



LUKE BALESHTA

WATERLOO WOLVES – U13 AAA

email: luke@nexushealthandtraining.com

COACHING BIO

ABOUT ME

Luke was born in Sudbury, Ontario, and lived there for six years before moving to Southern Ontario, where his hockey journey really began.

As a player, Luke competed locally before moving on to junior hockey with the Elmira Sugar Kings, where he earned team MVP honours, captured the scoring title, and was part of the 2011 Sutherland Cup championship team. He later attended camp with the Kitchener Rangers before continuing his career in the NCAA at Plattsburgh State, earning Rookie of the Year recognition, winning a SUNYAC championship, and graduating as a student-athlete with a double major in Accounting and Finance.

Luke and his wife Nicole are proud parents of two young hockey fans, Kinley and Easton. And yes — he's a loyal Leafs fan.

I bring experience from multiple levels of high-performance hockey, which includes Assistant Coach with the U18 Elmira Jr. Sugar Kings, U16AAA Waterloo Wolves Assistant Coach, U18AAA Kitchener Jr. Rangers Assistant Coach and U15AAA Waterloo Wolves Head Coach. I am a High Performance Certified Coach with Hockey Canada.

My philosophy starts with a simple belief: players develop best when they love coming to the rink and love being around their teammates.

Creating a positive, energetic group environment is the foundation. When athletes feel connected, supported, and excited to be part of something bigger than themselves, growth happens naturally and consistently.

Development is then built with intention through three stages:

1. Individual Skill Foundation
2. Situational Awareness – understanding when and where to use those skills
3. Implementation in Game Environments – translating ability into hockey IQ

I believe in creating an experience players remember. Hockey is more than a game — it's a vehicle for learning habits, relationships, accountability, and passion. Helping the next generation understand why we play is just as important as teaching them how.