



**North Bay Junior Lakers U18 AA**  
**2024-25 Team Media Guide**





# #1 Kaylee Lang

Goalie 5'7"

North Bay, ON

Grad 2025

**2023-24 Team:** North Bay Jr. Lakers U18AA

**Academic Interest:** 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 to 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 to volunteer with younger age groups to train with their goaltenders.

**Accomplishments:** NGHHA 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 (2022,23&24), recipient of the Tom Harrington Award (2021), overall average of 83% (2022), overall average of 93% (2023) as well as a 4.0 GPA, volunteering as coach for the fundamentals hockey teams.

**Contact Information:** Jeff Lang (705) - 498 - 4117; Langj2011@gmail.com

*"It's your reaction to adversity, not adversity itself that determines how your life's story will develop." - Dieter F. Uchtdorf*



# #72 Kaylee Fotheringham

Goalie 5'7"

Earlton, ON

Grad 2025

**2023-24 Team:** Temiskaming Shores Puckhounds U18 BB

**Academic Interest:** I would like to attend university to obtain a degree in nursing and then continue my education with medical school to become a paediatrician.

**Type of Player:** I consider myself a coachable, hard working, calm under pressure and focused goaltender.

**Type of Teammate:** I would consider myself a positive and respectful teammate that always looks for the best in every situation. I like to see my teammates succeed and find great pride in seeing them accomplish their goals.

**Other Interests:** I enjoy staying active by playing many different sports including hockey, slow pitch softball, basketball, volleyball, badminton, soccer, swimming and horseback riding. I also enjoy spending time with my friends and family.

**Accomplishments:** Some of my most proud accomplishments are going to OFSAA multiple times with my school sport teams and also winning the hockey player of the year award in 2023. I also have a 90+ average in high school and have won various academic awards for different subjects.

**Contact Information:** Michèle Rivard (705-648-4555)

*"Hard work beats talent when talent fails to work hard." - Kevin Durant*



# #2 Olivia McBean

Forward 5'2"

Kirkland Lake, ON

Grad 2027

**2023-24 Team:** Temiskaming Shores Puckhounds U18 BB

**Academic Interest:** Attending University in either the medical field or in business management.

**Type of Player:** I am versatile and very aware of my surroundings and like to make plays with my girls. I keep my cool under pressure and love to go get the win.

**Type of Teammate:** I am very social on and off the ice and can get along with nearly everyone. I am always willing to jump the boards to do what the team needs.

**Other Interests:** I enjoy other sports like volleyball, badminton, waterskiing just about any sport you name it. Teaching swim lessons and working part time as a pharmacy technician.

**Accomplishments:** 2024 Junior Female Athlete of the Year - KLDCS, 93% in grade 9 , National Lifesaving and Swim Instructor courses, OFSAA qualifier for women's badminton 2024, captain of Gold medalists at Provincials U15BB 2024

**Contact Information:** Christine McBean 705-642-5035 christine.mcbean@yahoo.ca

*" When you fall - GET UP! "*

# #7/27 Phanie Guertin

Forward 5'3"

Kapuskasing, ON

Grad 2026

**2023-24 Team:** Kapuskasing Jaguars

**Academic Interest:** My academic interests include writing, maths, and construction/welding classes. For future goals, I would like to work in the mining industry.

**Type of Player:** I would describe myself as a player who thinks before making a pass. I don't just throw the puck anywhere.

**Type of Teammate:** As a teammate, I'm not selfish on the ice. I pass to anyone who's open and encourage them.

**Other Interests:** Volleyball, badminton, soccer, slow pitch, gaining muscle, working.

**Accomplishments:** Athletic awards: Silverstick winner 2016, OHF MVP 2019, most determined athlete 9th grade, volleyball team merit 10th grade Academic awards: gym class merit, French class merit. School average: 92%

**Contact Information:** Nancy Pelchat: 705-347-2592 Patrick Guertin: 705-367-5356

*"A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be."*



# #9 Alivia Purcell

Forward 5'3"

North Bay, ON

Grad 2027

**2023-24 Team:** North Bay Jr. Lakers U15 AA

**Academic Interest:** My goal is to study kinesiology and Sports Med post-secondary.

**Type of Player:** I would say I am a hard working and positive player.

**Type of Teammate:** I am a loyal and supportive teammate.

**Other Interests:** I participate in school sports such as golf, soccer, and basketball.

**Accomplishments:** School Average 90.25% -SJSH Female Golf MVP.

**Contact Information:** Shannon Purcell 705-471-1781 Andre Purcell 705-493-9329

*"Hard work beats talent when talent isn't working hard."*





# #10 Maria Ethier

Forward 5'4"

Haileybury, ON

Grad 2025

**2023-24 Team:** Temiskaming Shores Puckhounds U18 BB

**Academic Interest:** I would like to study in sports therapy and continue playing hockey in higher levels.

**Type of Player:** I am an aggressive forward.

**Type of Teammate:** I am a positive teammate that will encourage and protect you.

**Other Interests:** I am a multiple sport athlete that plays not only hockey but also basketball, volleyball and soccer.

