

North Bay Ice Boltz

U18AA



2022-23

Media Guide





#1 Kaylee Lang

Goalie • 5'6" • Catches Left

Nipissing, ON • Grad 2025

- **21-22 Team:** North Bay Ice Boltz U15AA
- **Academic Interests:** I want to go to university and study in the field of law.
- **Type of player:** I would describe myself as having a good work ethic, being a team player and never giving up on the puck.
- **Type of teammate:** I would describe myself as someone who leads by example and someone who will always have a positive attitude on the ice.
- **Other Interests:** My other interests are drawing and running in track.
- **Accomplishments:** Recipient of the Tom Harrington award in school. Maintained an average of above 90% in Grade 9. Coach in skills camps for children.
- **Contact Information:** Jeff Lang (705) 498-4117



If you believe you can, then you're halfway there. - Theodore Roosevelt



#30 Hannah Brunton

Goalie • 5'7" • Catches Left

Callander, ON • Grad 2024

- **21-22 Team:** North Bay Ice Boltz U18AA
- **Academic Interests:** My academic goals are to achieve an undergraduate degree in Physical Education, followed by a Masters degree in Kinesiology. Physiotherapy or Sports Medicine are career goals of mine. Playing hockey for a post-secondary team is an important part of my academic and athletic goals.
- **Type of player:** I am a calm and technically sound goaltender. My ability to remain focused and poised during game situations, has allowed me to have much success. I am not easily rattled and take training very seriously as I strive to always improve my skill set.
- **Type of teammate:** I am a good team player and work well with others. I believe in supporting my teammates and developing positive relationships. Leading by example and remembering to have fun on the ice is an important role I play within the team.
- **Other Interests:** I am a multi-sport athlete, playing select fastball in the spring and summer. I workout as often as possible, and enjoy all sports that I have the opportunity to participate in. Throughout the hockey season, I volunteer to coach younger goalies for two separate local associations.
- **Accomplishments:** Selected as a member of Puck Support, organization supporting mental health and addiction within the hockey community. Leaside March Madness Tournament Silver Medalist (2022). Oshawa Generals Tournament Silver Medal (2019). Goaltending coach for ENMHA (2020-2022). U17 OSSTA Provincial Silver Medallists.
- **Contact Information:** Matt Brunton: (249) 358-2344 |
Dyane Brunton (705) 358-3109 / dyanebrunton@gmail.com
<https://sites.google.com/npscschools.ca/hannahbrunton/home>



Work hard in silence, let your success be your noise. – Frank Ocean



#2 Chloe Chemery

Forward • 5'6" • Shoots Left

North Bay, ON • Grad 2024

- **21-22 Team:** North Bay Ice Boltz U18AA
- **Academic Interests:** At this time, I am keeping my options open. I have an interest in business as well as chemistry.
- **Type of player:** I feel that I am a driven, aggressive and focused player. I am vocal on and off the ice in a positive way. I am receptive to learning and improving.
- **Type of teammate:** I am an active participant on and off the ice with my team. I am happy when my friends and teammates are successful. I show leadership by being kind and inclusive to everyone. I want to be a good player so my whole team can be successful.
- **Other Interests:** I play other sports such as basketball, softball and skiing. I work part-time throughout the year. I value my downtime and enjoy a good Netflix series.
- **Accomplishments:** Leaside March Madness Tournament Silver Medalist (2022). Volunteer filming and broadcasting local OHL games and events in my community.
- **Contact Information:** Melanie Chemery (705) 845-1849



