



Player Profile

Past Player Profile:

How old were you when you started skating, and what got you started?

I started playing hockey in 1st grade when I was given the opportunity to join a coed outdoor league in my hometown. I have played basketball ever since I was born, but this opportunity seemed like something I couldn't miss out on. The Lake City hockey league only had one practice a week and then we would play a neighboring town every weekend, if the weather was good and the rink was in playable conditions.

Were you hooked right away, or when did that occur?

I don't fully remember my first time skating, but I know that I loved it. There was and still is something so freeing about skating on an outdoor rink. My parents thought that it would be a phase and allowed me to run its course, but it in fact never did. I would beg to go skate on that little outdoor rink any chance I could. I truly knew when I was about 10 years old that I wanted to pursue the sport, and the rest is now history.



How often did you rink rat, and where was your favorite place to do so?

I would say that I was a real rink rat as a kid mostly because I lived so far from the most legitimate arenas that held most/all of my practices and games. I played AAA hockey for the Minnesota Machine, which was based out of Edina. That was a good 90 minute drive without traffic, but I was blessed by amazing parents and grandparents who would drop what they were doing to drive me wherever I needed to go. I would say Braemar Arena, Minnesota Made, and Prairie Island Arena in Red Wing were places where I spent most of my time.

What do you remember about Selects, and what are your favorite memories?

I have so many amazing memories from Selects, from the HUGE hotel that my family always stayed at to being able to play with so many new faces and making new friends each year. I seriously didn't shut up about how excited I was for the hotel we stayed at, since it had like 4 pools and a huge arcade. I remember saving my money before we would go to make sure I was able to play the games I wanted to play. I was able to play on both the south and east teams while I played Selects because the borders changed, which meant that I was able to play with more amazing and talented players. I won't forget the times I had with Selects as well as the friendships I made there!

What is your favorite hockey memory?

Hockey has brought me to amazing places all around the world, but I would say playing in the World Championships in St Catherines, the Czech Republic, Russia and Denmark were all some of the best experiences I have ever had in my life. Not only was I able to see what this world has to offer, but I also was able to compete with and against the best hockey players in the world.

What is your advice to today's youth female hockey players?

My advice to today's youth female hockey players is to train and play the right way. Do the things that other people aren't; the road might seem lonely but in the end those times will be well worth it. I have always been different, both as a person and hockey wise. The things that I chose to do apart from my peers is today what separates me from them.



Q & A with Taylor Heise

What separates the good from the great in hockey?

I think hockey IQ is what separates the good from the great in hockey. You can be the fastest player on the ice, but if you get everywhere too quick you will rush the play. You can be the most skilled player on the ice but miss the right play because you over stickhandled. If you are hockey smart, you will know when to arrive at the play, how fast to go and when to pass instead of shoot. IQ is learned both in practice and in games, but also from watching hockey! Sometimes watching is more beneficial than doing when it comes to learning!



Do you keep in touch with the players from your youth hockey and Selects teammates?

I 100% keep in touch with my youth hockey friends as well as my Selects teammates. I was blessed to have played for an amazing summer hockey team, where almost every single one of us is playing division 1 or 3 hockey! I was just in Las Vegas and I saw one of my old teammates and friends and it always brings a smile to my face! Both by playing this amazing sport and being open to new opportunities, I have gained an infinite amount of hockey teammates who will stick with me for the rest of my life.

It is almost impossible to pick what part of my hockey career has been the most special to me, especially since they have all been building blocks to each other. High school hockey in Minnesota is something special that I wish everyone could at some point be a part of. But college hockey has brought me my best friends for life and I will forever be grateful for that. I have learned so much at the University of Minnesota that I will take with me anywhere I go. There is not a time that I put on the USA Hockey jersey that I am not grateful for the opportunity because I know it is something that only few get to accomplish. The pride that comes with that is nearly impossible to explain!

You have played many games in high school, college and for Team USA. What stands out as your favorite, and what brought you the most pride?



What are your future hockey goals? Do you wish to play professionally, Olympics or any future coaching plans?

After my 5th year at the University of Minnesota, I plan to play professionally! Hockey will continue to be a part of my life until I lose the love for the game! My goal has always been to play in the Olympics and I will continue to chase that dream every single day. I have always liked coaching, but recently I have found a love for private lessons and coaching in smaller groups. I have a lot of knowledge and when I am able to first hand see a child perfect something that they haven't been able to do before, it brings a sense of fulfillment for me! I'm not sure where God will lead me but I am sure hockey will be a part of the plan for a while to come!

