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JR. SHARKS

**2024 - 2025
MEDIA GUIDE**



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LET'S SET THE TONE THIS SEASON

#ROLLSHARKS

DESIGN & EDITING BY: AVERY THOMPSON
PHOTOGRAPHY BY: KYLE GILMOR

INTRODUCING YOUR 2024/2025 BARRIE JR SHARKS



CHARETTE #77



DION #44



DUSOME #22



JUGNAUTH #7



KELLER #29



LARMAND #17



LEHTI #16



LLOYD #27



LUU #91



MAYER #88



MEHTA #10



PEARSON #47



SCORGIE #18



SEDORE #74



SEVERN #9



STUART #82



SUTTON #34



URBACH #92



VREE #14



WILKINSON #45

Barrie Women's Hockey Association
1 Saunders Road, Unit # 5
Barrie, Ontario, L4N 9A7
Tel 705-721-9699
info@bwha.ca



Welcome to the 2024-2025 Barrie Jr. Sharks Season!

The Barrie Women's Hockey Association is Central Ontario's female hockey leader, and 2024-25 will be our 34th season of providing hockey opportunities for girls and women of all ages and abilities. The Barrie Jr. Sharks are the centrepiece of our comprehensive hockey program, representing the pinnacle of development – the highest level that our players can achieve within our association.

The Jr. Sharks players profiled inside this guide have been dedicated to advancing their hockey skills through their entire youth hockey careers. They are role models to our younger players as positive examples of what's possible through perseverance and determination.

A team like the Barrie Jr. Sharks, playing in the OWHA's U22 Elite League – the world's top female youth hockey league – is only possible thanks to the commitment and support of the entire community. On behalf of the BWHA, I want to express our deep appreciation to the staff and volunteers who make this team possible through the countless hours they devote to the Barrie Jr. Sharks all season long.

Good luck to our Barrie Jr. Sharks players, coaches, and staff – this season and beyond!

Sincerely,

A handwritten signature in blue ink, appearing to read "Rob Emerson". The signature is stylized with a large, sweeping initial "R" and "E".

Rob Emerson

President, Barrie Women's Hockey Association
president@bwha.ca



Barrie Women's Hockey Association
1 Saunders Road, Unit # 5
Barrie, Ontario, L4N 9A7
Tel 705-721-9699
jrsharks-coach@bwha.ca



DUANE ELDRIDGE

HEAD COACH - BARRIE JR SHARKS

I am honored to have the opportunity to lead the Barrie Jr Sharks for the 2024-2025 season.

We have a very committed, dedicated and driven group who are ready and prepared to compete in the OWHA U22 Elite League, the highest level of play for these teams prior to University and College hockey.

It is our responsibility to help our players to grow and develop as people and hockey players and our coaching staff, management team and volunteers are fully committed to providing the tools and resources necessary to see them succeed as individuals and as a team.

Our players have spent endless hours to prepare for the upcoming season and are excited to represent the Barrie Jr Sharks, The BWHA and the city of Barrie at the Elite level. They are also committed to work with the younger players in the BWHA and to be role models for the organization. By giving back to the community through initiatives such as First Shift or the Shoe Box project supporting women's groups, our team is committed to giving back to our community.

I would like to thank everyone who provides support to our team and players whether it be through financial contributions, volunteering or participating in our hockey camps. Without your support it would be very difficult for us to be able to provide all of the resources required to run a successful operation at the U22 Elite level and give our players the opportunity to grow and develop so they can reach their goal of playing at the University International and the Professional level.

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AVERY THOMPSON
SOCIAL MEDIA DIRECTOR



PAUL MATHESON
SKATING COACH

ADDITIONAL STAFF

GREG ESKEDJIAN
ON ICE SKILLS DEVELOPMENT

CHERYL GILROY
GAME DAY BROADCAST

ADRIELLE CHARETTE

11

Adrielle Charette, born January 1, 2009 in Sudbury, ON, has been playing hockey for 11 years. Shooting left and maintaining a solid 90% academic average, Adrielle excels both on the ice and in the classroom. Her pregame ritual includes taping her stick, chatting with friends, and listening to music, which helps her get in the zone before each game. Adrielle's dedication to hockey and her thoughtful preparation reflect her commitment and passion for the sport.

