

ERIKA HOLST

Erika Holst, Director of Sport in Women´s Team Sweden U18 season 2015/2016

Name: Erika Holst

Age: 36

Residence: Stockholm

Work: A Swedish Ice Hockey Association´s employee as Manager for Women´s Hockey development since May 1 2011

Carreer notes as a leader:

2015/2016 Director of Sport in Women´s Team Sweden U18

Carreer notes as a player:

8. ERIKA HOLST

Born: Värö Apr 8 1979

Height: 179 cm **Weight:** 79 kg

Position: Defence **Shoots:** Left

Club: Segeltorps IF **First club:** Veddige HK

National games: 327 games.

Goals in Team Sweden: 105 goals

EC Silver Medal 1995, EC Gold Medal 1996, WC Fifth Place 1997, OG Fifth Place 1998, WC Fourth Place 1999, WC Fourth Place 2000, WC Seventh Place 2001, OG Bronze Medal 2002, WC Fourth Place 2004, WC Bronze Medal 2005, OG Silver Medal 2006, WC Bronze Medal 2007, WC Fifth Place 2008, WC Fourth Place 2009, OG Fourth Place 2010, WC Fifth Place 2011, WC Fifth Place 2012

Swedish champion with Mälardalens/Bredäng Hockey 1998/1999, 2004/2005 and 2005/2006, and with Segeltorps IF 2007/2008, 2009/2010 and 2010/2011

A=Games, B=Goals, C=Assist, D=Points, E=Penalty minutes

	A	B	C	D	E	
1994/1995	5	2	0	2	4	EC Silver Medal 1995
	7	2	0	2	?	National Womens team totally 1994/1995
	2	2	1	3	2	Veddige HK, play off
Most goals and points in Veddige in play off						
1995/1996	5	2	1	3	0	EC Gold Medal 1996
	2	1	0	1	0	Veddige HK, play off
	15	3	2	5	?	National Womens team totally 1995/1996
1996/1997	5	2	2	4	4	WC Fifth Place 1997
	18	8	7	15	?	National Womens team totally 1996/1997

1997/1998	5	2	3	5	8	OG Fifth Place 1998
	21	6	6	12	22	National Womens team totally 1997/98
Most points and shared most assist in Team Sweden during season 1997/98						
1998/1999	5	3	2	5	4	WC Fourth Place 1999
	16	9	2	11	10	National Womens team totally 1998/99
Most goals and points among all in Team Sweden during season 1998/99						
1999/2000	3	1	1	2	4	WC Fourth Place 2000
	9	3	3	6	8	National Womens team totally 1999/2000
2000/2001	4	0	1	1	4	WC Seventh Place 2001
	15	3	4	7	8	National Womens team totally 2000/2001
2001/2002	5	2	3	5	10	OG Bronze Medal 2002
Most points, and shared most goals and assist in Team Sweden in Olympic games 2002						
	20	4	4	8	24	National Womens team totally 2001/2002
2002/2003	7	7	1	8	4	National Womens team totally 2002/2003
2003/2004	5	2	4	6	6	Limhamn Limeburners HC, play off
	5	4	1	5	2	WC Fourth Place 2004
	17	8	7	15	14	National Womens team totally 2003/2004
2004/2005	5	5	8	13	2	Mälarhöjden/Bredäng Hockey, play off
	5	1	1	2	2	WC Bronze Medal 2005
	21	6	12	18	10	National Womens team totally 2004/2005
2005/2006	5	7	5	12	6	Mälarhöjden/Bredäng Hockey, play off
	5	1	3	4	2	Olympic Games Silver Medal 2006
	25	5	12	17	8	National Womens team totally 2005/2006
2006/2007	3	6	2	8	2	Segeltorps IF, play off
	4	2	1	3	2	European Womens Champions Cup
	5	1	4	5	6	WC Bronze Medal 2007
Most assist in Team Sweden in World Championship						
	17	6	8	14	18	National Womens team totally 2006/2007
2007/2008	14	14	13	27	6	Segeltorps IF, Riksserien, regular season
	4	4	9	13	4	Segeltorps IF, play off
Most points and assist among all in play off 2007/2008						
	3	0	0	0	4	WC Fifth Place 2008
	18	0	7	7	16	National Womens team totally 2007/2008

2008/2009	18	19	20	39	10	Segeltorps IF, Riksserien, regular season
Most goals among all in Riksserien in regular season	2	0	0	0	2	Segeltorps IF, play off
	5	4	5	9	4	WC Fourth Place 2009
Most points among Swedish players in World Championship	22	10	12	22	16	National Womens team totally 2008/2009
Most goals and points in Team Sweden season 2008/2009						
2009/2010	21	18	33	51	10	Segeltorps IF, Riksserien, regular season
Most assist among all in Riksserien in regular season	2	2	1	3	0	Segeltorps IF, play off
	5	0	2	2	4	OG Fourth Place 2010
	31	5	9	14	22	Team Sweden totally season 2009/2010
2010/2011	25	10	29	39	12	Segeltorps IF, Riksserien, regular season
	2	3	2	5	0	Segeltorps IF, play off
	5	2	6	8	2	WC Fifth Place 2011
	23	6	19	25	12	Team Sweden totally season 2010/2011
2011/2012	12	5	3	8	4	Segeltorps IF, Riksserien, regular season
	1	3	0	3	2	Segeltorps IF, play off
	4	2	2	4	2	WC Fifth Place 2011
	26	16	14	30	8	Team Sweden totally season 2011/2012
2012/2013	12	3	13	16	2	Segeltorps IF, Riksserien, regular season
	4	0	1	1	2	Team Sweden totally season 2012/2013

Educations:

Bachelor of Applied Science (B.A.S.) Exercise Science with a minor in Psychology at the University of Minnesota Duluth