard"



Burlington Barracudas

#10



Rebekah Keene

Position: Forward

Height: 5'3"

Hometown: Oakville

Previous Team: Burlington Jr.

Shoots: Left

Graduating: 2016

Born: November 1998

School: T.A. Blakelock

Current Grade Average: 85%

Academic Interests: Math and English

Hobbies: Hockey, Soccer, Basketball and Gardening

Key Achievements:

2016 – Graduated Highschool

– Honor Roll

2014 – MVP for Brantford Ice Cats Tournament

Volunteer/Extracurricular Activities:

Volunteered for the Oakville Lady Hawks Field Lacrosse, Joined the YMCA of Mississauga and the YMCA of Derry Woods.

Favorite Quotation(s):

"You miss 100% of the shots you don't take"

- Wayne Gretzky

"Some may have more talent, but there's no excuse for anyone working harder than you"

- John Tavares



Burlington Barracudas

#11



Jenna Morais

Position: Forward

Height: 5'11"

Hometown: Burlington

Previous Team: Burlington MAA

Shoots: Right

Graduating: 2019

Born: September 2001

School: Corpus Christi Catholic Secondary School

Current Grade Average: 75%

Academic Interests: Physical Therapy, Health and Physical Education Teacher

Hobbies: Hiking, Mountain Biking, Art and Music

Key Achievements:

2016 – Flag football MVP

– Team Ontario Flag Football

– Gold Medal Lower Lake Hockey

Tournament

– Canadian National Flag Football Bronze

Medalist

Volunteer/Extracurricular Activities:

Volunteered at the Pond, Burlington.

Volunteered at the Corpus Christi multi sports camp.

Favourite Quotation(s):

"Own the moment"



Burlington Barracudas

#18



Mackenzie Drost

Position: Defense

Height: 5'6"

Hometown: St. Catharine's

Previous Team: Burlington MAA

Shoots: Left

Graduating: 2018

Born: March 2000

School: Holy Cross Secondary School

Current Grade Average: 84%

Academic Interests: Criminology or Psychology

Hobbies: Hockey, Soccer, Music, Reading, Hiking and Swimming

Key Achievements:

2017 – Holy Cross' Representative for the Niagara College MVP Soccer Game

2016 – Captain of the Burlington MAA

– On Pilgrimage Committee for Holy Cross

2014 – Assistant Captain of the Burlington BAA

– Received the Sports Award

– Received the Soccer Award at Holy Cross

Key Achievements Cont.:

2014 – Placed Third in Regional Speech Competition

2013 – Won IIFHL

Volunteer/Extracurricular Activities: Helped Coached Developmental Hockey Leagues, Helping at Daycares, Volunteered at the Big Brothers and Big Sisters Fundraiser and Playing Slo-pitch

Favourite Quotation(s):

"I am a member of a team, and I rely on the team, to defer it, and sacrifice for it, because the team, not the individual, is the ultimate champion"

- Mia Hamm



Burlington Barracudas

#19



Emma Suitor

Position: Forward

Height: 5'3"

Hometown: Burlington

Previous Team: Burlington MAA

Shoots: Right

Graduating: 2018

Born: December 2000

School: Assumption Catholic Secondary School

Current Grade Average: 87%

Academic Interests: Biology, Chemistry and Kinesiology

Hobbies: Reading and Playing Sports

Key Achievements:

2016 – Jr. Girls Field Hockey MVP

– Jr. Girls Volleyball MVP

– Sr. Girls Field Hockey MVP

– Scored OT Winner in First Round of the LLFHL Playoffs

2015 – Grade 9 on the Rise

Volunteer/Extracurricular Activities: Field Hockey, Volleyball, and Hockey Camp Volunteer

Favourite Quotation(s):

"Be more concerned with your character than with your reputation. Your character is what you really are when your reputation is merely what others think you are"

- John Wooden



Burlington Barracudas

#22



Emily Baxter

Position: Forward

Height: 5'3"

Hometown: Oakville

Previous Team: Burlington Jr.