"HOCKEY IS WHERE I CAN HAVE FUN, BE AROUND MY FRIENDS, AND GROW AS A PERSON. MY NICKNAME IS ADRI, AND I SEE HOCKEY AS A WAY TO MAKE FRIENDS FOR LIFE AND ENJOY COUNTLESS MOMENTS ON AND OFF THE ICE. THE SPORT HAS TAUGHT ME THAT EVERYONE FACES THEIR OWN CHALLENGES, AND INSTEAD OF FOCUSING ON THE NEGATIVES, IT'S IMPORTANT TO SEE THE POSITIVES. I STRIVE TO BE A POSITIVE TEAMMATE, ENCOURAGING THOSE AROUND ME AND CONTRIBUTING TO A SUPPORTIVE TEAM ENVIRONMENT."

A Charette^{#77}



KATHLEEN DION

44

Kathleen Dion, born January 2, 2009, lives in Penetang, ON, and has been playing hockey her entire life. A left-handed shooter with a strong 92% academic average, Kathleen excels both in the classroom and on the ice. Her pregame ritual includes listening to music and always putting her right skate on first, helping her get into the zone before each game. Her deep love for hockey is evident in her long-standing dedication and consistent effort to grow as a player.

"TO ME, HOCKEY IS ALL ABOUT HAVING FUN AND BEING PART OF A TEAM. I GO BY DION, AND I VALUE THE DAILY OPPORTUNITIES TO LEARN AND GROW, BOTH AS A PLAYER AND AS A PERSON. HOCKEY HAS TAUGHT ME HOW TO THRIVE IN A TEAM ENVIRONMENT AND SHOWN ME THAT THE LEARNING PROCESS NEVER STOPS, ON OR OFF THE ICE."



K. Dion #44

LAB REL

SERVICES

ALEX DUSOME**22**

Alex Dusome, born February 8, 2007 in Midland, ON, has been playing hockey her entire life. A right-handed shooter with an impressive 93% academic average, Alex excels both on the ice and in her studies. Her pregame ritual involves listening to music, which helps her focus and get into the zone before each game. Her lifelong commitment to hockey is reflected in her dedication and passion for the sport.

"HOCKEY MEANS BEING A TEAM PLAYER AND DEMONSTRATING GOOD SPORTSMANSHIP. MY NICKNAME IS AL, AND I'VE LEARNED INVALUABLE LIFE LESSONS THROUGH THE SPORT THAT I WILL CARRY WITH ME FOREVER. I CHERISH EVERY OPPORTUNITY I HAVE TO PLAY AND AM GRATEFUL FOR THE WAYS HOCKEY KEEPS ME HEALTHY AND ACTIVE. THE GAME IS SOMETHING I TRULY LOVE, AND IT REINFORCES THE IMPORTANCE OF TEAMWORK AND DEDICATION IN ALL AREAS OF LIFE."

A. Dusome #22



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Ryan W. Stephenson, CFP, CIM
Senior Financial Advisor
Manulife Wealth Inc.
ryan.stephenson@manulifewealth.ca



DEFENSE **Y1**

YOB: 2007

MARIN JUGNAUTH

1



Marin Jugnauth, born April 23, 2007 in Calgary, AB, has been passionate about hockey since she was 5 years old. With a strong academic average of 94%, Marin excels both in the classroom and on the ice. Her pregame ritual includes taping her stick, listening to music, and putting on her equipment from left to right, ensuring she's fully focused and prepared for each game. Marin's dedication and love for hockey have been a constant throughout her life, driving her to succeed in all aspects of the sport.

