

DURHAM WEST LIGHTNING



Midget AA
2019-2020

MEDIA GUIDE



To all U Sports, NCAA and PWHL Coaches and Scouts

I would like to take this opportunity to welcome you, and thank you for your interest in the Durham West Lightning Midget AA 2019-20 Team. We have taken the time to gather and present the information we believe you need to make informed decisions in your recruitment efforts. Team staff have spent a significant amount of time working with the girls to develop their personal statements and have vetted and reviewed all the content presented which we can confidently say is true and accurate to the best of our knowledge. As a staff we are committed to full transparency and ask that you closely review the information provided and let us know if there are any questions you have in relation to any of the players you may be considering for your program.

As you know there are often many intangibles which are difficult to pick up from a statistical or biographical player summary or even from the limited number of games that you are able to attend. As a non-parent Head Coach and Team General Manager, you should have full confidence that any supplemental evaluation I provide will be completely objective and will cover the many intangibles that you need to know about the players/families under consideration for your program.

Thanks for your interest and we look forward to your inquiries as you move forward with your scouting and recruitment process.

Patrick Teggart

Head Coach,

Durham West Lightning Midget AA 2019-20

TEAM ROSTER

#	NAME	BIRTH YEAR	POS	SHOOTS	HEIGHT
1	Sophie Helfenstein	2005	G	L	5' 5"
29	Laura Pointon	2002	G	L	5' 9"
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9	Haley Doyle	2003	F	R	5' 4"
13	Nicole Jones	2003	F	R	5' 9"
21	Julianne Davidson	2003	F	L	5' 10"
22	Madeline Palumbo	2004	F	R	5' 6"
24	Madeline Laird	2003	F	R	5' 6"
61	Carys Collie	2003	F	R	5' 9"
67	Alyson Hush	2004	F	L	5' 5"
77	Brooke Smith	2003	F	L	5' 4"
87	Randyll Strongman	2004	F	L	5' 4"
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4	Sierra Tohana-Belisle	2003	D	R	5' 4"
17	Brooklyn Brooks	2004	D	L	5' 7"
19	Olivia Parkinson	2003	D	L	5' 3"
71	Brianna Winter	2004	D	L	5' 6"
94	Jordan Haywood	2002	D	L	5' 3"
98	Willow Poppleton	2004	D	L	5' 3"



#1 Sophie Helfenstein

Goalie

5' 5" / 144 lbs

Born: 2005

Shoots: Left

Graduation Year: 2023

Grade/Average: 91%

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

When I don't play hockey, I play rep soccer for the academy FC Durham all year round. I also participate in school sports. When there is a bit of snow, I love skiing in the mountains.

Academic Information:

My overall average is 91%. My strongest subjects are Math, French and history. I play varsity volleyball, hockey and soccer. I am currently studying a third language.



#29 Laura Pointon

Goalie

5' 9" / 150 lbs

Born: 2002

Shoots: Left

Graduation Year: 2020

Grade/Average: 89%

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

On a normal day during the hockey season, I am training almost every day of the week. Other than hockey, I play volleyball, basketball, mountain biking, Frisbee and I swim.

I like to maintain skills in other sports too to stay in shape for the hockey season and also improve my skills in hockey. I like to go to the gym and also train to the best of my ability on the ice in practice.

Academic Information:

I currently have an 89% grade average. I am an honors student. I have played on many of my high school's varsity teams including hockey, basketball, mountain biking and Frisbee.





#9 Haley Doyle

Forward

5' 4" / 120 lbs

Born: 2003

Shoots: Right

Graduation Year: 2021

Grade/Average: 90%

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

Being active is very important to me. Hockey is my favourite sport and I enjoy all aspects of the game, training and being part of a team. I have had the opportunity to participate in the Ontario Summer Games (2018 Gold Medal) and volunteer as an on-ice instructor with the First Shift Program. Outside of hockey, I enjoy running, work-out daily, swimming, tennis and volleyball.

Academic Information:

My grade 10 average is 90%. I enjoy math, science, health care, weight training and French. I would like to study Health Sciences in University. I graduated elementary school as the Outstanding Female Athlete and Honor Roll recipient in the French Immersion program. In high school, I play on the Varsity Hockey team.



