

Avery JONES

#11

Position: Defense

Shoots: Right

Height: 5'9"

Weight: 145 lbs

Birth year: 2009

Hometown: Kanata

Previous Team: Ottawa Lady Senators U18AA

Grad Year: 2027

School: Earl of March Secondary School

Academic Achievements: Honour roll student

Post Secondary Interests: Sports Psychology, Design and Architecture
Fitness and Nutrition

Athletic Achievements: Invited to "Fuelling the Future" Invitational Camp August 2024. Selected for OWHA U16 Ontario Summer Games August 2024. HS Jr. Female Athlete of the Year 2024. HS Hockey Offensive Player of the Year 2024. OWHA U16 High Performance Camp 2023. OWHL Eastern Playoff Finalist U18AA 2024. OWHL Eastern Championship 2021/22 and 2022/23

Community Involvement: OLS Ambassador Program - skills coach and role model for young female hockey players, on ice helper KGHA tryouts. Volunteer with high school Athletics Department

Role Models:

Marie-Philip Poulin

Caroline Harvey (Wisconsin & Team USA)

My parents

Future Ambitions:

To play NCAA D1 hockey, play for Team Canada, continue to pursue my academic success

Goals for the Season:

Contribute to the success of my team, further develop my on ice skills and improve my strength and conditioning