"HOCKEY HOLDS A MAJOR VALUE IN MY LIFE, NOT JUST FOR ME BUT FOR THE IMPORTANT PEOPLE AROUND ME. IT'S A POINT OF CONNECTION, ALLOWING ME TO EXPERIENCE RELATIONSHIPS IN DIFFERENT WAYS WHILE DOING THE SPORT I LOVE. THROUGH HOCKEY, I'VE LEARNED A LOT ABOUT MYSELF AND HOW TO MANAGE MY THOUGHTS. IT'S ALSO TAUGHT ME THE IMPORTANCE OF TRUST AND COMMUNICATION WITH OTHERS, AS WELL AS TRUSTING IN MYSELF TO PERSEVERE THROUGH CHALLENGES."

COMMITMENT



LONG ISLAND WHKY

M Jugnauth #7

TORRYS

LLP

JENNY KELLER**29**

Jenny Keller, born January 17, 2008 in Calgary, AB, has been dedicated to hockey for 12 years. A left-handed shooter with an impressive 92% academic average, Jenny combines her passion for the sport with a strong commitment to her studies. Her pregame ritual involves listening to the same five Taylor Swift songs, taping her stick, and putting on her gear starting with the left side, all of which help her get in the right mindset before hitting the ice. Jenny's dedication and routine reflect her love for hockey and her drive to excel in every aspect of the game.

"HOCKEY HAS BEEN A CONSTANT IN MY LIFE AND A WAY FOR ME TO EXPRESS MYSELF. I GO BY KELLER ON THE ICE. I'VE BUILT LONG-LASTING FRIENDSHIPS AND A COMMUNITY THAT FEELS LIKE FAMILY THROUGH THE SPORT. HOCKEY IS MY SECOND HOME, HELPING ME GROW INTO A BETTER PERSON. IT HAS TAUGHT ME PATIENCE, TEAMWORK, AND EFFECTIVE COMMUNICATION, WHILE ALSO PUSHING ME OUT OF MY COMFORT ZONE. MOST IMPORTANTLY, I'VE LEARNED TO BE TRUE TO MYSELF AND EMBRACE CHALLENGES BECAUSE THEY MAKE ME A BETTER PLAYER AND, ULTIMATELY, A BETTER PERSON."

