

Team Media Guide

North Bay Jr. Lakers
U18AA
2025-2026





#1 Tayla Booth

Goalie 5'10"

Catches - Left

Powassan, ON

Graduation Year - 2027

2024-25 Team: North Bay Jr. Lakers U18A

Post Secondary Goals: I aspire to play university level hockey and to pursue a career that involves working with athletes in the field of physical and mental performance.

Type of Player: I am a hardworking, calm, focused and dedicated player. I have strong technical skills, I track the puck and read the plays well and makes quick and smart positional decisions. I am known for my positive attitude and work ethic. I reflect on all my sessions and games, and I am always looking for ways to improve.

Type of Teammate: I am supportive and always encourage my teammates. I show up to compete. I am respectful to coaching staff and to my teammates. I am coachable and willing to learn. I want to be there to help others when needed and lift them up no matter what. I'm an excellent goalie partner! I celebrate all my teammates' successes. I stay positive no matter how the game is going and remind my teammates to have fun and stay focused.

Other Interests: I like many other sports. I play softball and golf in the summer, while also focusing on summer training. I also lifeguard in the summer which helps to keep me busy. I like to spend a lot of my free time with friends and family outside at my cottage.

Accomplishments: My first year of U18, I received the most improved player award from my team. During my Grade 9 school hockey season, I was awarded rookie of the year during our athletic awards ceremony.

Contact Information: Teryn Booth (705-498-1397)

"At the end of the day I just want to win. But what I've found over time, when I smile, when I am having fun, then I play better." – Marc Andre Fleury



#3 Karlee Bolton

Defence 5'3"

Shoots - Left

North Bay, ON

Graduation Year - 2028

2024-25 Team: North Bay Jr. Lakers U15A

Post Secondary Goals: I am interested in a program related to human kinetics with the eventual goal of becoming a physiotherapist.

Type of Player: I'm a reliable defensive player who likes to keep the play in front of me and see the whole ice. I'm always looking for chances to jump into the play and move the puck up the ice. I prioritize smart, responsible defensive decisions in all three zones. While in my own end, I'm not afraid to use my body to win battles and to protect the front of the net, bringing a strong two-way presence to my game.

Type of Teammate: I'm a supportive and positive teammate who always looks to lift others up during tough moments. I'm always striving to bring energy and encouragement and to lead by example on and off the ice.

Other Interests: Outside of hockey, I enjoy staying active through school sports such as cross-country running and track and field. I also love spending time outdoors with friends and family. Staying balanced off the ice is important to me, and I always try to bring the same energy and commitment to everything I do.

Accomplishments:

- Assistant captain of the U15A Jr Lakers (2024-2025)
- Member of the U15A #1 Ranked hockey team in Canada (2024-2025)
- Member of the U13A Bronze Medal team at the OWHA provincials in 2023
- Rookie of the Year for school hockey (2024-2025) with my twin sister
- Recipient of the Female Athlete of the Year Award at my Grade 8 Graduation
- I have received several academic awards including the Principals Award in 2022. Last year in Grade 9, I had a 92% average.

Contact Information: Melisa Bolton (705-475-2427) melisakennedy@hotmail.com
Darren Bolton (705-493-4040) boltondarren@hotmail.com

"Not every victory shows up on the scoreboard"



#5 Kaylee Bolton

Forward 5'2"

Shoots - Left

North Bay, ON

Graduation Year - 2028

2024-25 Team: North Bay Jr. Lakers U15A

Post Secondary Goals: Bachelor of Science in Nursing

Type of Player: I am a player who has a strong hockey IQ. I excel at reading the play and anticipating where the puck is going to be. This awareness allows me to make smart decisions in all three zones, especially when breaking out of the defensive zone. By recognizing opportunities early, I am able to create clean breakouts and generate several breakaways, odd man rushes, and scoring opportunities each game.

Type of Teammate: I'm the type of teammate who leads by example both on and off the ice. I always give 100% effort, whether it's in games, practices or team workouts. I believe that setting the tone through hard work and dedication helps push the team and myself forward. I stay positive no matter the situation. I am supportive, encouraging, and always lifting up my teammates.

Other Interests: I enjoy outdoor activities such as fishing, ATVing, and camping. When I am not playing hockey I enjoy down-hill skiing and long-distance running.

