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2023-24

North Bay Jr Lakers U18AA Media Guide



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The Players



Jersey #	Name	Position	Birth Year
1	Lang, Kaylee	Goalie	2007
30	Brunton, Hannah	Goalie	2006
2	Chemery, Chloe	Forward	2006
4	Fortin, Kiana	Forward	2008
7	Assinewai, Ava	Forward	2006
8	Yeo, Taylor	Forward	2006
11	Brassard, Ocean	Defence	2007
15	Ouellette, Grace	Forward	2008
17	West, Danika	Forward	2006
44	White, Jade	Forward	2008
52	Roynon, Gracie	Defence	2006
68	Violette, Lily	Defence	2008
71	Dugas, Jorja	Defence	2008
77	Kim, Jenna	Defence	2007
81	Frank, Chloe	Forward	2006
91	Quirt, Lauren	Foward	2007

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#1 Kaylee Lang

Goalie 5'6" Catches Left

North Bay, ON Grad 2025

2022-23 Team: North Bay Ice Boltz U18AA

Academic Interests: I aspire to continue my studies in the legal sector in order to work as a prosecutor one day. It is my ambition to continue on play hockey in the OUA or D1 leagues during my undergraduate years.

Type of player: My ability to stay focused and never give up on the puck is used greatly to my advantage. I am a calm goaltender who stays connected to the play, no matter the kind of game we are playing. I have a strong work ethic and commonly lead by the example and advice of my peers.

Type of teammate: I am a positive minded teammate who finds it important to maintain strong relationships with my teammates on and off the ice. I believe that remembering that we are all here to learn and have fun is critical to a team's success.

Other Interests: I am a multi-sport athlete who enjoys hockey in the winter but prefers running the track in the spring and summer. I go for runs weekly and train anytime I get the chance. During the hockey season, I continue volunteer with younger age groups to train with their goaltenders.

Accomplishments: NGHA Paint It Purple Competitive Tournament Champions (2020), Tournament Of Hero's Finalists (2020), Sharkfest Finalists (2020), Starsfest Finalists (2020), Track and Field top 10 NOSSA finalist (2022&2023), recipient of the Tom Harrington Award (2021), overall average of 83% (2022), current average of 93% (2023), volunteering as coach for the fundamentals hockey teams.

Contact Information: Jeff Lang (705)498-4117; LangJ2011@gmail.com

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#30 Hannah Brunton

Goalie 5'7" Catches Left
Callander, ON Grad 2024

2022-23 Team: North Bay Ice Boltz U18AA

Academic Interests: I have an interest in studying biology as my undergrad degree. I would like to have a career in the science field, and have a particular interest in environmental biology.

Type of player: I'm a technically sound goaltender, battle hard and keep extremely calm in the net. Skating is a strong part of my game, and my lateral movement allows me to be in the right position for easy save selection.

Type of teammate: I like to make sure everyone feels like they are part of the team. I'm always welcoming new players, and I take a leadership role on and off the ice. I'm often complimented on my work ethic.

Other Interests: I play competitive softball and I enjoy working out. I'm an academic and take my studies seriously, while balancing that with recreational sports in the off season.

Accomplishments: Provincial Softball Silver Medalist - 2022; Silver Medal at Leaside Tournament - 2021; 90% average in grade 11; Highschool Hockey Team MVP - 2022, Coach and mentor for younger goalies in the area; Women's Softball League Champions - 2023, Serving as Assistant Captain on current team.

Contact Information: Dyane and Matt Brunton (705)358-3109 dyaneburton@gmail.com

<https://sites.google.com/npscschools.ca/hannahbrunton/home>

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#2 Chloe Chemery

Forward 5'6"

North Bay, ON Grad 2024



2022-23 Team: North Bay Ice Boltz U18AA

Academic Interests: I am currently taking science and math based courses and am still deciding what I wish to take in University.

Type of player: I consider myself to be a team player who is happy when any of my teammates succeed. I try to learn and improve every time I play.

Type of teammate: I try to be a positive player who encourages others. I enjoy getting assists as much as goals because that means we worked as a team.

Other Interests: I enjoy playing basketball as a secondary sport. I like to spend time with friends and I enjoy a part time job that has given me many valuable skills as a team player.