COMMITMENT

ST. LAWRENCE WHKY

J. Keller #29 CCM

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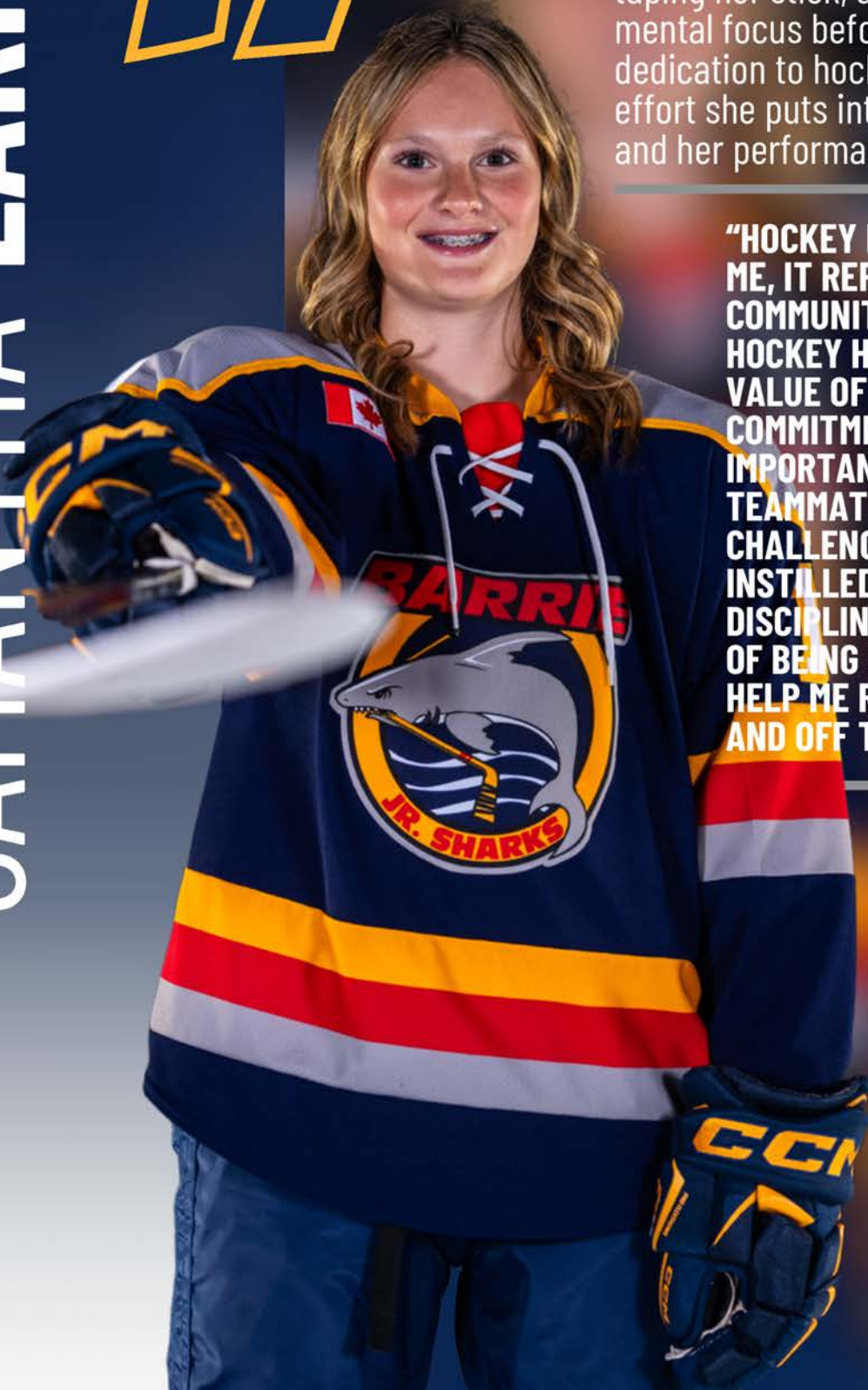
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SAMANTHA LARMAND

17

Samantha Larmand, born September 8, 2009 in Midland, ON, has spent 11 years honing her hockey skills. With a 90% academic average, she balances her studies with her passion for the game. A left-handed shooter, Samantha has a pregame ritual of taping her stick, a routine that sets her mental focus before hitting the ice. Her dedication to hockey is reflected in the effort she puts into both her preparation and her performance.

"HOCKEY IS MY PASSION, AND TO ME, IT REPRESENTS FAMILY AND COMMUNITY. I GO BY LARMY, AND HOCKEY HAS TAUGHT ME THE VALUE OF WORK ETHIC, COMMITMENT, AND THE IMPORTANCE OF WORKING WITH TEAMMATES TO OVERCOME CHALLENGES. IT HAS ALSO INSTILLED IN ME GOOD HABITS, DISCIPLINE, AND THE IMPORTANCE OF BEING PREPARED, ALL OF WHICH HELP ME REACH MY GOALS BOTH ON AND OFF THE ICE."



S. Larmand #17

ADVANCED SYSTEMS FOR AUTOMATION
MIM
S

OLIVIA LEHTI 16

Olivia Lehti, born October 27, 2009 in Barrie, ON, has been playing hockey since she was just 4 years old. Shooting left and maintaining an impressive 94% academic average, Olivia combines her passion for the game with academic excellence. Her pregame ritual involves taking 5-6 minutes alone with her AirPods in, visualizing her performance and preparing mentally for the game. This focused approach helps her stay sharp and ready to excel on the ice.