Failure is not the opposite of success; it's a part of success. – William Ritter



#7 Ava Assinewai

Centre • 5'10" • Shoots Left

Manitoulin Island, ON • Grad 2024

- **21-22 Team:** North Bay Ice Boltz U18AA
- **Academic Interests:** My academic interests are Science, English, and Gym. I hope to use my high marks in these classes to get into a Sports Therapy/Physiotherapy program at a University that also has a strong Women's Hockey Program.
- **Type of player:** I am a hard-working, smart, two-way skating play maker who prides myself on making those around me better.
- **Type of teammate:** I am a friendly, encouraging, positive player who likes to see those around me succeed. I am most happy if I can make the team better.
- **Other Interests:** I love working out, playing basketball, baseball, running, and spending time with my friends and family.
- **Accomplishments:** Grade 9 Overall Average 83%. Grade 8 Female Athlete of the Year and Geography Award. Walter Gretzky Gold Medal (2020). Hold multiple records in cross-country races. Provincial Cross Country meet 8th place finish (2019). Maintained a 3.9 GPA in Grade 10 Academic courses. National Aboriginal Hockey Championship Silver medallist for Team Ontario at the National Aboriginal Hockey Championship (2022). Ontario Indigenous Summer Games Silver Medallist in Basketball (2022). Leaside March Madness Tournament Silver Medalist (2022).
- **Contact Information:** Tamey and Brent Assinewai / assinewai0611@gmail.com



When you pull on that jersey you represent yourself and your teammates, and the name on the front is a hell of a lot more important than the one on the back. – Herb Brooks



#8 Taylor Yeo

Forward • 5'4" • Shoots Left

North Bay, ON • Grad 2024

- **21-22 Team:** North Bay Ice Boltz U18AA
- **Academic Interests:** To pursue my education in a post-secondary institution in a field that inspires me.
- **Type of player:** I am a smart, adaptive player who works hard and is very persistent.
- **Type of teammate:** I stay positive and encourage my teammates on and off the ice.
- **Other Interests:** I enjoy nature, playing soccer in the summer, working out, and coaching younger athletes.
- **Accomplishments:** Chosen to participate in a Rush Hockey tournament All-Star game. Athlete of the year for my school, in both Grade 6 and Grade 8. Leaside March Madness Tournament Silver Medalist (2022).
- **Contact Information:** Paul Yeo (705) 690-9083 | Jodee Brown Yeo (705) 498-1235



Visualize your highest self and start showing up as her. - Anita Quansah Londo



#9 Paige Schurer

Forward • 5'3" • Shoots Right

Huntsville, ON • Grad 2025

- **21-22 Team:** North Bay Ice Boltz U15AA
- **Academic Interests:** I enjoy Math and Kinesiology. I hope to further pursue these studies while playing the highest level of hockey.
- **Type of player:** As a player, I am strong, dedicated, and hard working. I come to each game ready to compete.
- **Type of teammate:** As a teammate, I am encouraging, like to be supportive and helpful on and off the ice. I enjoy my time with the team.
- **Other Interests:** I enjoy playing volleyball, badminton, baseball and water sports. I also like to go to snowmobiling and ride my ATV.
- **Accomplishments:** 2022 MPS Hockey Champion. 2022 GBBS Badminton - 3rd place. 2020 and 2019 HGHA Hockey Champion. 2019 MVP NOTL Fall Classic (OMHA-BB).
- **Contact Information:** Eric and Karen Schurer (705) 787-0099

If you ain't first, you're last. Reese Bobby





#10 Natalie Tolton

Forward • 5'3" • Shoots Left

Emsdale, ON • Grad 2023

- **21-22 Team:** Barrie Sharks U18AA
- **Academic Interests:** To take business classes in college or university to further my education to become a real estate agent in the future.
- **Type of player:** A strong forward, a playmaker to create opportunities for me and my team, also able to score goals.
- **Type of teammate:** As a teammate i see myself as energetic, positive leader to my team while also leading by example on and off the ice.
- **Other Interests:** Other interests are working out at the gym, basketball and keeping busy with friends and family.
- **Accomplishments:** Over 150 hours of volunteer hours. Grade 7/8/9 Athlete of the Year. Honour Roll Student.
- **Contact Information:** Justin Tolton (705) 783-6815