#13 Nicole Jones

Forward

5' 9" / 150 lbs

Born: 2003

Shoots: Right

Graduation Year: 2021

Grade/Average: 90%

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

I enjoy many sports that push my limits. I would like to play hockey at a University level and would like to further develop my skills.

Academic Information:

School Honors: 90% Average. I play on many varsity teams including soccer, volleyball and hockey. I won the female hockey award from 2018/19 co-ed hockey team.





#21 Julianne Davidson

Forward

5' 10" / 170 lbs

Born: 2003

Shoots: Left

Graduation Year: 2021

Grade/Average:

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

I was the 2018 Junior Athlete of the Year selection for Team Ontario for the Summer Games. I went to OFFSA for hockey(2019) and have participated in basketball, volleyball, hockey, badminton and track and field.

Academic Information:

High honors (90%) in all academic courses for both freshman and sophomore years. Grade 8 valedictorian, Consours d'art Oratoire Provincial level (French speaking contest)



#22 Madeline Palumbo

Forward

5' 6" / 120 lbs

Born: 2004

Shoots: Right

Graduation Year: 2022

Grade/Average:

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

I am a very athletic person and I love all sports, hockey being my all time favourite. I love good competitions and having fun with doing it. I try to play as many school sports as I can.

Academic Information:

My last semester average was 90% in academics. I try to maintain that level consistently. In grade 8 I won Highest Academic Achievement and Athlete Of The Year. I have played on the basketball, hockey, lacrosse and soccer team this year.





#24 Madeline Laird

Forward

5' 6" / 150 lbs

Born: 2003

Shoots: Right

Graduation Year: 2021

Grade/Average:

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

My athletic interest include hockey and volleyball. I also enjoy training which includes running and weight lifting. I also continue to work on my development with technical power skating sessions.

Academic Information:

Currently in high school I have maintained honors while being a student athlete by playing for multiple varsity teams including hockey, volleyball and track & field.



#61 Carys Collie

Forward

5' 9" / 145 lbs

Born: 2003

Shoots: Right

Graduation Year: 2021

Grade/Average:

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

In 2018, I represented OWHA at the Ontario Summer Games and was on the gold medal winning team. Last season, we won the MAA East Division as well as qualified for the Provincials. Each year, I play various sports at High School such as Field Hockey(OFSAA), tennis (LOSSA), soccer and hockey.

Academic Information:

In grade 9, I achieved honor roll status. In grade 10, I am maintaining a 90%+ average. Being enrolled in the gifted program, I am working towards my gifted certificate when I graduate in grade 12. For the second year in a row, I was nominated to participate in Leadership Camp.





#67 Alyson Hush

Forward
5' 5" / 145 lbs
Born: 2004
Shoots: Left

Graduation Year: 2022
Grade/Average:
SAT/ACT: Haven't decided
Eligibility Center: Haven't decided



Athletic Information:

My athletic interest is first hockey than soccer and also working out.

Academic Information:

Varsity hockey team. Grades in between 70-75%.



#77 Brooke Smith

Forward
5' 4" / 160 lbs
Born: 2003
Shoots: Left

Graduation Year: 2021
Grade/Average:
SAT/ACT: Haven't decided
Eligibility Center: Haven't decided

Athletic Information:

I enjoy playing hockey all year round. During summer, I play soccer and train for my upcoming season. At school, I play varsity hockey and field hockey. On my time off, I help out with my younger brother's hockey team.

Academic Information:

For tenth grade, my average was 90% (High Honors). I play varsity ice hockey as well as varsity field hockey for my high school.





#87 Randyll Strongman

Forward

5' 3" / 124 lbs

Born: 2004

Shoots: Left

Graduation Year: 2022

Grade/Average:

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

I have played rep hockey since the age of 5 in both the boys and girls systems. I play soccer as well and have been playing since the age of 4. Last year at school, I played on every sports team and I was named Female Athlete of the Year at graduation.

Academic Information:

My last year average was overall 85%. This year's average is still pending. I have played on the varsity hockey and field hockey teams.



#4 Sierra Tohana-Belisle

Defense

5' 4" / 128 lbs

Born: 2003

Shoots: Right

Graduation Year: 2021

Grade/Average: 85%

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

On a regular basis I play school sports such as field hockey, volleyball and soccer. I also play competitive soccer outside of school and play around 3-4 days a week. With my soccer team, most weeks we do fitness on Mondays and Fridays. This school year I was awarded female athlete of the year.