"HOCKEY MEANS A LOT TO ME—IT'S BEEN A PART OF MY LIFE FOR AS LONG AS I CAN REMEMBER AND HELPS ME UNWIND FROM DAILY STRESS. MOST PEOPLE CALL ME LIV OR LEHTI, BUT MY COACH CALLS ME LEHTS, I FIND THAT PLAYING THE GAME MAKES ME FEEL FREE AND TRULY HAPPY. HOCKEY HAS TAUGHT ME MANY VALUABLE LIFE LESSONS, INCLUDING ACCOUNTABILITY, TIME MANAGEMENT, AND THE IMPORTANCE OF TEAMWORK AND DEDICATION. IT HAS SHOWN ME THAT HARD WORK AND STICKING TOGETHER CAN LEAD TO GREAT RESULTS, BOTH ON AND OFF THE ICE."



O. Lehti #16

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ELLA LLOYD

21



Ella Lloyd, born October 16, 2007 in Ardrossan, AB, has been immersed in hockey for 14 years. Shooting left and maintaining an 86% academic average, Ella balances her athletic and academic pursuits with dedication. Her pregame ritual is to eat chicken, which helps fuel her performance and focus. Her long-standing commitment to the sport reflects her passion and discipline both on and off the ice.

"HOCKEY IS SO MUCH MORE THAN JUST A SPORT TO ME; IT'S ABOUT TEAMWORK, GRIT, DISCIPLINE, AND DEDICATION. PEOPLE CALL ME EL, AND I THRIVE ON THE COMPETITIVE NATURE OF THE GAME AND CHERISH THE TIME SPENT WITH MY TEAMMATES. THROUGH HOCKEY, I'VE LEARNED HOW TO HANDLE ADVERSITY AND WHAT IT MEANS TO BE A GOOD TEAMMATE. THESE LESSONS EXTEND BEYOND THE RINK, SHAPING HOW I APPROACH CHALLENGES AND SUPPORT OTHERS IN ALL AREAS OF MY LIFE."

COMMITMENT

NORTHEASTERN



NORTHEASTERN WHKY

E. Lloyd #27



envy
HAIR STUDIO

MOI MOI LUU**91**

Moi Moi Luu, born August 10, 2006 in Markham, ON, has been playing hockey for 14 years. Shooting left and maintaining an 88% academic average, Moi Moi balances her love for the game with her commitment to her studies. Her pregame ritual involves eating a banana before each game, a habit that helps fuel her energy and focus on the ice. Moi Moi's long-standing dedication to hockey is evident in her preparation and performance.

"HOCKEY HAS BECOME A PART OF MY IDENTITY, WOVEN INTO MY DAILY LIFE IN WAYS THAT GO BEYOND JUST PLAYING THE GAME. IT'S SHOWN ME THAT NOTHING COMES EASY AND THAT IT'S IMPORTANT TO TRUST THE PROCESS. THROUGH HOCKEY, I'VE LEARNED VALUABLE SKILLS LIKE TEAMWORK, PROBLEM-SOLVING, AND ADAPTABILITY. PLAYING THE SPORT HAS TAUGHT ME THE IMPORTANCE OF SHOWING UP FOR GAMES, PRACTICES, AND TEAM FUNCTIONS, PROVIDING ME WITH A STRONG SENSE OF COMMUNITY ON AND OFF THE ICE. I CHERISH EVERY MOMENT IN HOCKEY AND THE GREATER PURPOSE IT SERVES IN MY LIFE."

M. Luu #91



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JOHN BRASSARD

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HAS TO OFFER OFF THE ICE,
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LARYSSA MAYER**88**

Laryssa Mayer, born March 7, 2007 in Sudbury, ON, has been playing hockey for 14 years. Shooting right and maintaining an 83% academic average, Laryssa balances her commitment to both her studies and the sport. Her pregame ritual includes drinking an Alani energy drink, which helps her get energized and focused before hitting the ice. Laryssa's dedication and passion for hockey have been evident throughout her long-standing involvement in the game.

"HOCKEY MEANS A LOT TO ME BECAUSE IT'S MORE THAN JUST A GAME—IT'S A SPORT THAT HAS SHAPED WHO I AM. MY NICKNAME IS LARRY AND, I'VE LEARNED THE VALUE OF TEAMWORK AND DISCIPLINE THROUGH PLAYING HOCKEY. THESE LESSONS HAVE NOT ONLY MADE ME A BETTER PLAYER BUT ALSO HELPED SHAPE MY CHARACTER OFF THE ICE."