You never lose you either win or learn. – Nelson Mandela



#11 Ocean Brassard

Defence • 5'2" • Shoots Left

Englehart, ON • Grad 2025

- **21-22 Team:** Temiskaming Shores Puckhounds U15BB
- **Academic Interests:** My academic interest is in the medical field with a future goal to become a sports rehabilitation specialist.
- **Type of player:** I would describe myself as a defensive player as well as being observant of potential plays that might develop.
- **Type of teammate:** I feel like I'm a good team player. I communicate with my teammates and I am respectful to others
- **Other Interests:** I like to play baseball and swim during the summer. During the school year, I like playing volleyball, running cross-country, and running track.
- **Accomplishments:** Grade 8 - Valedictorian, highest overall average, top female athlete. Maintained a 91.4% average in Grade 9.
- **Contact Information:** Crystal Duguay (705) 544-3297 / oceangirljuly@hotmail.com
Len Brassard (705) 544-3112 / lenbrassard@icloud.com



You miss 100% of the shots you don't take. -Wayne Gretzky



#17 Danika West

Forward • 5'4" • Shoots Left

Englehart, ON • Grad 2024

- **21-22 Team:** North Bay Ice Boltz U18AA
- **Academic Interests:** My academic interests are Physical Therapy in Athletics. I want to be a chiropractor, massage therapist or an athletic trainer. My future is to play hockey at the highest level possible while working hard and doing my best in school.
- **Type of player:** I am a solid two-way player who is known for leading past teams in goals and assists, winning face-offs and killing penalties. I am also a hard-working, physically strong player who is always willing to take chances and push myself to improve.
- **Type of teammate:** I am a reliable and hard-working teammate who pushes others to do their best by encouraging and helping others to get better. I also like making plays to set my teammates up to score.
- **Other Interests:** I like sports like baseball, soccer, basketball, volleyball and track and field. I enjoy swimming, camping, fishing and 4-wheeling. I like to volunteer with little kids who want to get better in hockey and help them.
- **Accomplishments:** Honour Roll (2021). Draft Day North America World Selects Invitational Tournament (2019). Grade 8 History Excellence Award (2019). OWSHA Champion – Pee wee C (2018). Leaside March Madness Tournament Silver Medalist (2022).
- **Contact Information:** Jennifer and Jason West (705) 647-2485



You miss 100% of the shots you don't take. – Wayne Gretzky



#19 Mylene Langlois

Defense • 5'6" • Shoots Left

Sturgeon Falls, ON • Grad 2025

- **21-22 Team:** North Bay Ice Boltz U15AA
- **Academic Interests:** I would like to pursue my post-secondary studies in Kinesiology or Physiotherapy.
- **Type of player:** I am a committed, hardworking player, who always has the team's interest at heart. I am not afraid of making mistakes in order for me to learn and improve.
- **Type of teammate:** I would describe myself as a trustworthy, committed, encouraging and loving teammate. I also treat my team like family.
- **Other Interests:** My other interests consist of working out, basketball, golfing, fishing, camping and spending time with family.
- **Accomplishments:** Grade 8 - Student Athlete of the Year. Grade 9 - Elite Scholar (97% average), MVP Junior Basketball. Avery Andrew Player of the Tournament Award (2019). Nipissing First Nations Youth Volunteer (2020). Ottawa Lady Sens Gold Medallist (2019).
- **Contact Information:** Tanya Langlois (705) 498-2188 / tanyalanglois76@gmail.com
Dan Langlois (705) 507-0024 / dan.langlois@vale.com



Success is not final, failure is not fatal, it is the courage to continue that counts." - Winston Churchill



