

# Angela Ruggiero

## Quotes

*Hockey, Sports, Play, Player, Long, Athlete, Thinking, Looks, Done, Girl,  
Emotional, Ice, Able, Next, Kings, Behinds, Generations, Littles, Impact,  
Fleeting*

That's the awesome part. Little girls now have a chance to look up and see women playing soccer, basketball, softball and now hockey - and know they can win a gold medal, too.

~Angela Ruggiero

I'm not playing for lack of options. But this is such a fleeting thing. When I'm done, I'm never, ever going to be able to come back to it. I know Vancouver is my last go.

~Angela Ruggiero

It feels right. But it's emotional. Saying goodbye to anything you've done that long is hard.

~Angela Ruggiero

There were no women's players I knew of. I didn't even know women's hockey existed.

~Angela Ruggiero

I'm getting more towards that point where I'm ready to kind of pass the torch on and see the next generation succeed behind me.

~Angela Ruggiero

When you look back from your Olympic experience, you never want to question whether you could have done more. The one thing you can control is your off-ice preparation.

~Angela Ruggiero

I still love hockey. It's just I'm at a different stage of my life and I think I'm just ready to grow in other ways outside of just being a hockey player.

~Angela Ruggiero

I have enough muscle already. Now I want to use it in more efficient ways.

~Angela Ruggiero

The more I've done work with the IOC the more I've come to realize I'm really excited about this, the work that I'm doing and the impact that I can have if I'm fully committed to it.

~Angela Ruggiero

Right now, I'm standing behind the glass, and I guess that's a metaphor for how my life will be going forward.

~Angela Ruggiero

In a way, by being fully committed to the Olympic movement globally, I'm better able to promote women's hockey and talk about women's hockey and put a face to women's hockey, to all the IOC members.

~Angela Ruggiero

I'm able to give a voice to the athletes around the world - use my degree for something other than the power play.

~Angela Ruggiero

I'm in the perfect position. It's a sports position and a political position where I can help better the lives of athletes around the world.

~Angela Ruggiero

I wish I could play the whole game and come back tomorrow.

~Angela Ruggiero

I look at myself, and how much I've gotten just because I play a sport well.

~Angela Ruggiero

I feel honored and privileged to have represented the USA program over the past 16 years. USA Hockey will always be a part of me and I will cherish the experiences and memories with this team.

~Angela Ruggiero

But inside of me I knew that the Olympics were still there. I was still young enough. I knew that once I transitioned out of hockey, it would be really hard to go back.

~Angela Ruggiero

As a veteran, you're a little more poised on that mental side. But athletically, I didn't really think I could get better.

~Angela Ruggiero

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