L. Mayer #88

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A woman with red hair, wearing a black vest over a striped shirt, is smiling and pointing with a white marker towards a whiteboard in a classroom setting. The whiteboard shows some diagrams and text, though it's not clearly legible. The background is a blurred classroom with desks and chairs.


Boréal

collegeboreal.ca

SONIA MEHTA

10



Sonia Mehta, born April 5, 2008 in Midland, ON, has been a dedicated hockey player for 11 years. Known for her left-handed shooting and impressive 95% academic average, Sonia brings both skill and excellence to the rink. Her pregame ritual involves playing spike ball, a fun way to get energized and focused before hitting the ice.

"HOCKEY MEANS EVERYTHING TO ME—IT'S FUN, COMPETITIVE, AND HAS CONNECTED ME WITH MANY OF MY BEST FRIENDS. I GO BY SONI ON AND OFF THE ICE, THE SPORT HAS TAUGHT ME TO PUSH MY LIMITS AND STRIVE TO BECOME A BETTER VERSION OF MYSELF. EACH GAME AND PRACTICE IS AN OPPORTUNITY FOR GROWTH AND ENJOYMENT, MAKING HOCKEY AN INTEGRAL PART OF WHO I AM."

COMMITMENT



ST. LAWRENCE WHKY

S. Mehta #10



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SHANNON PEARSON

47

Shannon Pearson, born March 27, 2007 in Calgary, AB, has been playing hockey for 13 years. A left-handed shooter with a strong 95% academic average, Shannon balances her dedication to both hockey and her studies. Her pregame ritual includes stretching, which helps her prepare mentally and physically before hitting the ice. Shannon's dedication to hockey is reflected in her thorough preparation and her continuous growth as a player.

"HOCKEY HAS GIVEN ME A COMMUNITY AND THE CHANCE TO BUILD MEANINGFUL FRIENDSHIPS. THEY CALL ME SHAN OR GINGY, AND THE MEMORIES I'VE MADE ON THE ICE REMIND ME OF WHERE I'VE BEEN, THE PEOPLE I'VE MET, AND THE MOMENTS THAT HAVE SHAPED WHO I AM. THE SPORT HAS TAUGHT ME THE IMPORTANCE OF RESILIENCE AND PERSEVERANCE, SHOWING ME THAT OVERCOMING CHALLENGES AND MAINTAINING A STRONG WORK ETHIC ARE CRUCIAL TO BOTH PERSONAL AND ATHLETIC GROWTH."

COMMITMENT



CORNELL WHKY

S. Pearson #47

BLOG

RILEY SCORGIE

18



Riley Scorgie, born September 14, 2006 in Edmonton, Alberta, has been playing hockey for 11 years. A right-handed shooter with a strong presence on the ice, Riley also excels academically, maintaining a 3.5 GPA. Known for her playful spirit, she always includes a little dance in her pregame ritual, setting the tone for her focus and energy on the ice.

"HOCKEY IS MY OUTLET, A PLACE WHERE I CAN TRULY EXPRESS MYSELF IN WAYS I WOULDN'T NORMALLY HAVE THE CONFIDENCE TO DO. MY NICKNAME IS SCOREG, AND FOR ME, HOCKEY REPRESENTS RESILIENCE, DETERMINATION, AND THE FRIENDSHIPS THAT LAST A LIFETIME. THE GAME HAS TAUGHT ME TO ENJOY EVERY MOMENT, NOT JUST TO FOCUS ON THE FUTURE BUT TO APPRECIATE THE JOURNEY AND EVERY MINUTE ON THE ICE."