Shoots: Left

Graduating: 2018

Born: June 2000

School: Holy Trinity Catholic Secondary School

Current Grade Average: 90%

Academic Interests: Math and Science

Hobbies: Reading, Colouring, Listening to Music, Puzzles, Aesthetics, Playing Sports and Baking

Key Achievements:

2017 – Holy Trinity School Perfect

– Academic Aware of Excellence

2016 – Won Bronze for U21 Team Ontario

Women's Baseball Team

– Won Gold for U16 Team Ontario Women's
Baseball Team

– GHAC Champions Girls Fast Pitch

Key Achievements Cont.:

2015 – Team Canada Junior League World Series

– Provincial Champions and GHAC

Champions

– Academic Award for Phys. Ed

– Female Rookie of the Year

Volunteer/Extracurricular Activities: Little

League Baseball Volunteer and Umpire, Baseball

Camp Counsellor and Volunteered at a Food Drive

Favourite Quotation(s):

"Great moments are born from great opportunities"

- Herb Brooks



Burlington Barracudas

#29



Hunter Cooper

Position: Forward

Height: 5'2"

Hometown: Stoney Creek

Previous Team: Jr. Badgers MAA

Shoots: Left

Graduating: 2019

Born: February 2001

School: Saltfleet District High School

Current Grade Average: 88%

Academic Interests: Mathematics, Business Studies and Law

Hobbies: Juggling, Reading, Ultimate Frisbee and Running

Key Achievements:

2016 – City Finalist with Saltfleet Hockey Team
– Regional OFSAA Ultimate Frisbee Finalist

2015 – Honor Roll of 88%
– Badminton City Playdowns

2014 – Honor Roll of 92%
– Certificate of Academic Excellence HWEJL
Award of Merit

Volunteer/Extracurricular Activities: Learn to Skate Program Volunteer, Tapley Town Elementary Hockey Canada Skill Academy School Volunteer, Hamilton Minor Hockey Timekeeper, HWDSB Floorball/Literacy Camp Volunteer and HWDSB Saltfleet District High School Olympics Volunteer

Favourite Quotation(s):

"Talent wins games, but teamwork and intelligence wins championships"

- Michael Jordan



Burlington Barracudas

#41



Chelsea Dubois

Position: Goalie

Height: 5'9"

Hometown: Burlington

Previous Team: Burlington Jr.

Shoots: Left

Graduating: 2018

Born: December 2000

School: Dr. Frank J Hayden

Current Grade Average: 85%

Academic Interests: Kinesiology and Education

Hobbies: Hockey, Soccer and Basketball

Volunteer/Extracurricular Activities: Volunteer at Summer Camps and Work at McDonalds



Burlington Barracudas

#44



Caitie Huss

Position: Defense

Height: 5'7"

Hometown: Hamilton

Previous Team: Burlington Jr.

Shoots: Left

Graduating: 2017

Born: March 1999

School: St. Thomas More

Current Grade Average: 81%

Academic Interests: Criminology, Education and English

Hobbies: Horseback Riding, Water Skiing, Frisbee, Track and Hiking

Key Achievements:

2017 – Graduated with Honors

2015 – MVP Rochester Tournament

– Silver Medalists Rochester Fire & Ice

Volunteer/Extracurricular Activities:

Volunteered at the "Halloween for Hunger" for 4 years and 2 Years Volunteer for Giving Shoes to Less Fortunate.

Favourite Quotation(s):

"Respect All, Fear None."



Burlington Barracudas

#55



Samantha Mintz

Position: Forward

Height: 5'5"

Hometown: Toronto

Previous Team: Scarborough MAA

Shoots: Left

Graduating: 2018

Born: August 2000

School: Crestwood Preparatory College

Current Grade Average: 86%

Academic Interests: Science (Biology, Chemistry and Environmental Sciences)

Hobbies: Swimming and Reading

Key Achievements:

2013 - 2017 — Honor roll

- 2015 - BAA team captain
- P.E.A.C Female athlete of the year
- 2016 - NLS (National Lifesaving Society)
- School Lionheart award (sportsmanship award)
- CISAA soccer silver medal

- 2017 - CISAA Basketball Gold medal
- CISAA Soccer silver medal

Volunteer/Extracurricular Activities:

Lifeguarding

Favourite Quotation(s):

"Don't give up just because of what someone has said. Use that as motivation to push harder."



Burlington Barracudas

#65



Emma Welburn

Position: Forward

Height: 5'4"

Hometown: Mississauga

Previous Team: Mississauga MAA

Shoots: Right

Graduating: 2018

Born: February 2000

School: St. Martin Secondary School

Current Grade Average: 86%

Academic Interests: Science

Hobbies: Watching TV, Making Short Films, Cooking, Sports, Piano and Hanging out with Friends.