**Accomplishments:** Athlete of the year in grade 9 and 10. MVP for volleyball, basketball in grade 9, 10 and 11. MVP for hockey in grade 10. Physical education award in grade 9 and 10.

**Contact Information:** Coleen MacNeil (706-648-5944), Martin Ethier (705-647-2423)

*"The moment you give up is the moment you let someone else win" Kobe Bryant*



# #11 Ocean Brassard

Defence 5'2"

Englehart, ON

Grad 2025

**2023-24 Team:** North Bay Jr. Lakers U18 AA

**Academic Interest:** I would like to pursue a career in Kinesiology or Sports Rehabilitation. 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. I am a determined player who always strives to improve and do my best on and off the ice.

**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 them 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 Girls Hockey both with the younger Jr.Laker players and a hometown all-Girls hockey camp, giving back to the sport I am passionate about. Often in the winter, you can find me at the outdoor rink on my days off.

**Accomplishments:** Overall 89.2% school average Grade 9-11. 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- Coaches choice award for girls high school hockey. Grade 12 (upcoming year)- Accepted into Student Leadership Program.

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

*"Only you can decide what happens in the next chapter." – Unknown*





# #12 Lexie Allen

Forward 5'

Huntsville, ON

Grad 2026

**2023-24 Team:** North Bay Jr. Lakers U18 BB

**Academic Interest:** I'm Interested in a career as a dietitian or a physiotherapist. Preferably, somewhere with a sports team or in a sports environment.

**Type of Player:** I think my strengths are my skating and speed.

**Type of Teammate:** I am a team first player and like to pass and create opportunities for other line mates. I always have more assists than goals.

**Other Interests:** I like watching sports, going for runs, playing soccer and tennis. In my free time, I love spending time with my dog.

**Accomplishments:** I was on the honour roll for both of my years in high school and achieved a 90 average in grade 10. I also received the most sportsmanlike award for high school tennis.

**Contact Information:** Mark Allen 705-380-4697

*"You miss 100% of the shots you don't take."*



# #15 Grace Ouellette

Forward 5'8"

North Bay, ON

Grad 2026

**2023-24 Team:** North Bay Jr. Lakers U18 AA

**Academic Interest:** 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 2023-24, SJSH Soccer Rookie of the Year 2023, Player of the Game U15AA Pink the Rink/Ottawa Senators Showcase, U15AA Captain 2022-23, U15 AA Assistant Captain 2021-22.

**Contact Information:** Shauna Allen 705-471-2192, shaunaouellette@gmail.com

*"Obsession will win over talent." - Unknown*



# #16 Kloe Boucher

Forward/Defence 5'5"

Corbeil, ON

Grad 2027

**2023-24 Team:** North Bay Jr. Lakers U15 AA

**Academic Interest:** I want to succeed in school and sports and make sure I do my best so that I can have various career options in the future.

**Type of Player:** Speedy, hard-working player that can play various positions.

**Type of Teammate:** Team first mentality/attitude. Positive attitude and always willing to support my teammates.

**Other Interests:** Basketball and working out.

**Accomplishments:** Most underrated junior athlete. (Athlete in the shadow), Noah Strong award recipient in grade 8. School average of 89 percent.

**Contact Information:** Robin and Martine Boucher 705-494-0854

*"Hard work beats talent if talent doesn't work hard." - Unknown*



# #44 Jade White

Forward 5'5"

Powassan, ON

Grad 2026

**2023-24 Team:** North Bay Jr. Lakers U18 AA

**Academic Interest:** Ultimately, I would like a career as an optometrist. However equally important I would like to play varsity hockey at a university and develop as a hockey player as far as possible.

**Type of Player:** I am a strong skater and a two-way player. I'm very passionate about the game, I have a deep love for the sport and give whatever I have left every time I step on the ice. I'm quiet and working on having a better voice for leadership for the team but always believe in leading by example.

**Type of Teammate:** I'm always there to support my teammates, cheer them on and encourage them, no matter what. I am also respectful; I always treat my teammates and coaches with respect. I always put the team first.

**Other Interests:** Some of my other interests include playing volleyball with my family, going for runs, travelling, wakeboarding and waterskiing.

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

**Contact Information:** Todd White (705)-491-0375 toddwhite4488@yahoo.com

*"Push yourself, because no one else is going to do it for you."*



# #47 Millie Parker

Forward 5'5"

North Bay, ON

Grad 2027

**2023-24 Team:** North Bay Jr. Lakers U15 AA

**Academic Interest:** I want to study interior design. I want to be successful in what I do and driven.

**Type of Player:** I would say I am a very outgoing player. I am very encouraging and always try to be positive.

**Type of Teammate:** I am a team player, always looking for passes and giving my teammates opportunities.

**Other Interests:** I really enjoy working out with my dad and doing track and field.

**Accomplishments:** My school average is an 87%.

**Contact Information:** Matt Parker 705-492-3054

*"You miss 100% of the shots you don't take."*





# #68 Lily Violette

Defence 5'4"

Gore Bay, ON

Grad 2026

**2023-24 Team:** North Bay Jr. Lakers U18 AA

**Academic Interest:** Sports Psychology, Physiotherapy and massage therapy.

**Type of Player:** Determined, physically fit, mentally tough , coachable, a team player and a strong passion for the game.