COMMITMENT



CORNELL WHKY

R. Scorgie #18



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GOALIE **Y2**

YOB: 2008

AVAH SEDORE

14

Avah Sedore, born March 21, 2008 in Sharon, ON, has been a dedicated hockey player for 11 years. With an impressive 97% academic average, Avah excels both on the ice and in the classroom. Her pregame ritual includes playing ball wall juggle and writing a little message on her stick, helping her stay focused and positive before each game. Her commitment and preparation are key to her success and enjoyment of the sport.

"HOCKEY HAS BEEN A PART OF MY LIFE FOR AS LONG AS I CAN REMEMBER, AND IT'S GIVEN ME INCREDIBLE ROLE MODELS AND SOME OF MY BEST FRIENDS. I GO BY AV'S OR SEDDY, THE SPORT HAS TAUGHT ME VALUABLE LESSONS ON AND OFF THE ICE, INCLUDING HOW TO BE A BETTER PERSON, A STRONG LEADER, AND A SUPPORTIVE TEAMMATE. HOCKEY HAS SHAPED ME IN COUNTLESS WAYS AND CONTINUES TO BE A CENTRAL PART OF WHO I AM."

COMMITMENT



BOSTON COLLEGE WHKY



JR SHARKS HOCKEY

SEDDY-74

ASedore #74

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MAE SEVERN

9



Mae Severn, born April 29, 2008 in Midhurst, ON, has been a passionate hockey player for 10 years. Shooting left and maintaining a strong 92% academic average, Mae combines her on-ice skills with academic excellence. Her pregame ritual involves taping her stick, a crucial part of her preparation routine. Mae's dedication and focus make her a standout player, both in the classroom and on the rink.

"HOCKEY IS SUPER FUN FOR ME— IT'S WHERE I PUSH MYSELF AND LOOK FORWARD TO COMING TO THE RINK EVERY DAY. MY NICKNAME IS SEVY, AND THE SPORT HAS TAUGHT ME NOT ONLY HOW TO BE A GOOD PLAYER BUT ALSO HOW TO BE A BETTER PERSON BOTH ON AND OFF THE ICE. IT'S ALL ABOUT PUSHING MY LIMITS AND CONTINUOUSLY IMPROVING, WHICH KEEPS ME MOTIVATED AND EXCITED FOR EVERY GAME AND PRACTICE."

COMMITMENT



ST. LAWRENCE WHKY

M. Severn #9



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KATE STUART

82



Kate Stuart, born April 4, 2008 in Stayner, ON, has been a dedicated hockey player for 13 years. Known for her exceptional skills on the ice, she shoots right and combines her athletic prowess with academic excellence, maintaining an impressive 93% average. Kate is also meticulous in her pregame preparation, always arriving two hours early to get into the zone and fuel up with her favorite snacks

"Hockey has been more than just a sport for me—it's my whole life. My nickname is Stuey, and the rink is where I feel most at home. Through hockey, I've found my best friends and learned lessons that have shaped me into the person I am today. The game has taught me the importance of teamwork and discipline, showing that success comes from trust and consistent practice. It's also helped me value resilience and adaptability, proving that overcoming challenges is key to both personal and team success. For me, hockey is the perfect balance of competition and fun, and I wouldn't trade it for anything."

COMMITMENT



HARVARD WHKY

K. Stuart #82

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ALEIYAH SUTTON

34



Aleiyah Sutton, born May 28, 2006 in Barrie, ON, has been dedicated to hockey for 15 years. A left-handed shooter with a 70% academic average, Aleiyah balances her passion for the sport with her studies. Her pregame ritual of handshakes helps her connect with her teammates and get into the right mindset before each game. Her long-standing commitment to hockey shows how much she enjoys the game and the strong bonds she's built with her teammates.

"HOCKEY MEANS A LOT TO ME, BOTH ON AND OFF THE ICE. I GO BY SUTTS, AND I VALUE THE OPPORTUNITY TO LEARN FROM OTHERS AND BE WITH MY BEST FRIENDS. THE SPORT PUSHES ME TO BECOME A BETTER PLAYER AND ACHIEVE SUCCESS. THROUGH HOCKEY, I'VE DEVELOPED IMPORTANT CHARACTER TRAITS AND GROWN INTO A BETTER PERSON, MAKING THE EXPERIENCE FAR MORE REWARDING THAN JUST THE GAME ITSELF."