#21 Nikki Adams

Forward • 5'4" • Shoots Left

Burks Falls, ON • Grad 2023

- **21-22 Team:** Toronto Leaside Wildcats U18A
- **Academic Interests:** I am interested in all sciences and would love to study them post-secondary in university. My goal for a future career is to become a Sports Medicine doctor.
- **Type of player:** I am hardworking, dedicated, a smart positional player, and aggressive.
- **Type of teammate:** I would describe myself as reliable, good at taking advice, respectful, inclusive, and a team player.
- **Other Interests:** Other interests of mine include lifting weights, music (playing the guitar, listening), and ATV riding.
- **Accomplishments:** Grade 8 - Valedictorian, Athletic Award, Art Award, Highest Overall Average. Grade 9 - Phys-Ed Award, Honour Roll. Grade 10 - English Award, Honour Roll. Grade 11 - Student Ambassador, maintained 95% average, Music Peer Tutor.
- **Contact Information:** Rhonda Adams (905) 926-7011 / hockeymom360@hotmail.com
Tim Adams (905) 259-5447 / tadams1793@yahoo.com



The harder the battle the sweeter the victory. – Bob Marley



#27 Bethany McGill

Forward • 5'8" • Shoots Left

Powassan, ON • Grad 2025

- **21-22 Team:** North Bay Ice Boltz U15AA
- **Academic Interests:** I hope to study Kinesiology or Sports Medicine
- **Type of player:** I love to compete. I am determined to make a difference every shift.
- **Type of teammate:** I consider myself a loyal teammate – my TEAM comes first.
- **Other Interests:** My other interests are volleyball, swimming, skiing, snowmobiling, fishing, hunting, and working out.
- **Accomplishments:** Maintaining an 85% average. I am working 2 jobs this summer, dealing with the public. I'm not afraid to do or say what needs to be done in a respectful way.
- **Contact Information:** James & Tina McGill (705) 471-1091 / tjmseven@outlook.com



God is good.



#49 Stephanie Hatch

Defence • 5'5" • Shoots Left

North Bay, ON • Grad 2023

- **22-23 Team:** North Bay Ice Boltz U18AA
- **Academic Interests:** To graduate with honours and move on to post-secondary to continue my education.
- **Type of player:** I would describe myself as a calm confident smart relaxed player who can anticipate the play well.
- **Type of teammate:** I am a friendly, encouraging, inclusive teammate.
- **Other Interests:** I enjoy the outdoors including camping and boating along with snowmobiling, target shooting, skiing and golfing.
- **Accomplishments:** OFAH Get Outdoors Conservation Award (2018), Girls Softball Provincial Champions (2019), Girls Softball Provincial Silver Medallist (2022)
- **Contact Information:** Andrew Hatch (705) 978-5477



It's not whether you get knocked down; it's whether you get up. – Vince Lombardi



#51 Ella Ouellette

Defence/Forward • 5'8" • Shoots Right

North Bay, ON • Grad 2023

- **21-22 Team:** North Bay Ice Boltz U18AA
- **Academic Interests:** My academic interests are science and health. My future aspirations are to continue to be involved in high level sport and continue to give back to the community.
- **Type of player:** I am a hardworking, driven athlete, who puts in extra hours of work to better not only myself but also my teammates.
- **Type of teammate:** I am accommodating, put my team before myself. I am easy to get along with and a leader on and off the ice. I am always encouraging my teammates to challenge themselves.
- **Other Interests:** I enjoy playing competitive soccer in the summer, as well as coaching the sport for my community's soccer league. I also enjoy working out in my spare time to better myself as an athlete.
- **Accomplishments:** Academic Principal's Award (2020). Athletic awards: Father Cundari award for school in both hockey and soccer. Academic awards: academic award in Law (98% average in class)
- **Contact Information:** Shauna Ouellette: (705) 471-2192 / shaunaouellette@gmail.com





