

Leila Kilduff 2015 CPH Interview

Cathy's Power Hour would like to Congratulate Junior Coach Leila Kilduff on her move to play for Minnesota State University this upcoming season.

We had a chance to catch up with Leila and ask her about what it took to get to this level.

CPH: Tell us where you're going and what you're doing this season?

LK: I will be attending Minnesota State University this Fall 2015. I plan on playing for the women's hockey team, which is a D1 program and major in Kinesiology.

CPH: What are you looking forward to the most about playing there?

LK: I'm looking forward to being able to play and continue my hockey growth at the college elite hockey level. Also, I'm looking forward to making new friends.

CPH: What skills does it take to play at this level?

LK: It takes many skills but a few that stand out are,

- Determination to do what it takes to better yourself.
- Passion & Relentless in all your efforts.
- Pride in what you do, as well as Sacrifice, at times giving up something else for hockey.

CPH: What are some of the things you did as a skater to help you reach the level you're at now?

LK: Persevered through hard work. Practiced day and night on and off the ice. Additionally, I spent time taking private lessons from Coach Cathy for a good 5-6 years.

CPH: How did Cathy help your individual skating?

LK: My skating has improved over the years and I couldn't be more grateful. My edges help me maneuver in and out of situations I never thought possible. It's helped my speed and balance. Training with Cathy, my individual skating has brought me to three national camps and has gotten me into D1 collegiate level of play.

CPH: How did Cathy's Power Hour help in your development?

LK: It's shown me that no matter what you will always need to go back to the basic fundamentals of the game. Power Hour worked day in and day out specifically on my speed, balance, and edges. Without Cathy and her Power Hour, I wouldn't be where I am now.

CPH: What advice would you give younger players in order to achieve the level you're currently at?

LK: It takes so much determination. You have to have the will to do it. People are going to tell you what to do but it's your decision whether or not you will. Hockey is the best sport in this world, don't play the game for other people, play it for you

CPH: In all your years in this sport, what has been your favorite moment this far?

LK: It would have to be winning the JWHL playoffs in 2014. Also knowing that each day I was able to step foot into a rink and know I'll be playing hockey in the next couple hours.

Thank you Leila, Wishing you all the best at the next level.

- CPH