



Laurianne Rougeau

By: Haylee Rokov
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Laurianne Rougeau was born on April 12th, 1990, in Beaconsfield, Quebec. She is currently 23 years old. She recently won an olympic gold medal in the 2014 Sochi Winter Olympics playing on team Canada's women's hockey team. She sports the number "5" and she plays the defence position. She was educated at the University of Cornell.

Laurianne put on her first skates when she was two years old. By two and a half she was already skating on her own. At this point she decided she wanted to be a figure skater. When that didn't work out, her parents told her to pick another sport. Together, they chose hockey and that is when her Olympic journey began. She was five years old when she decided that hockey was going to be the sport for her. Her father coached many of the teams that Laurianne had played on and she now thanks him for teaching her so much about the sport of hockey. In a recent interview, her mother explains that the first time she brought Laurianne to the hockey rink, she tied her skates, and when she turned around Laurianne was already on the ice skating about. Many people comment that Laurianne's skating style is natural and clean because she learned how to skate at such a young age. She has had such drive since she has been young. One of her longtime West Island coaches, Dan D'Astoli, said that whenever someone would ask him who the best defence men he ever coached was? He would always respond "It was a girl, named Laurianne Rougeau."

At the Atom AA Provincials in 2001, with the Lakeshore Panthers, she won a gold medal. She then won a gold medal three years later in 2005, at the Nation Women

Under-18 Championships. In 2005, she won another gold medal in the Québec Atom AA championships and the 2005 Jeux du Québec. In the Canada Winter Games of 2007, she was rewarded with a bronze for Team Quebec. Later on in that year, she won a silver medal in the National Women's Under-18 Championship. In 2007, she joined the Ligue de hockey féminin collégial AA. She was a lead scorer and was a great addition to their team. She was a leading figure in winning the tournaments they competed in.

Laurianne has been representing Canada on the National Team since 2009. Her medal record is a long one, and includes the following: A silver in the Women's Worlds in 2008, a gold in the 2009 National Cup, a silver in the Women's 4 Nations Cup in 2011, Gold in The World Women's Championship in 2012, and of course, her gold medal in the Sochi 2014 Olympics. Laurianne began playing midget hockey for the Lac St.Louis Tigers. In 2009, she attended Cornell University and this is where everything really started to piece together for her. Educationally, she had majored in nutritional sciences. At Cornell, she competed in the Senior Season, Junior Season, Sophomore Season and the Freshman Season. The University named her with the titles "NCAA Second Team All-American and Ivy League Rookie of the Year". Out of all the freshmen defenders in the school in 2009-2010, she was ranked the second top scorer and out of the entire school, she was ranked third top scorer. She played in the NCAA championship as a rookie supporting the Cornell team in the 2010 Frozen Four. They competed in many different tournaments including the Clarkson Cup and the Montreal Axion. On August 23, 2007 in Ottawa, Ontario, she assisted the first ever goal scored in the Canadian National Women's Under 18 program. That was a big accomplishment for her, considering the fact that she had just started playing for Hockey Canada. She was

often nominated or chosen to be captain for the team because of her exceptional skills, sportsmanship and determination. She was often noted as being the top defender of the team. Throughout her years with Hockey Canada, she scored a goal almost every game even though she was a defender. Of course, in 2014, her team won an Olympic Gold medal in Sochi. Before the olympics, she was interviewed by the Montreal Gazette. She was quoted in saying “I know that is the biggest stage where athletes from different sports compete to be the best in the world. I want to go to the Games with an open mind and enjoy the experience. It is going to be a different kind of pressure than I am used to because the world is watching, but I am very excited and ready for this opportunity.” Obviously reading this, you can tell that she is very determined and focused, but also likes having fun playing the game. This was her life long dream and even though she is already so accomplished, she only wants to keep improving. Laurianne has had the chance to receive many awards and high honours in her sport. She is a proud Canadian and an amazing female athlete. Through all her success she has remained courteous and focused. Laurianne is an inspiration to me because she is so passionate about her sport and she has worked extremely hard to achieve all her goals in hockey. Her success in female hockey is very impressive. She has such a passion for the sport and game. Along her path to success she might have had some ups and downs, but she definitely never gave up. When the going get’s tough she kept focused and continued to work hard. To me, she is an inspiring, young athlete that hopefully will have continued success. She definitely has made the city of Beaconsfield very proud!!!!

Go Laurianne Go!

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