

Richard named to Canada's U20 long-list

37 Noted Storm head coach Pete Hercus, "Kaitlyn possesses excellent speed and attacking flair. I think with continued focus and an attention to the fundamentals, she's capable of moving forward."

Evidence of that presented itself last week. Following her solid showing at nationals, Richard was named to the 57-player long list for Canada's U20 team — hoping to make the 24-player final cut (expected to be made next week) and earn a trip to Ellensburg, Washington for the Can-Am Cup Aug. 19-22. An immediate natural in rugby — earning a spot on the U16 Ontario team a mere three months after taking up the sport at Bishop Reding Secondary School — Richard headed to Regina with no shortage of motivation. Of course that tends to be the case when — just days earlier — you're in attendance to see a former provincial teammate help her country reign supreme at the Pan Am Games. "I was there for the whole two days. It was unbelievable... getting to see Hannah (Darling) sub in and make an impact," said Richard, part of the Mississauga Blues of the

Toronto Rugby Premiership. "Absolutely it provided inspiration. It shows you how close you are, but also how far you still have to go." Sporting ample speed and athleticism from an early age, Richard used both to excel in BMX before taking up field hockey and rugby in high school.

Though choosing to stick with the latter for the opportunity to continually challenge her 'fearless' demeanor, the University of Guelph student admits there were times early on when she'd rely on outrunning her opponents and "avoid getting hit."

Having packed on about 25 pounds of muscle since her initiation into rugby four years ago, Richard now feels more sure of her ability to gut out extra yardage — that her strength is catching up to her speed.

Hercus agrees, "The move up from club and school teams means a huge increase in physicality. Kaitlyn's responded well to this challenge."

Steve LeBlanc can be reached at sleblanc@miltoncanadianchampion.com or on Twitter @MiltonOnSports.



We have contact

Red Sox Matt Lahn connects on a pitch during double-header play against the Erindale Cardinals Saturday at Milton Community Park. Milton delivered a sweep with 10-4 and 5-2 wins. Game one was highlighted with a three-run homer by Jay Woodward, while Jeremy McDonald went the distance on the mound in the game two victory, scattering six hits and striking out nine. The Red Sox head to Windsor this weekend for the annual Eliminations. *Justin Greaves / Canadian Champion* (Follow on Twitter @halton_photog)

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