#52 Gracie Roynon

Defence • 5'6" • Shoots Left

North Bay, ON • Grad 2024

- **21-22 Team:** North Bay Ice Boltz U18AA
- **Academic Interests:** My academic interests include going to university to pursue medicine or another occupation in the medical field while continuing to play hockey at a high level. My future goals consist of finding more things that I am passionate about and always doing my best.
- **Type of player:** I would describe myself as determined and always striving to improve to do my best on and off the ice. I have a strong shot and I am very smart about making plays. I work to do my best and I am always working hard to improve. I give 100% during both practices and games and I arrive both mentally and physically prepared to put forth my best effort. I am quick at picking up skills, easily absorb instructions and learn from my mistakes.
- **Type of teammate:** I am very respectful to my fellow teammates and coaches which helps me to build strong relationships. I am a committed leader to the team and always encourage my teammates to remain positive on and off the ice
- **Other Interests:** My other interests include working out at the gym, water skiing, fishing, spending time with friends and family, coaching younger hockey players and playing other sports. It is important for me to be involved in other activities outside of hockey.
- **Accomplishments:** Recipient of Ontario Principals Award for Student Leadership and Grade 8 Citizenship for Community Service and Leadership. Maintained 90% average in Grades 9 and 10 (French Immersion and Academic courses). Ambassador for Women's Hockey Life. Leaside March Madness Tournament Silver Medalist (2022). Oshawa Generals Tournament Silver Medalist (2019). Over 100 hours in the past year spent coaching younger hockey players.
- **Contact Information:** Jeff Roynon (249) 358-0255



A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be. -Wayne Gretzky



#81 Chloe Frank

Forward • 5'4" • Shoots Left

North Bay, ON • Grad 2024

- **21-22 Team:** North Bay Ice Boltz U18AA
- **Academic Interests:** My future goal is to work in the medical field as a doctor. Doctors require skills such as critical thinking, clear communication and leadership which I aim to enhance throughout high school.
- **Type of player:** I am a hardworking player that is stealthy, determined and passionate. I demonstrate these skills by winning battles, setting up plays and driving the net.
- **Type of teammate:** I am committed to encourage, uplift and support my teammates. These things play an important role in building a good relationship with each other.
- **Other Interests:** Some of my interests include baking, sports, (volleyball and track and field) and spending time with loved ones.
- **Accomplishments:** Leaside March Madness Tournament Silver Medalist (2022).
Oshawa Generals Tournament Silver Medal (2019).
- **Contact Information:** Chad Frank (705) 499-6540



Everything happens for a reason. - Aristotle



91 Lauren Quirt

Defence • 5'3" • Shoots Left

Corbeil, ON • Grad 2025

- **21-22 Team:** North Bay Ice Boltz U15AA
- **Academic Interests:** I really like math, working with numbers and I love anything to do with sports. I would like to go to university for business and hockey.
- **Type of player:** I would describe myself as a versatile player, with the ability to play both forward and defense on my teams. I'm also a very fast player. I have good speed. I also have a good hockey sense. I am good at taking faceoffs.
- **Type of teammate:** I am a collaborative teammate. I'm always trying to work with my team. I would also describe myself as a leader and supporter.
- **Other Interests:** My other interests are volleyball, swimming, skiing, snowmobiling, fishing, hunting, and working out.
- **Accomplishments:** I was assistant captain last year on my hockey. I completed the leadership program at Nipissing University. Maintained 93% average in Grades 9 and 10 (French Immersion and Academic courses).
- **Contact Information:** Steve and Cindy Quirt (705)498-8179



Hard work beats talent when talent doesn't work hard. – Tim Notke



Jeff Roynon

Head Coach

The 2022 season marks Jeff's 10th season coaching within the North Bay Ice Boltz organization. With over 11 years of minor hockey coaching experience at various levels, Jeff looks to challenge players to meet their potential within an environment that promotes a lifelong love of the game of hockey. With effective communication skills, players are encouraged to learn from their mistakes as they increase their hockey knowledge and build their skillset.

Instilling positive work habits is the foundation of teams Jeff has led in the past. Teams develop on-ice through high tempo, structured practices and off-ice with training programs to consistently increase players' strength and conditioning. All team activities are designed to support a strong team culture that strengthens the Ice Boltz family these players create through the season. Mental performance experts are key a component to supporting the team's athletes as they develop and supporting them in many areas often focusing on their confidence.