A. Sutton #34



OLIVIA URBACH**92**

Olivia Urbach, born July 12, 2007 in Barrie, ON, has been immersed in hockey for over 11 years. A right-handed shooter with an 86% academic average, Olivia balances her dedication to the sport with her studies. Her pregame ritual involves taping her stick, a routine that helps her focus and prepare for each game. Her long-time love for hockey shows in how she enjoys the game and keeps working on her skills.

"HOCKEY HAS BEEN A JOURNEY OF CREATING AND BUILDING BONDS WITH TEAMMATES WHO SHARE THE SAME LOVE FOR THE SPORT. MY NICKNAME IS LIV OR URBIE, AND I'VE DEVELOPED BOTH SKILLS AND CONFIDENCE AS I'VE PROGRESSED THROUGH DIFFERENT LEVELS AND TEAMS. EVEN WHEN THINGS GET TOUGH OR YOU FEEL DOWN, KEEP PUSHING FORWARD BECAUSE FAILURE OFTEN PAVES THE WAY TO SUCCESS. WORKING TOGETHER AS A TEAM AND LEVERAGING EACH OTHER'S STRENGTHS ALWAYS LEADS TO BETTER RESULTS THAN DOING IT ALONE."

O. Urbach #92



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JESSICA VREE

14

Jessica Vree, born in 2009 in Barrie, ON, has been dedicated to hockey for 8 years. A left-handed shooter with a strong 92% academic average, Jessica excels both in her studies and on the ice. Her pregame ritual includes listening to music and stretching with her team, which helps her get in the zone and build camaraderie before each game. Her commitment to hockey is reflected in her consistent performance and the positive impact she has on her team.

"PLAYING HOCKEY IS MORE THAN JUST A GAME—IT'S ABOUT BEING ACCOUNTABLE TO YOURSELF, YOUR TEAMMATES, AND YOUR COACHES. I GO BY VREESIE, AND I'VE LEARNED THE VALUE OF TEAMWORK AND COLLABORATION BOTH ON AND OFF THE ICE. HOCKEY HAS TAUGHT ME THE IMPORTANCE OF STAYING ACTIVE AND MAINTAINING A HEALTHY LIFESTYLE. THROUGH THE SPORT, I'VE DEVELOPED RESILIENCE, COMMITMENT, DISCIPLINE, AND A STRONG WORK ETHIC, WHICH HAVE BECOME INTEGRAL PARTS OF WHO I AM."

J. Vree #14



HAMMOND

hammondbus.com

GOALIE **Y3**

YOB: 2007

AMELIA WILKINSON

45

Amelia Wilkinson, born February 12, 2007 in Holland Landing, ON, has been playing hockey for 13 years. With a strong academic average of 90%, Amelia excels both on the ice and in the classroom. Her pregame ritual includes putting on her right skate before her left and listening to music, which helps her get into the right mindset for each game. Her dedication to hockey is evident in her preparation and performance.

"HOCKEY IS MY PASSION, AND I'VE GROWN TO LOVE THE SPORT MORE WITH EACH PASSING YEAR. I GO BY WHEELS OR WILKS FOR SHORT. HOCKEY HAS BECOME A HUGE PART OF MY LIFE, INTRODUCING ME TO MANY PEOPLE WHO HAVE HAD A SIGNIFICANT IMPACT ON ME. THE GAME HAS TAUGHT ME WHAT IT MEANS TO BE A LEADER AND A TEAM PLAYER, INSTILLING RESPECT AND BRINGING OUT MY COMPETITIVE DRIVE. THROUGH HOCKEY, I'VE LEARNED VALUABLE LESSONS THAT EXTEND BEYOND THE RINK AND SHAPE WHO I AM."

COMMITMENT



UCONN WHKY

A Wilkinson #45

JR SHARKS HOCKEY



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