Accomplishments: School average of 85-90 percent . Regular volunteer with local news station. Accepted into the leadership and ambassador program for grade 12 year.

Contact Information: Melanie and Mathew Chemery (705) 845-1849

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#4 Kiana Fortin

Forward 5'6"

Temiskaming Shores, ON Grad 2026

2022-23 Team: Temiskaming Shores Puckhounds U18BB

Academic Interests: I plan on pursuing a career in dentistry.

Type of player: I am a powerful dominant player that is capable of delivering in the biggest situations. My great speed, good hockey sense, and hard shot allow me to make a difference on the ice.

Type of teammate: I am a positive teammate that is self disciplined. I lead by example and encourage others for a successful outcome.

Other Interests: I focus on healthy living by working out, and playing other sports such as basketball, track and field, volleyball, and soccer.

Accomplishments: Received academic award in geography, and top track athlete. My school average has been consistent at 90%. I have been leading my classmates by promoting positive learning and try to guide them to reach their maximum potential. I encourage healthy living by displaying hard work and motivating and supporting in order to develop.

Contact Information: Raymond Fortin (705) 648-1346; Sylvie Julien (705) 648-3027, raynsylv@persona.ca

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#7 Ava Assinewai

Forward 5'10"

Manitoulin Island, ON Grad 2024

2022-23 Team: North Bay Ice Boltz U18AA

Academic Interests: My academic interests are Science, English, Psychology, and Physical Education. 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 playmaker 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. I like to bring my positive energy into the dressing room.

Other Interests: I love working out, playing basketball, volleyball, baseball, and running. I love spending time with my friends and family and drawing.

Accomplishments: Grade 8 Female Athlete of the Year and Geography Award. Obtained a 3.7 GPA in Grade 9, a 4.0 GPA in Grade 10, and a 3.7 GPA in Grade 11. Walter Gretzky Gold Medalist (2020). Hold multiple records in cross-country races. Provincial Cross Country meet 8th place finish (2019). Silver medalist for Team Ontario at the National Aboriginal Hockey Championships (2022). Ontario Indigenous Summer Games Silver Medalist in Basketball (2022). Leaside March Madness Tournament Silver Medalist (2022). Gold Medalist for Team Ontario at the National Aboriginal Hockey Championships (2023). Chippewa Secondary School Grade 11 Physical Education Award (2023). Serving as Captain on current team.

Contact Information: Tamey & Brent Assinewai assinewai0611@gmail.com

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"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"

North Bay, ON Grad 2024

2022-23 Team: North Bay Ice Boltz U18AA

Academic Interests: My future academic interests are to do an undergrad in physical education or health science with plans of pursuing physiotherapy. I would also like to play hockey at a post secondary level.

Type of player: I am a fast player who is always working hard and stays calm under pressure. I am always working to better myself and my skills.

Type of teammate: I am a supportive teammate who is always encouraging others. I am positive both on and off the ice.

Other Interests: Some of my interests include physical activity (running, hiking, working out), and I love being in the outdoors doing various activities such as swimming, snowmobiling, and being at the cottage with my family.

Accomplishments: I have won multiple athletic awards in high school (athlete of the year, hockey MVP). I've worked/volunteered to teach younger athletes to play hockey and soccer. I was asked to play in a Rush Hockey All-Star game during a tournament. Serving as Assistant Captain on current team.

Contact Information: Paul Yeo (705) 690 9083, paul.yeo@spicers.ca; Jodee Brown Yeo (705) 498-1235, jodeebrownyeo@hotmail.com

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

#11 Ocean Brassard

Defense 5'2"

Englehart, ON Grad 2025



2022-23 Team: North Bay Ice Boltz U18AA

Academic Interests: My plan is to become a Psychiatrist or Sports Rehabilitation Physician. While studying, my goal is to play high level university/ college hockey.

Type of player: I would describe myself as a coachable and respectful player. A focused, strong-minded and reliable player always striving for the best.

Type of teammate: I would describe myself as a caring and motivating teammate. I always try and motivate teammates to do their best and encourage with positivity.

Other Interests: When I am not at the rink or with my team, I like to spend time with family and friends. I am an avid volunteer for the Girls Hockey both with the younger Jr. Laker players and a hometown local all-Girls hockey camp, giving back to the sport I am passionate about. Often in the winter you can find me practicing my skills at the outdoor rinks.