Key Achievements:

2017 – Inaugural Global Citizen of the Year

2016 – Female Athlete of the Year

– Outstanding Athletic Achievement Award

– Assistant Captain of Mississauga MAA

Volunteer/Extracurricular Activities: Erindale Spitfires Hockey, Mississauga Chiefs Hockey and Change Now Committee.

Favourite Quotation(s):

"Today I will do what others won't, so tomorrow I can do what others can't"

- Jerry Rice



Burlington Barracudas

#67



Kristen Walker

Position: Defense

Height: 5'10"

Hometown: Burlington

Previous Team: Mississauga MAA

Shoots: Left

Graduating: 2019

Born: January 2001

School: Assumption Catholic Secondary School

Current Grade Average: 93%

Academic Interests: Science, Business and Writing

Hobbies: Hockey, Field Hockey, Volleyball, Fastpitch, Training, Swimming, Music and Animal Care

Key Achievements:

2017 – Junior Athlete of the Year

– Honour Roll Grades 9 and 10

– High School Fastpitch MVP and Halton

Silver Medalist

– Gold at Scarborough New Year's Classic

Tournament

– Junior Field Hockey Captain

2016 – Grade 9 Athlete on the Rise Award

Key Achievements Con't:

– Ontario Summer Games Participant

– OWHA U16 High Performance Camp

– Gold at LFFHL Championship

– Gold at International Silver Stick Tournament

Volunteer/Extracurricular Activities: Hockey Skills Camps, Food Drive and Me to We, Burlington Humane Society

Favourite Quotation(s):

"When the stakes are high, preparation is everything"

- Chris Hadfield



Burlington Barracudas

#71



Mackenzie Lauretti

Position: Forward

Height: 5'9"

Hometown: Waterdown

Previous Team: Burlington MAA

Shoots: Left

Graduating: 2019

Born: July 2001

School: Waterdown District High School

Current Grade Average: 70%

Academic Interests: Law/Policing or Teacher

Hobbies: Hockey and Staying Active

Key Achievements:

- Being MVP Multiple Times in my Hockey Career

Volunteer/Extracurricular Activities:

Volunteering at Hockey Arenas, Camps and Timekeeping.

Favourite Quotation(s):

"You miss 100% of the shots you don't take"

- Wayne Gretzky



Burlington Barracudas

#78



Katie Allinott

Position: Forward

Height: 5'2"

Home Town: Georgetown

Previous Team: Mississauga MAA

Shoots: Right

Graduating: 2018

Born: January 2000

School: Christ The King Secondary

Current Grade Average: 84%

Academic Interests: Policing, Criminology and Psychology

Hobbies: Going to the Beach, Hiking, Hanging out with Friends, Rugby, Volleyball and Frisbee

Key Achievements:

2016 – Participated in OFSAA for Rugby

– Gold Medalists in Scarborough New Years

Classic for Mississauga MAA

– ACE (Attitude, Cooperation and

Excellence) Recipient

2015 – Honor Roll

Volunteer/Extracurricular Activities: Lead

Instructor at Pasma Hockey Development Camp,

Worked at We Day Toronto and Kitchener and

Volunteered for Toys for Tots Christmas Delivery

Favourite Quotation(s):

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it"

- Hebrews 12:11-12



Burlington Barracudas

#88



Tia Chan

Position: Goalie

Height: 5'6"

Hometown: Hamilton

Previous Team: Jr. Badgers MAA

Shoots: Right

Graduating: 2020

Born: September 2002

School: Westmount Secondary School

Current Grade Average: 90%

Academic Interests: Math and Science

Hobbies: Fastpitch, Track and Field, Exercise, Lacrosse and Cooking

Key Achievements:

2017 – OFSAA for Javelin

2017- MVP for Westmount Track and Field

2016 – 0.6 GAA

– 0.96 SV%

– Named top 20 Ontario Fastpitch on UTM

Player Radar

– OWSA High Performance Camp

– Grade 9 Female Athlete of the Year

Key Achievements Con't:

2015 – Hockey Canada Skill Academy Award

– Honor Roll

– Eastern Canadian Softball Gold Medalist

– Championship MVP

Volunteer/Extracurricular Activities: Rising Stars

Athletics Volunteer Dryland Trainer, Volunteer

Goalie Coach with the Brantford Ice Cats and

Volunteer at United Filipino Canadian Seniors of Hamilton

Favourite Quotation(s):

"Hard work beats talent when talent doesn't work hard"

- Tim Notke



Burlington Barracudas

#97



Mayla Mayer

Position: Forward

Height: 5'7"