Jeff believes in players' character being a driver to their development. Players are expected to support each other and demonstrate traits that maximize their play as a team. These traits not only develop great hockey players, but play a larger role in developing, responsible, community minded, and hard-working young adults. Players are expected to participate in the team's Ice Boltz Give Back program volunteering with younger Ice Boltz teams through the season exemplifying the female athlete role models for our younger players look up to, as well as involvement in community service. Players are provided with the framework and expectations of a High Performance team.

Jeff holds an Honours Bachelor of Business Administration degree and works as a Senior Product Manager for Paradigm Shift Technology Group.

To contact Jeff: jeff.roynon@gmail.com | (249) 358-0255





Laura McKenzie

Assistant Coach

Laura has a combination of coaching, educational, and player experience that allows her to make a positive contribution to the North Bay Ice Boltz U18AA. Laura has previously coached with the U15AA and U7 Fundamentals North Bay Ice Boltz programs.

Her education experience includes a Bachelor of Physical and Health Education from Nipissing University and a Master of Human Kinetics in Sport Management from the University of Ottawa. While obtaining her undergraduate degree, she was a member of Nipissing Lakers Women's Hockey program. In her time, she served as an Assistant Captain and contributed to the team achieving a USPORTS National Ranking, while earning the PRIDE Award and USPORTS All-Canadian Athletic/Academic Awards.

Laura looks forward to helping create a positive and safe environment that promotes good sportsmanship and a focus on player development both on and off the ice.





Paul Yeo

Assistant Coach

Paul's passion for coaching began in 2005. For the past 16 years, Paul has coached AA, A and high school hockey teams and has worked with boys and girls programs. From 2006-2009, Paul was also an instructor at the Pittsburgh Penguins Youth Hockey Camp.

Over his coaching years, Paul has had many achievements ranging from league championships, tournament victories. Paul was also named Coach of the Year in 2010 by the West Ferris Minor Hockey Association.

Helping his players set and achieve goals, develop their skills and learn life lessons that will help them in their future endeavours is what Paul strives for both on and off the ice.





Chad Frank

Assistant Coach

Chad started coaching with the North Bay Ice Boltz in 2014. He was a member of the coaching staff that won a Silver medal at the 2019 OWHA Provincial Championship. During his 7 years coaching for the NBGHA, he has been a head coach, an assistant coach and is currently in the role of goalie coach. As a goalie himself, he still enjoys playing nets with his fellow teammates.

Four years ago, Chad started to do video work with the teams and has enjoyed using this teaching method with the players. The video analysis allows the athletes to take a look at their performance in order to improve their skills. This method catches the small details that are often missed when watching the players live.

When on the ice, Chad's goal is to share his passions, make players feel valued and focus on development both on and off the ice.



2021-22 North Bay Ice Boltz U18AA Roster

1	Kaylee Lang	Goalie
30	Hannah Brunton	Goalie
2	Chloe Chemery	Forward
7	Ava Assinewai	Forward
8	Taylor Yeo	Forward
9	Paige Schurer	Forward
10	Natalie Tolton	Forward
11	Ocean Brassard	Defense
17	Danika West	Forward
19	Mylène Langlois	Defence
21	Nikki Adams	Forward
27	Bethany McGill	Forward
49	Stephanie Hatch	Defence
51	Ella Ouellette	Forward
52	Gracie Roynon	Defence
81	Chloe Frank	Forward
91	Lauren Quirt	Forward

Head Coach: Jeff Roynon

Assistant Coach: Laura McKenzie

Assistant Coach: Paul Yeo

Assistant Coach: Justin Tolton

Assistant Coach: Brent Assinewai

Video and Goalie Coach: Chad Frank

Goalie Consultant: Dr. Rob Graham

Manager: Dyane Brunton

Tournaments / Showcases

Stoney Creek Showcase

September 9-12, 2022

Etobicoke Dolphins Pink the Rink

October 14-16, 2022

Brampton Two Nations Tournament

December 2-4, 2022

Ottawa Lady Senators Winter Showcase

January 13-15, 2023

Player Notes