Accomplishments: I have had many accomplishments over the years of playing hockey not only on the ice but in my education as well. In 2023 my U13A team won bronze at provincials. Last year I was named the captain of the U15A team. Our team won 5 out of our 6 tournaments and we finished the season ranked #1 in Canada. Last year I was also the recipient of the Esso Award for the most dedicated player. In 2022 I was the recipient of the Principal's Award at Holy Cross as well as in 2024 I was the recipient of the Noah Strong award. Last year I had an overall average of 92% and was named Rookie of the Year for school hockey.

Contact Information: Melisa Bolton (705-475-2427) melisakennedy@hotmail.com
Darren Bolton (705-493-4040) boltondarren@hotmail.com

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



#6 Katie Kowal

Defence 5'8"

Shoots - Left

North Bay, ON

Graduation Year - 2029

2024-25 Team: U14 North Bay Trappers AA

Post Secondary Goals: Play on the U18 national team, and to play D1 hockey.

Type of Player: Offensive defense

Type of Teammate: I like to hype/energize the team

Other Interests: Working out, being active, and hanging out with friends

Accomplishments: Having the opportunity to play at the U18 level as an underaged player. Playing international hockey for the U14,U15 Draft Day Team in France, and Prague. Maintaining good marks in school.

Contact Information: Sara Kowal (705-498-9758) saramarcilkowal@gmail.com

"Talent is a gift, but success comes from hard work."



#7 Isabelle Quesnel

Defence 5'5"

Shoots - Right

Timmins, ON

Graduation Year - 2026

2024-25 Team: Timmins Falcons U18A

Post Secondary Goals: Obtain my degree in osteopathy and physiotherapy as well as my yoga and Pilates certifications.

Type of Player: I am an offensive defenseman who is always looking for the next challenge. I strive to deepen my knowledge of the game and better my skills on and off ice through hard work and dedication.

Type of Teammate: I am an uplifting teammate who believes that positivity results in success. I like to build connections with those by my side and support them through their sports journeys.

Other Interests: During my free time, I enjoy running and playing softball, as well as spending my days at camp where I'm permitted to ride my dirt bike, fish, swim, watch the sunset and spend quality time with my family.

Accomplishments:

- Moving 4 hours from home to play at the highest level of U18 girls' hockey
- Getting my first AA goal within the first 3 games of the season
- Attending OFSAA x5 for running events before my senior year
- Receiving an academic award in Grade 12 Business

Contact Information: Chantal Quesnel (705-288-0213) chantal.quesnel83@gmail.com

"If you want to be the best, you have to do the things that other people aren't willing to do." – Michael Phelps



#10 Addison Knight

Forward 5'9"

Shoots - Left

North Bay, ON

Graduation Year - 2026

2024-25 Team: North Bay Jr. Lakers U18A

Post Secondary Goals: To attend university and get a degree in Bachelor of Science/Kinesiology

Type of Player: I am strong in the defensive zone, supporting my defence down low. I win draws in important situations and then lay on the pressure.

Type of Teammate: I am a very positive person, and I try to uplift and motivate others around me.

Other Interests: I enjoy other sports such as basketball and football. I also enjoy painting and playing guitar.

Accomplishments: I won the Esso Most Dedicated Award last season.

Contact Information: James Knight (705-495-6456) jimmiek@hotmail.com
Treena Palangio (705-499-6324) paltree@sympatico.ca

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



#12 Lexie Allen

Forward 5'1"

Shoots - Right

Huntsville, ON

Graduation Year - 2026

2024-25 Team: North Bay Jr. Lakers U18AA

Post Secondary Goals: I would like to go to university to study science and human kinetics, with the goal of becoming a Physiotherapist or Osteopath.

Type of Player: I am a hard worker, I forecheck and backcheck every shift. I enjoy physical play and use the body whenever I can. My physicality often draws multiple penalties per game. I am also a defensibly responsible forward and cover pinching defence.

Type of Teammate: I help my team as much as I can with off ice media and organization. I am positive on and off the ice and in the change room and I encourage my teammates.

Other Interests: In my free time I love to spend time with my family and friends. In school I take a large interest in biology and chemistry.

Accomplishments: Honor roll in Grade 9, 10, and 11. Grade 10 fitness class, highest mark of 98%. Most improved player in the 2024-2025 hockey season. Assistant captain in the 2025-2026 season.