Hometown: Niagara Falls

Previous Team: St. Catharines Brock Jr. Badgers FLEET

Shoots: Left

Graduating: 2018

Born: September 2000

School: A.N. Myer Secondary School

Current Grade Average: 75%

Academic Interests: Allied Health, Digital Media and Design and Nutritional Sciences

Hobbies: Photography, Cooking and Hiking

Key Achievements:

- 2016 – Assistant Captain of Sara Bauer Academy
 - OWSA Provincial Championships top 12
 - Rochester Fire on Ice Finalists

2013 – Lower Lakes Female Hockey League Champions

Volunteer/Extracurricular Activities: Member of St. Paul Hockey and Volleyball Teams, Member of St. Paul Soccer Team, Competed at the SRSL Elite Level for 4 years, Volunteer with Sara Bauer Academy, Volunteer with Brock Jr. Badgers BA Team, Me2We Participant and Interact Club Member.

Favourite Quotation(s):

"Aim high, lay low"



Head Coach



Steven Langdon

Mr. Langdon recently completed his High-Performance Level II Training with Hockey Canada. His experience and knowledge of hockey is being passed down to the Burlington Jr. Barracudas team.

Coach Steve achieved his Hockey Canada's High-Performance level I certification in 2014 and High-Performance Level II in July, 2016.

Steven Langdon has coached boys and girls hockey over the past 25 years. He has two daughters, Ashley and Jessica, who both graduated from Neumann University playing 4 years in the NCAA. His son, Michael, currently plays hockey with Blythe Cougars U16 in Burlington. The last year coach Langdon was on the bench with his son's his team won OMHA's. Steve and his wife Allison have enjoyed watching their children grow into young adults through their participation in hockey.



Burlington
Barracudas

Assistant Coach



Dave Schurman

Played Junior A Hockey coached by Doug MacLean, (NHL Coach of the Year, Florida Panthers)

Mentor coach for rookies, Halifax Mooseheads QMJHL

Head Coaching Successes:

- Two time PEI Provincial Champions
- Coached in two National Championships
- Sport PEI - Coach of the Year
- Oakville Hornets Coach of the Year
- Sport Oakville Award of Excellence
- LFFHL Regular Season Champions 2011, 2012, 2013, 2014, 2015
- LFFHL Playoff Champs 2013, 2014, 2015
- OWHA Provincial Bronze 2012
- LFFHL Championship Gold 2013
- LFFHL Championship Silver 2014
- International Silver Stick Championship Gold 2014
- 2010 to 2016 Teams won 30 Girls Tournament Medals – 17 Gold, 10 Silver, 3 Bronze



Assistant Coach



Vanessa Dupuis

Vanessa Dupuis has over 10 years of hockey instruction experience - mainly with goalies - but also with players in the areas of skating technique, stride development, and edges.

Vanessa founded and managed her own goaltending instruction business for eight years. She was selected as the goalie coach for the Mexican National Hockey Development Program for two consecutive years during their visit to Ontario for a summer training camp.

Vanessa holds a Masters Degree in Public Administration from the University of Guelph, and a Master of Laws from the University of Toronto.

She was the Captain of the Varsity Women's Golf Team while completing her studies at the University of Guelph.

In her professional life, Vanessa is the Strategic and Operations Advisor to the Auditor General of Ontario, and has been with the organization for three years.



Burlington
Barracudas

**Team
Manager**



Norm Baxter



Burlington
Barracudas

Strength & Conditioning



Kyle Kokotailo

Kyle brings a unique and innovative approach to skill development. Combining his elite playing experience and extensive education in kinesiology and motor skill acquisition, he understands the common in-game situations players are in and breaks them into specific skills movement sequences.



Trainers



Patty Huss



Trina Keene



Burlington
Barracudas

Trainer



Tara Clark

Tara is a graduate of the University of Western Ontario where she completed a four-year Honors degree majoring in Kinesiology with a minor in Rehabilitation Sciences. She then completed a Master's of Science degree in Physical Therapy at Queen's University. Since graduating Tara has continued to develop her skills, completing courses in soft tissue techniques, McKenzie method, SFMA, concussion management, and obtained her acupuncture certification through the McMaster Medical Acupuncture Program.

Tara was a competitive dancer growing up, competing and choreographing at both the regional and national level. More recently she has gained an interest in running and triathlon, completing numerous races including the New York City Marathon.

Tara believes in maintaining a healthy lifestyle through fitness and activity, and wants to help and guide her patients towards achieving their functional goals.