

Abbey Murphy



St. Jude Knights - NIHL



U.S. Women's National Team 2021, 2023, 2024, 2025 (2 Golds)



"I owe so much to the early days of youth hockey, and especially to the Northern Illinois Hockey League. Playing in NIHL gave me some of the best memories of my life—from the competitive games and road trips to the shinny in hotel hallways. It was those experiences that laid the foundation for everything that came after.

As a young girl playing with the boys, I learned the power of perseverance and proving people wrong. NIHL gave me the chance to compete, grow, and dream bigger. I'll always remember the motivation I felt seeing other players, both girls and guys, who had come through the same league and gone on to do big things. That's what made me believe I could, too.

It's amazing to see how far the league and the sport have come. Girls today are growing up with so many more opportunities, and I'm grateful to be part of a generation helping to push that progress forward. Whether it's playing on the ice or coming back to coach and connect with the next wave of players, I just want to make an impact and keep the love for the game alive.

To every girl in NIHL today: cherish every moment. Enjoy the games, the travel, the friendships, and never take it for granted. You never know where this game can take you."

Abbey Murphy - Former St. Jude Knights NIHL Player, Olympic Silver Medalist 2022 U.S. Women's National Team World Championship 2021, 2023 (Gold), 2024, 2025 (Gold)