Contact Information: Christina Allen (647-282-1476) allechr@live.com
Mark Allen (705-380-4697) allen.kram@hotmail.com

"Practice like you've never won, play like you've never lost."



#14 Brooklyn McGowan

Forward 5'7"

Shoots - Left

North Bay, ON

Graduation Year - 2028

2024-25 Team: North Bay Jr. Lakers U15A

Post Secondary Goals: Attend university (nursing) and play hockey at the university level.

Type of Player: I am an aggressive, playmaking, two-way forward who is strong on the face-off dot.

Type of Teammate: I am a supportive, encouraging, positive, reliable, and accountable teammate.

Other Interests: School sports (basketball, volleyball, track); outdoor activities; workouts

Accomplishments:

- Assistant Captain of the U15A Jr. Lakers (2024-2025)
- Esso Hockey Team Spirit Award (2024-2025)
- Member of the U15A #1 Ranked hockey team in Canada (2024-2025)
- Member of the U13A Bronze Medal team at the OWHa provincials (2023)
- 2 x School Hockey Awards (Coaches Award and MVP)

Contact Information: Ryan McGowan (705-471-0342) ryanmcgowan77@gmail.com

"It is not how good you are. It is how good you want to be." – Connor McDavid



#15 Grace Allen

Forward 5'7"

Shoots - Left

North Bay, ON

Graduation Year - 2026

2024-25 Team: North Bay Jr. Lakers U18AA

Post Secondary Goals: Play NCAA/USports hockey while earning a degree in Business

Type of Player: Two-way forward with good hockey IQ and a strong compete level

Type of Teammate: Supportive, hardworking, and always ready to lead by example

Other Interests: Fitness, coaching, music, spending time with friends and family

Accomplishments:

- rookie of the year for soccer
- assistant captain u15aa
- bears den podcast newscaster
- captain on rep soccer team

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

To win the game is great. To play the game is greater. But to love the game is the greatest of all." – Bob O'Connor



#16 Kloe Boucher

Defence/Forward 5'5"

Shoots - Right

Corbeil, ON

Graduation Year - 2027

2024-25 Team: North Bay Jr. Lakers U18AA

Post Secondary Goals: Sports physiotherapist

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

Type of Teammate: Team first mentality, positive attitude and always willing to support my teammates.

Other Interests: Basketball, working out, music, camping

Accomplishments: Several athletic awards, NoahStong award

Contact Information: Robin Boucher (705-494-0854) bouchbobby@hotmail.com
Martine Boucher (705-493-7501) martyc6@hotmail.com

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



#21 Kyra Bolton

Forward 5'4"

Shoots - Left

North Bay, ON

Graduation Year - 2026

2024-25 Team: North Bay Jr. Lakers U18A

Post Secondary Goals: Attend university/college for the Bachelor of Science in Nursing Program

Type of Player: Defensive minded left-wing who has a team-first mentality.

Type of Teammate: A dependable, team-first player who leads by example, and earns the trust of both teammates and coaches.

Other Interests: Long distance running and spending time with my family.

Accomplishments:

- Captain U15B North Bay Ice Boltz 2022-2023
- Assistant Captain U18BB North Bay Jr. Lakers 2023-2024
- Assistant Captain U18A North Bay Jr. Lakers 2024-2025
- OWHL Southern League U18BB Champion 2024
- 3x Recipient of the Father Cundari Award at SJSH (hockey and cross-country running)
- Grade 11 - 93% Academic Average

Contact Information: Melisa Bolton (705-475-2427) melisakennedy@hotmail.com
Darren Bolton (705-493-4040) boltondarren@hotmail.com

"To win the game is great. To play the game is greater. To love the game is greatest of all." – Bob O'Connor



#29 Aliya Shank

Forward 5'4"

Shoots - Left

North Bay, ON

Graduation Year - 2028

2024-25 Team: North Bay Jr. Lakers U15A

Post Secondary Goals: After graduating from high school, I plan to attend university to continue developing both my academic and athletic abilities. In university I intend on pursuing a nursing degree. I believe the knowledge and skills learnt through that program along with the leadership, discipline, and teamwork I have developed through team sport, will severely impact my role on the front lines. My ultimate goal is to serve my community as a police officer or firefighter, that is where my nursing degree will be very valuable.