**Type of Teammate:** Encouraging, and respectful.

**Other Interests:** Soccer, volleyball, baseball, badminton and keeping in physical fitness.

**Accomplishments:** Winning grand champion in goat showing at the Royal winter fair. Volunteering at agricultural Warren fair helping and leading youth competitors in various showings, also volunteering at pre school in physical education and helping students read in French.

**Contact Information:** Dan Violette (705-929-5970) violetteedan@yahoo.ca

*"The only thing we have to fear is fear itself."*





# #71 Jorja Dugas

Defence 5'7"

North Bay, ON

Grad 2026

**2023-24 Team:** North Bay Jr. Lakers U18 AA

**Academic Interest:** I would like to pursue my post secondary education in the health field.

**Type of Player:** I am a determined, hard-working and reliable team player. I contribute both defensively and offensively to the team's success.

**Type of Teammate:** I am a positive and encouraging teammate who looks to bring out the best in all players. I believe in having good sportsmanship and lead by example by treating players, coaches and officials with respect.

**Other Interests:** My other interests are working out, volunteering in the community as well as spending time with family and friends at the lake.

**Accomplishments:** Academic award for highest average, MVP high school hockey, Most sportsmanship award for last year's team, Youth leadership and volunteer award in the community, School average 98%.

**Contact Information:** David Dugas 705-493-1349, d\_dugasem@yahoo.ca

*"The pain you feel today will be the strength you feel tomorrow."*



# #89 Rory McLean

Defence 5'9"

North Bay, ON

Grad 2027

**2023-24 Team:** North Bay Jr. Lakers U15 AA

**Academic Interest:** I would like to go to school to study in kinesiology and physio programs to become an a sports and athletic therapist.

**Type of Player:** I am a player with a lot of grit and perseverance and I play with a lot of physicality. I am a very defensive player who tends to clean up whether that's on a back check or in front of the net.

**Type of Teammate:** I try to be as friendly and as welcoming as possible to help others feel included as well as standing-up for teammates and to teammates if someone is not respectful. I always keep an open mind and love hearing advice and tips my teammates have for me to improve my game.

**Other Interests:** I play soccer, golf as well as hockey and I love to workout. I love to help out and coach some of the younger kids in the community at camps and programs.

**Accomplishments:** I graduated elementary school as female athlete of the year and in middle school I won academic awards for highest average in grade 7 and 8 as well as winning the soccer award. In my first year of high school I was able to continue my academic success keeping an average of over 95 in all my classes.

**Contact Information:** Paul McLean - 705 840 8666

*"Remember how badly you wanted what you currently have."*



# #91 Jayda Gervais

Defence 5'5"

Temiskaming Shores, ON

Grad 2025

**2023-24 Team:** Temiskaming Shores Puckhounds U18 BB

**Academic Interest:** My post-secondary plan is to study psychology and I would love to assist people with mental health.

**Type of Player:** I would describe myself as an extremely competitive player, always driven to do my best.

**Type of Teammate:** I like to remain positive and encouraging towards my teammates.

**Other Interests:** Other sports that interest me are volleyball, soccer, basketball and I enjoy working out in my spare time. I also like to give back by volunteering at girls hockey camps.

**Accomplishments:** In 2024, I received the female hockey athlete award with my school hockey team and have had the opportunity to be a team leader on various hockey teams. I've maintained my average to remain on the honour roll throughout high school.

**Contact Information:** Jennifer Gervais (705)-622-9144 Kris Gervais (705)-622-9095

*"Let them" not to let other peoples negative words or actions impact me, as we have no control over this only in how we react to it.*

# David Dugas

**Head Coach**

(705) 493-1349

d\_dugasesm@yahoo.ca

Dave brings over 12 years of coaching experience to the team as Head Coach within the NBDGHA, and an Assistant Coach with the North Bay Trappers AAA association. This experience includes being an assistant coach on last year's Jr. Lakers U18 AA team.

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.

## TEAM STAFF

**David Dugas – Head Coach**

**Deb Topash – Assistant Coach**

**Robin Boucher - Assistant Coach**

**Faith Taylor – Trainer**

**Mark Allen - Assistant Coach**

**Madison Laberge - Assistant Coach**

**John Couch – Skills Coach**

**Dr. Rob Graham – Goalie and Mental Skills Coach**

**Erika Lewis – Strength and Conditioning Coach**

**Jeff Roynon - Manager**



# 2024-25 Tournament Schedule

## **Stoney Creek Showcase**

Stoney Creek, ON – September 6-9, 2024

## **2 Nation College Prep Showcase**

Brampton, ON - December 6-8, 2024

## **Ottawa Lady Senators Winter Showcase**

Ottawa, ON – January 10-12, 2025

## **Toronto Leaside Wildcats March Matchup**

Toronto, ON – March 21-23, 2025