



**Etobicoke Dolphins**  
**Abbey Tran Education Award**



## ABOUT

In 2017, Abbey embarked on her first year of playing competitive hockey. We all knew it would be a “building” year for our team of mostly first-year players, who were stepping into this caliber of competition for the first time. Abbey, born in late November, was the youngest and smallest on the team. Yet, from the very beginning of the season, her spirit on the ice amazed us all. She worked tirelessly, played with passion, and gave her all in every single game.

As a defenseman, Abbey fearlessly chased players twice her size. She leaned into challenges, frequently got knocked down, but never stayed down. Going into the new year, her team had secured just one win. And then, everything clicked. They began to win, playing as a cohesive unit, their hard work and learning culminating in one great game after another.

We were incredibly proud of Abbey's attitude, tenacity, and determination. Still, she had one personal goal she couldn't wait to achieve: scoring her first goal of the season. We reminded her that as a defensive player, scoring wasn't her primary role. Her job was to contribute to the team's success, to work together, and to continually improve. But Abbey's determination remained steadfast.

As the season neared its close, the moment finally came. On a Friday night, Abbey took a wrist shot from the point, and it sailed into the net. It was a stunning goal, the kind that goes down in history. Her teammates swarmed her in celebration, the fans erupted with cheers, and back on the bench, Abbey's joy was uncontrollable. It was a moment of pure triumph—so, so awesome.

Abbey was more than an exceptional athlete. She was a champion of human rights, compassion, and giving. She cared deeply about fairness and sought ways to help her community and the world. These values are the foundation of Abbey's Goal, an organization dedicated to making a difference in ways that reflect who Abbey was and what she stood for. Abbey's Goal supports equity and safe spaces, works to ensure everyone feels included, and strives to give back to communities. It's an organization that promotes fairness, friendship, and positivity—just as Abbey did on her teams, in her school, and in her community.

Through Abbey's Goal, Abbey's light continues to shine. Abbeys Goal Memorial Fund carries forward her mission, sharing the best parts of her with the world. We were so lucky to know her, and through Abbey's Goal, countless others will have the opportunity to be touched by her spirit as well.

### **Etobicoke Dolphins Abbey Tran Education Award**

Launched in 2025 by Abbey's Goal in partnership with the Etobicoke Dolphins, this annual award celebrates the exceptional contributions of a player who exemplifies inspiring leadership, fairness, and sportsmanship. It honours those who go above and beyond to create a positive climate within the hockey world while embodying Abbey's enduring passion for teamwork, community, equity, and compassion.

This award not only recognizes a player's long-standing commitment to the Dolphins organization but also supports their future endeavors as they embark on exciting new chapters.

Through the Etobicoke Dolphins Abbey Tran Education Award, Abbey's legacy of determination, fairness, and compassion continues to inspire future generations, empowering them to lead with integrity and create meaningful change in their communities and beyond.

## **Section 1: Eligibility**

**The applicant must have played for the Etobicoke Dolphins for a minimum of 7 years**

**The applicant must be a graduating Etobicoke Dolphin player (U18 or U22)**

**The applicant must be continuing post-secondary education through an accredited Canadian college or University**

---

## **Section 2: Criteria**

To meet the criteria outlined for the application, your document should include the following sections:

### **1. Receipt for University or College Registration**

- Attach a copy of the registration receipt for a university or college that has been approved. This confirms that you are enrolled or have registered for the upcoming academic year.

### **2. Grade 12 Secondary School Academic Achievement**

- Provide an overview of your academic performance in Grade 12, including:
  - Academic achievements
  - Any honours or awards received for academic performance.
  - Sports or extracurricular awards

### **3. Leadership, Volunteer and Community Service Experiences**

- Outline any leadership experiences you have had both in school and in the community. This could include:
  - Leadership roles in clubs, teams, or student government.
  - Community service projects or initiatives where you took on a leadership role.
- List any volunteer services or community work you have done beyond the requirements for graduation, such as:
  - Volunteering at local charities, events, or organizations.
  - Mentoring or tutoring other students.
  - Involvement in community service projects or environmental initiatives.
  - Other special recognitions such as community service awards.

#### **4. Original Essay (300–500 words)**

- Write an essay that is between 300 and 500 words, addressing the following:
  - A summary of your extracurricular activities during your time with the Dolphins
  - Demonstrate how your experiences have shaped your future aspirations and how you intend to contribute positively to your community or the world.

#### **5. Recommendation Letter from a Coach or Teacher**

- Attach a recommendation letter from a coach or teacher who can speak to your character, work ethic, and contributions to your community.
- Ensure that the letter highlights your achievements, involvement in extracurricular activities, and leadership abilities.

---

### **Section 3: Voting**

To ensure your application is considered thoroughly here's a helpful breakdown of the voting process and how you can prepare:

#### **Voting Process Overview:**

##### **1. Review by the Education Awards Committee:**

- The committee, appointed by the Board of Directors of Abbeys Goal Memorial Fund, will evaluate each application after the submission deadline.
- The committee will consider all components of your application, including academic achievements, extracurricular involvement, leadership, volunteer work, and your essay.

##### **2. Selection of Award Recipient:**

- After reviewing the applications, the committee will select the award recipient based on the criteria outlined in the application process.

##### **3. Final Decision:**

- The decision made by the Awards Committee is final and cannot be appealed.
- Therefore, it's important to ensure that all required information is included, and your application is presented clearly and professionally.
- **The player selected will receive the Education award for \$1000.**

---

## **Tips for a Strong Application:**

- **Be Comprehensive:** Ensure you include all required documents and details. A complete application is crucial for consideration.
- **Clear and Concise:** While you should provide enough information to demonstrate your accomplishments, make sure your essay and descriptions are clear, focused, and within the specified word count.
- **Highlight Leadership and Volunteerism:** These aspects often carry significant weight in the decision-making process. Be specific about your contributions and their impact.
- **Personal Reflection:** In your essay, reflect on how your experiences have shaped your future aspirations and how you hope to impact your community in the future. This will help the committee understand your long-term goals.

---

## **Section 4: Final Submission:**

Once you have reviewed and completed your application, ensure that it is submitted on time, as the committee will only review applications received by the deadline.

**Applications and supporting documents should be emailed to [award@etobicokedolphins.ca](mailto:award@etobicokedolphins.ca)**



**Etobicoke Dolphins**  
**Abbey Tran Education Award**  
**Application Form**

**Name:**

---

**Email:**

---

**Mailing Address:**

---

**Date of Birth:**

---

**Date of Application:**

---

## List of Etobicoke Dolphins Team History

### **Documents to accompany this application**

## \*\* Detailed resume/CV – listing items from Section 2 & 3

## \*\* Original Essay

**\*\* Copy of registration receipt for accredited University or College**

## **\*\* Support letter from Teacher or Coach**

**Email your completed application with the required documents to  
[award@etobicokedolphins.ca](mailto:award@etobicokedolphins.ca)**