Accomplishments: Grade 9 and 10 over 90% overall average. Provincial Champion 2019 (Peewee/U13 C), Provincial Finalists 2018 (Atom/U11 C) and 2022 (U15BB). Grade 8 awards- Valedictorian, Female Athletic Proficiency, Academic Excellence and Leadership Award, Academic Award. Grade 10 awards- Coaches choice award for girls high school hockey.

Contact Information: Len Brassard (705) 544-3112, lenbrassard@icloud.com Mother- Crystal Duguay (705) 544-3297, oceangirljuly@hotmail.com

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#15 Grace Ouellette

Forward 5'8"

North Bay, ON Grad 2026



2022-23 Team: North Bay Ice Boltz U15AA

Academic Interests: I want to be a physiotherapist.

Type of player: I am a fast strong player who can make quick decisions. I am a confident player who uses her speed to create opportunities for my team on the ice.

Type of teammate: I am a supportive and positive teammate who tries to uplift myself and my team.

Other Interests: Playing soccer, going to the gym, my dogs, my family and friends.

Accomplishments: Academic Honours 2022-23, SJSH Soccer Rookie of the Year 2023, Player of the game U15AA Pink the Rink/Ottawa Senators Showcase, U15AA Captain 2022-23, U15AA Assistant Captain 2021-22

Contact Information: Shauna Ouellette (705) 471-2192, shaunaouellette@gmail.com

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#17 Danika West

Forward 5'4"
Englehart, ON Grad 2024

2022-23 Team: North Bay Ice Boltz U18AA

Academic Interests: My academic interests are in the areas of Sports Business Management and Athletic Therapy. My goal is to play hockey at the highest level possible while working hard on my studies.

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 (2022-23). Draft Day North America World Selects Invitational Tournament (2019). Grade 8 History Excellence Award (2019). OWSA Champion – Pee wee C (2018). Leaside March Madness Tournament Silver Medalist (2022). MVP for High school hockey (2022-23)

Contact Information: Jennifer West (705)647-2485

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



#44 Jade White

Forward 5'5"

Powassan, ON Grad 2026

2022-23 Team: North Bay Ice Boltz U15AA

Academic Interests: At this time, I would like to pursue a career in optometry, however my ultimate dream is to play university hockey and to first complete a general arts degree and consider other careers as well.

Type of player: I think that I am pretty versatile. I can play multiple positions and adapt to different roles. I am passionate, I have a deep love for the sport and give whatever I have left every time I step on the ice. I am a strong skater allowing me to move quickly.

Type of teammate: I'm a positive player; I have a positive attitude on and off the ice and motivate others during challenging times. I am also respectful, I always treat my teammates and coaches with respect.

Other Interests: Outside of hockey I like to play volleyball with my family. I also like to go wakeboarding and waterskiing.

Accomplishments: At my 8th grade graduation I won the female athlete of the year award. In grade nine, I won rookie of the year award in girls hockey.

Contact Information: Vanessa White (705)498-2020, vanessa1978white@outlook.com

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#52 Gracie Roynon

Defence 5'6"

North Bay, ON Grad 2024

2022-23 Team: North Bay Ice Boltz U18AA

Academic Interests: My academic interests include going to university to pursue a career in medicine or firefighting while continuing to play a high level of hockey. My future goals consist of pursuing my dreams while always doing my best.

Type of player: I would describe myself as a determined player who always strives to improve and do her best on and off the ice. 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 respectful to my teammates and coaches which helps me build strong relationships. I am a committed leader, always encouraging my teammates to remain positive on and off the ice.

Other Interests: My other interests include working out, water skiing, fishing, spending time with friends and family, coaching younger hockey players and playing other sports. It is important for me to have other activities outside of hockey that keep me busy.

Accomplishments: Ontario Principals Award for student leadership, Citizenship Award for community service and leadership, Honour roll (GPA 4.0) in Grades 9-11 with a recent overall average 90% in grade 11 University level courses, selected to be a candidate for the Leadership and Ambassador program during 2023-24 school year, Leaside March Break Madness 2022 silver medalist, over 100 volunteer hours coaching younger players. Serving as Assistant Captain on current team.