Type of Player: I'm a power forward who plays with a determined compete level and a strong hockey IQ. I have a hard, accurate shot that allows me to capitalize on many scoring opportunities from all parts of the offence zone. I also like setting up my teammates by making smart plays and passes to create dangerous offensive. Although I am not the biggest player on the ice, I make up for it with my physicality, determination, and smart positioning. My playing style combines skill, strength, and awareness to make an impact on every shift.

Type of Teammate: I am the type of teammate who brings energy and joy to the room and the bench. Over the years, I've worked on maintaining a positive mindset, I have gotten much better at keeping the energy up. Knowing what it's like being hard on myself makes it easier for me to realize and acknowledge when a teammate is going through the same thing, and I will always be there supporting them and lifting their spirits. I love putting smiles on my teammates faces, making them laugh, and making sure were having a good time. I'm always there to support my teammates, to encourage them, and more importantly to stand up for them when it matters most.

Other Interests: My other interests are dirt biking, camping, fishing and working out. One of my favorite things to do is coach and mentor younger athletes alongside my skills coach.

Accomplishments: In my second year of U15 I contributed to my team's success of winning five tournaments and our league. The past two years I have been balancing school, hockey, family life and a summer job, saving enough money to buy myself a dirt bike and also a car at the age of 15. In addition, I've volunteered countless hours at a hockey school helping develop younger players skill and love for the game.

Contact Information: Bobbie Lyn Shank (705-358-7510) Bobbie_lyn@hotmail.com
Marty Shank (705-825-2849) Mart_shank@hotmail.com

***"A good player plays where the puck is. A great player plays where the puck is going to be."* – Wayne Gretzky**



#31 Waverly Earl

Goalie 5'4"

Catches - Left

Novar, ON

Graduation Year - 2028

2024-25 Team: North Bay Jr. Lakers U15A

Post Secondary Goals: My post-secondary goal is to attend college/university in the field of criminal justice or a paramedic program.

Type of Player: I am the type of player that likes to communicate with my teammates, letting them know where there is an open player that needs to be covered. I am energetic, with good lateral movement and stay tight to the posts. I track the puck, cutting down angles and keep a positive attitude.

Type of Teammate: I am respectful and supportive to my teammates and coaches, both on and off the ice. I am encouraging, no matter what the score, and work well with my goalie partner.

Other Interests: I enjoy playing a variety of other sports, such as golf, lacrosse, and alpine skiing. I also enjoy dirt biking and spending time with friends and family.

Accomplishments:

- I decided to go back to being a goalie as a U13, after three years as a player, and progressed from U15B to U18AA.
- Member of the U15A Jr. Lakers, which won 5 of 6 tournaments and was the top ranked team in Canada (2024-2025).
- Member of my high school hockey team and won the Muskoka Parry Sound championship.
- Earning my Level 1 ski instructor certificate.

Contact Information: Jeff Earl (705-783-4589) jjearl17@hotmail.com
Krista Earl (705-783-9260)

"A loss is a loss, and you have to move on." – Andre Fleury



#44 Jade White

Forward 5'5"

Shoots - Right

Powassan, ON

Graduation Year - 2026

2024-25 Team: North Bay Jr. Lakers U18AA

Post Secondary Goals: After high school, I plan to attend university to complete an undergraduate degree either in kinesiology or a general art program, along with continuing my hockey career post-secondary. My ultimate goal is to pursue a career as a chiropractor.

Type of Player: I am a versatile player who can play multiple positions and adapt to different roles. I'm a fast and skilled playmaker with a great ability to finish, and I love backchecking and contributing defensively. I'm passionate about the game and have a deep love for the sport, giving everything I have every time I step on the ice. My strong skating allows me to move quickly and make plays all over the ice.

Type of Teammate: I am a leader on and off the ice, my leadership includes great effort in games and practice and a positive, supportive attitude towards my teammates and coaches. I'm always focused on bringing energy and encouragement to the team, helping others stay motivated and confident.

Other Interests: Outside of hockey, I like to stay active by working out and going for runs. I love spending time with my family, travelling, and being outdoors. My favourite things to do outside of hockey include spending time on the lake, watersports, and golfing.