Academic Information:

I have played on both soccer and field hockey for varsity teams as well as the girls senior hockey team and junior girls volleyball team. In school, I average 85% in my academics.





#17 Brooklyn Brooks

Defense

5' 7" / 129 lbs

Born: 2004

Shoots: Left

Graduation Year: 2022

Grade/Average:

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

I enjoy playing all sports and fitness training. Outside of regular season hockey, I love to play school sports, walking, swimming and hiking. I also enjoy all on land and water sports at my cottage.



Academic Information:

At school I play hockey, field lacrosse and volleyball. I graduated elementary school with honors and earned the Female Athlete Of The Year Award. I continue to be an honor student in high school.



#19 Olivia Parkinson

Defense

5' 3" / 118 lbs

Born: 2003

Shoots: Left

Graduation Year: 2021

Grade/Average:

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

I currently play a number of sports including competitive soccer. I have an above average fitness level. I am also a qualified Ontario Soccer Association Referee. I also attended OFSAA for school soccer. I attended the Ontario Summer Games for hockey in 2018.



Academic Information:

I have maintained honor role throughout high school. I play for many varsity teams including soccer and lacrosse. I received an athletic award for high school athletics.



#71 Brianna Winter

Defense

5' 6" / 115 lbs

Born: 2004

Shoots: Left

Graduation Year: 2022

Grade/Average:

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

In addition to playing hockey for Durham West, I also play high school field hockey, ice hockey and rugby. I work out with a personal trainer 3 times a week and generally enjoy all levels of sports.

Academic Information:

I am currently maintaining an 86% average which includes math, science, English, geography and French. I was chosen out of 100 grade 9 and 10 students to be a high school ambassador for incoming grade 8 students. In my current year of high school, our field hockey team went to OFFSA and made it to the quarter finals. I maintained a posting on the starting line for all the games at OFSAA.



#94 Jordan Haywood

Defense

5' 3" / 135 lbs

Born: 2002

Shoots: Left

Graduation Year: 2020

Grade/Average:

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

When I am not playing hockey, I like playing beach volleyball, love swimming and shooting hoops with my brother. I also enjoy working out, playing 3 on 3 hockey and playing lacrosse.

Academic Information:

I am an honor roll student and am on the varsity hockey and lacrosse teams. I was an honor roll student in 2017, 2018 and 2019 and won a Community Service Award in 2016. I am currently a senior.





#98 Willow Poppleton

Defense

5' 3" / 125 lbs

Born: 2004

Shoots: Left

Graduation Year: 2022

Grade/Average:

SAT/ACT: Haven't decided

Eligibility Center: Haven't decided

Athletic Information:

Regular activities are going to the gym, going for runs. Also, being on the ice at last once a week.

Academic Information:

Was on the varsity girls hockey team. Also, my grades are all in the 80's.



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AUTOGROUP



On Wednesday February 24, 1993 in meeting room #2 at the Pickering Recreation Complex, the birth of the Durham West Girls' Hockey Association took place.

26 years later, Durham West is still the home to hundreds of girls who love to play the game.

Since inception, Durham West has an extensive list of Alumni who have attended Universities and Colleges all over Canada and the US and some of our former players have represented Canada in a golden fashion at the Olympics.

This year and last, our jerseys will have a patch to signify this important milestone for the organization.

To all of the players, parents and volunteers that have helped form the DWGHA over the last 26 years, thank-you!

Successes Provincially, Nationally and Internationally



Durham West Lightning Graduates
Battle for ice -
Jennifer Wakefield
(2004-2010
National Team) &
Natalie Spooner
(2009-2010
National Under 22
Team)





SHOWCASES



Stoney Creek Midget Showcase:
Sept 6-8 2019

Detroit USA/Canada Cup:
Oct. 27-27 2019

KW USA/Canada Cup:
Dec. 6- Dec. 8 2019

Toronto Aeros:
Jan. 3-5 2020

DWGHA Bolts and Hearts:
Feb 14- 16 2020



TEAM STAFF



Head Coach

Patrick Teggart

Contact:

patteggart@hotmail.com

416-720-5787

Assistant Coaches:

Stephen Gillies

Paul Kennedy

Brent Wilson

Trainer:

Cheryl Etter

Manager:

Roseanne Smith

For our schedule and other team information, see our team website:

<https://dwgha.com/Teams/1312/>