Contact Information: Jeff Roynon (249) 358-0255, jeff.roynon@gmail.com

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



#68 Lily Violette

Defense 5'4"

Warren, ON Grad 2026

2022-23 Team: North Bay Ice Boltz U15AA

Academic Interests: I really enjoy social studies and am considering a career in policing.

Type of player: I am an aggressive play-maker. I am level headed and keep calm under pressure.

Type of teammate: I consider myself patient and encouraging to my teammates.

Other Interests: I love to play many other sports such as volleyball and badminton. I also have a strong interest in agriculture.

Accomplishments: I competed at the Royal Winter Fair in 2022. I won first place in the Senior Showmanship category as well as overall Grand Champion Showmanship Award.

Contact Information: Daniel Violette (705) 477-4684, violettedan@yahoo.ca

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#71 Jorja Dugas

Defense 5'7"

North Bay, ON Grad 2026

2022-23 Team: North Bay Ice Boltz U15AA

Academic Interests: I would like to pursue a career in the health field however I am not sure what that will be specifically.

Type of player: I can see the ice well, make good passes coming out of the defensive zone. My skating and puck handling also gives me the ability to carry the puck when there is an opportunity and provide offence as a defensive player.

Type of teammate: I am supportive towards my teammates as well as encouraging and positive.

Other Interests: I enjoy working out, being outdoors, music and spending time with friends and family.

Accomplishments: I received the Perseverance award at school as well as the most valuable player in hockey. I also was recognized as the YMCA most sportsmanlike recipient in a recent tournament. I hold a 97% average at school and won a leadership award for making a difference in my school community.

Contact Information: Jody Dugas (705) 493-1348, jluesby@hotmail.com; Dave Dugas d_dugasesm@yahoo.ca, (705) 493-1349

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#77 Jenna Kim

Defense 5'10"
Timmins, ON Grad 2025

2022-23 Team: Timmins Falcons

Academic Interests: I am interested in STEM & English and aim to study at University.

Type of player: I strive to be a solid, reliable defensive player and to bring the offensive game to my team.

Type of teammate: I am a hard-working, passionate player. I hope to make good friends and to be a loyal teammate.

Other Interests: I play multiple sports such as Cross-country Running, Track & Field, and Tennis. Also, I enjoy volunteering at a Community Kitchen, and summer children's camps.

Accomplishments: High Honours Student, Athlete of the Year Award (2023), OFSAA Cross-Country Team Medalists (2022, 2023), Student Council Representative (2021-2023)

Contact Information: Janet Flatman (705) 363-7765, Jun Kim (705) 363-8872 junkim12@hotmail.com

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#81 Chloe Frank

Forward 5'4"
North Bay, ON Grad 2024

2022-23 Team: North Bay Ice Boltz U18AA

Academic Interests: My academic goals include attending university to major in bachelor of science in nursing to then become nurse and help people the best I can.

Type of player: I am a hardworking player that is determined to improve and is always open to feedback. I always put my best effort in when it comes to winning battles, taking shots, setting up plays and overall having a positive mindset.

Type of teammate: I am a dedicated and loyal teammate who is always there for other teammates to support and uplift them. I always try to do what's best for the team as we must all work together as a group effort.

Other Interests: Some of my other interests include travelling and working out. Travelling is one of my favourite things to do as you get to experience new things and create new memories. Additionally, I enjoy to workout as it is a way for me to feel good and help improve my strength and endurance on the ice.

Accomplishments: My recent school average is 90%. I was selected to be a part of the leadership program at my high school. Some athletic accomplishments that I have had these past couple years have been winning 2nd at the Toronto Leaside tournament in 2022 and last season winning play-downs to make it to provincials as it was a big goal for our team.

Contact Information: Chad Frank (705) 499-6540

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#91 Lauren Quirt

Forward 5'3"

Corbeil, ON Grad 2025

2022-23 Team: North Bay Ice Boltz U18AA

Academic Interests: I would like to attend university to pursue a business degree and play university level hockey.

Type of player: I would describe myself as a very versatile and fast player with a great hockey sense. I am also a two-way player.

Type of teammate: I would describe myself as a very collaborative, supportive, and flexible teammate. I always strive to be the best I can be while encouraging my teammates to do the same.

Other Interests: My other interests are working out, dancing, skiing, snowmobiling, volleyball, hunting and fishing.