Accomplishments: In 8th grade, I won the Female Athlete of the Year award. In Grade 9, I won the Rookie of the Year award on the girls' varsity hockey team, and in Grade 11, I won the Most Valuable Player award on the girls' varsity hockey team. I have successfully made the North Bay U18AA team for three years in a row, being named assistant captain this current season and the previous season. I have also accomplished winning NOSSA with my girls' varsity hockey team in the 2024-25 season.

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

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



#66 Elina Brisson

Forward 5'10"

Shoots - Left

Huntsville, ON

Graduation Year - 2028

2024-25 Team: North Bay Jr. Lakers U15A

Post Secondary Goals: My goal is to continue to play hockey while focusing on academic success at the University level.

Type of Player: I'm a creative, heads-up two-way player with strong passing and play-making ability. I have good hands in tight and a strong shot off the wing.

Type of Teammate: Supportive, dependable, sportsmanlike, reliable

Other Interests: Hockey training/workouts, golf, volleyball, reading, and spending time with family & friends.

Accomplishments:

- Huntsville Hoyas Varsity Girls Hockey Award – Most Outstanding Player (2025)
- Huntsville High School Grade 9 Honour Roll (94% Average)
- MPS Girls Golf Finalist 2025
- 5/6 North Bay Junior Lakers Tournament Championship Wins, Ranked 1st Overall in Ontario/Canada (2024-2025)
- Grade 8 Honour Roll, History, and Math Proficiency Award
- North Bay Junior Lakers Most Dedicated Esso Award (2024)
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Contact Information: Cara Rautins (705-789-0687) crautins@gmail.com
Devin Brisson (705-388-0825) cbrisson@nosm.ca

"I skate where the puck is to be, not where it has been." - Gretzky



#67 Chloe Lefebvre

Defence 5'9"

Shoots - Left

Timmins, ON

Graduation Year - 2026

2024-25 Team: Sudbury Lady Wolves U18AA

Post Secondary Goals: To continue playing hockey at a school that offers a program in health-related studies.

Type of Player: Playmaker possessing the ability to create scoring chances for my teammates through passes and vision of the ice. Physical and aggressive defender in my own zone who blocks shots and clears the front of the net.

Type of Teammate: Team minded player that prioritizes the team's success over personal success. Coachable player dedicated to learn and accept feedback to actively improve skills and attitude on and off ice.

Other Interests: Golfing, music, playing guitar, badminton, fishing, four wheeling.

Accomplishments: NOHA AA gold medalists 2023, Aboriginal Team Ontario U18 Women's Gold Medalist Grande Prairie, Alberta 2024, NEOAA Golf Champion 2023, Northern Golf Association Championship U15 Division Champion.

Contact Information: Shannon Bozzer (705-465-0126) shannonbozzer_82@hotmail.com
Steph Lefebvre (705-363-5575) le5steph@outlook.com

"Hard work beats talent when talent doesn't work hard."



#71 Jorja Dugas

Defence/Forward 5'7"

Shoots - Right

North Bay, ON

Graduation Year - 2026

2024-25 Team: North Bay Jr. Lakers U18AA

Post Secondary Goals: I would like to pursue my education at the University level in the health science program to possibly enter the medical field.

Type of Player: I am a hardworking versatile player that brings a strong two-way game, contributing both offensively and defensively to the team.

Type of Teammate: I am positive both on and off the ice and take pride in elevating the play of my teammates and bringing out the best in the group.

Other Interests: Working out, playing guitar, enjoying outdoor time with family and friends at the cottage.

Accomplishments: Academic achievement for highest average 98.19%, Youth advisor for the NoahStrong charitable organization after my brother Noah. Leadership award at the MK23 hockey tournament, 2024 Lion Heart youth leadership award in North Bay.

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

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



#77 Celeste Beaupre

Defence 5'5"

Shoots - Right

Astroville, ON

Graduation Year - 2026

2024-25 Team: North Bay Jr. Lakers U18A

Post Secondary Goals: Bachelor of Science in Nursing

Type of Player: I am a defensive defender. I am a physical player, and I always play smart.

Type of Teammate: I am a very encouraging teammate. I like to cheer and support my teammates on and off the ice.

Other Interests: I run cross-country, and I play soccer as well as golf.

Accomplishments: A big accomplishment for me is in my first year of U18, my team was the champions of the southern division.

Contact Information: Andree Beaupre - andreebeaupre@hotmail.com