Accomplishments: I was assistant captain during my second year of U15AA, I have completed all of my volunteer hours (40) coaching hockey camps during my first year of high school, I completed my bronze medallion in swimming, I have been on the honour roll for school for the past two years. I am entering my second year of the Hockey Academy at SJSH.

Contact Information: Steve and Cindy Quirt (705) 498-8179

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

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The Coaching Staff



Jeff Roynon

Head Coach

(249) 358-0255

jeff.roynon@gmail.com

The 2023-24 season marks Jeff's 12th season coaching with the NBGHA. Jeff looks to challenge players to meet their potential within an environment that promotes a lifelong love of the game. 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 Jr. Lakers 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 Jr. Lakers Give Back program volunteering with younger Jr. Laker 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 is HP1 certified. He holds an Honours Bachelor of Business Administration degree and works as a Senior Product Manager for Paradigm Shift Technology Group.

The logo for Junior Lakers Hockey is centered on a white rectangular background. It features the word "JUNIOR" in a blue, sans-serif font at the top. Below it, the word "LAKERS" is written in a large, bold, blue font with a white outline and a slight shadow effect. At the bottom, the word "HOCKEY" is written in a smaller, blue, sans-serif font. The entire logo is set against a background of a blue and green hockey rink with white lines.

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

Laura McKenzie

Assistant Coach

lauramckenzie18@gmail.com

Laura has a combination of coaching, educational, and player experience that allows her to make a positive contribution to the North Bay Jr Lakers 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 hopes to create a positive and safe environment that promotes good sportsmanship and a focus on player development both on and off the ice.

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

Paul Yeo

Assistant Coach

paul.yeo@spicers.ca

Paul's passion for coaching began in 2005. For the past 17 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.

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

Dave Dugas

Assistant Coach

d_dugasesm@yahoo.ca

Dave brings 11 years of coaching experience including Head Coach with the NBGHA and Assistant Coach with the North Bay Trappers AAA association to our team this year.

Dave's goal has always been to provide a safe and comfortable environment where players are excited to come to the rink or team functions and gain the trust of each player by demonstrating that he cares about each and every player on the team.

Throughout his coaching career Dave has worked with several local skills coaches to help gain as much knowledge and different coaching philosophies as possible. He is always trying to encourage players to challenge themselves to become not only better athletes but more importantly to be a better person and learn the importance of treating people with respect and dignity.

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Madison Laberge

Assistant Coach

Madison has experience coaching, mentoring and playing the game of hockey that drives her to make a positive impact on the U18 AA Jr Lakers. She has been a coach with Women's Hockey Academy for 5 years and has assisted with the U13 North Bay Ice Boltz.

Madison recently completed her Bachelor of Physical and Health Education and is continuing at Nipissing to obtain a Bachelor of Education. While obtaining her undergraduate degree and teaching degree she was a member of the Nipissing Lakers Hockey program. During her time with the Lakers she had the privilege to be the assistant captain and help her team achieve 2 OUA silver medals, one Usports National silver medal and another Usports national showing while earning two 1st Team All Star Awards, an MVP Award and Usports/All Canadian Academic Award.

Madison is looking forward to creating a positive and impactful space and by sharing her knowledge and experience to promote player development both on and off the ice.

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Erika Lewis

Strength and Conditioning Coach

Erika's education along with her passion for strength training allows her to build better athletes and connect through personal experience.

Her education includes an Ontario College Diploma in Strength and Sport Conditioning at Canadore College. She is also a Certified Personal Trainer through the National Strength and Conditioning Association (NSCA). While at Canadore, Erika completed her hours in placement with the OHL North Bay Battalion, focusing on development off-ice through strength and conditioning training. She has also participated in many recreational sports growing up.

Erika is looking forward to contributing in developing stronger, quicker athletes off ice to enhance on ice performance. She hopes to be a positive influence on performance and encouragement in pursuing a healthy lifestyle.

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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 8 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.

Five 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.

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2023-24 TOURNAMENT SCHEDULE

Stoney Creek Showcase

Stoney Creek ON - September 8-10, 2023

Best of the Nest

Oakville ON - November 10-12, 2023

2 Nations College Prep

Brampton ON - December 1-3, 2023

Ottawa Lady Sens Showcase

Ottawa, ON - January 12-14, 2023

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

