



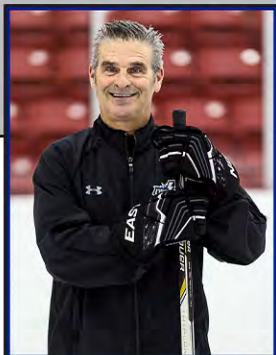
DURHAM WEST U18AA

2021/22

MEDIA GUIDE



**ONTARIO WOMEN'S HOCKEY
ASSOCIATION**



Contact

Phone: 416-720-5787

Email: U18aa@dwgha.com

To all U Sports, NCAA Coaches and Scouts

I would like to take this opportunity to welcome you, and thank you for your interest in the Durham West Lightning U18 AA 2021-22 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 U18 AA - 2021-22

TOURNAMENTS



2021 Stoney Creek October Showcase | October 15th – 17th, 2021 | Stoney Creek, ON

https://scgha.com/Tournaments/1199/October_Showcase/

2021 Oakville Best of the Nest | November 12th – 14th, 2021 | Oakville, ON

https://oakvillehornets.com/Tournaments/1326/Harvest_Classic/

2021 Kitchener / Waterloo - USA Canada Cup | December 3rd – 5th, 2021 | Kitchener and Waterloo, Ontario

<http://www.kitchenerwaterloorangers.com/news/detail.aspx?item=4139f328-dfcb-43c0-8dc0-8743be28ec24>



SCHEDULE



Game #	Date	Arena	Home	Visitor
493006	Sat, Oct. 30, 2021 6:30 PM	INVISTA Centre	Kingston Ice Wolves #2606 (0)	Durham West Lightning #331 (2)
485266	Sun, Nov. 07, 2021 2:30 PM	Ajax Community Arena 1	Durham West Lightning #331	Kingston Ice Wolves #2606
486101	Thu, Nov. 18, 2021 9:30 PM	McKinney Centre 2	Whitby Wolves #4800	Durham West Lightning #331
485270	Thu, Nov. 25, 2021 9:00 PM	Chestnut Hill Rec Centre - O'Brien Arena	Durham West Lightning #331	Clarington Flames #3917
482186	Sun, Nov. 28, 2021 4:00 PM	Madoc & District Recreation Centre	Belleville Bearcats #5445	Durham West Lightning #331
485802	Mon, Dec. 13, 2021 7:15 PM	Kinsmen Civic Centre	Peterborough Ice Kats #1493	Durham West Lightning #331
485278	Thu, Dec. 16, 2021 9:00 PM	Chestnut Hill Rec Centre - O'Brien Arena	Durham West Lightning #331	Clarington Flames #3917
485293	Sat, Dec. 18, 2021 2:00 PM	Ajax Community Arena 2	Durham West Lightning #331	Belleville Bearcats #5445
485305	Sun, Dec. 19, 2021 1:00 PM	Chestnut Hill Rec Centre - O'Brien Arena	Durham West Lightning #331	Kingston Ice Wolves #2606
485309	Thu, Dec. 23, 2021 7:30 PM	Chestnut Hill Rec Centre - O'Brien Arena	Durham West Lightning #331	Scarborough Sharks #836
485353	Sat, Jan. 08, 2022 2:00 PM	Ajax Community Arena 2	Durham West Lightning #331	Peterborough Ice Kats #1493
482192	Sun, Jan. 16, 2022 4:00 PM	Madoc & District Recreation Centre	Belleville Bearcats #5445	Durham West Lightning #331
485348	Sat, Jan. 22, 2022 2:00 PM	Ajax Community Arena 2	Durham West Lightning #331	Belleville Bearcats #5445
486444	Tue, Jan. 25, 2022 9:15 PM	Malvern Arena	Scarborough Sharks #836	Durham West Lightning #331
486708	Thu, Jan. 27, 2022 7:30 PM	Chestnut Hill Rec Centre - O'Brien Arena	Durham West Lightning #331	Whitby Wolves #4800
493021	Sat, Jan. 29, 2022 3:00 PM	INVISTA Centre	Kingston Ice Wolves #2606	Durham West Lightning #331
486139	Sun, Feb. 13, 2022 7:30 PM	Iroquois Park Sports Centre 1	Whitby Wolves #4800	Durham West Lightning #331
486447	Thu, Feb. 17, 2022 9:15 PM	Malvern Arena	Scarborough Sharks #836	Durham West Lightning #331
487078	Tue, Feb. 22, 2022 9:30 PM	Garnet B. Rickard Recreation Complex	Clarington Flames #3917	Durham West Lightning #331
486709	Thu, Feb. 24, 2022 7:30 PM	Chestnut Hill Rec Centre - O'Brien Arena	Durham West Lightning #331	Whitby Wolves #4800
487079	Sun, Feb. 27, 2022 9:00 PM	Garnet B. Rickard Recreation Complex	Clarington Flames #3917	Durham West Lightning #331
486710	Mon, Feb. 28, 2022 9:00 PM	Chestnut Hill Rec Centre - Delaney Arena	Durham West Lightning #331	Scarborough Sharks #836
486711	Thu, Mar. 03, 2022 9:00 PM	Chestnut Hill Rec Centre - O'Brien Arena	Durham West Lightning #331	Peterborough Ice Kats #1493
487082	Wed, Mar. 09, 2022 8:00 PM	Garnet B. Rickard Recreation Complex	Clarington Flames #3917	Durham West Lightning #331
486712	Sat, Mar. 12, 2022 2:00 PM	Ajax Community Arena 2	Durham West Lightning #331	Kingston Ice Wolves #2606

Updates Available at <https://owha.on.ca/team/5709/1582/14787/105929>

ROSTER



		Goalies
1	Sophie Helfenstein	2005
26	Katelyn Galuszka	2006
		Defense
3	Courtney Poelman	2005
18	Abby Poitras	2006
19	Nicole York	2005
55	Sarah Steinbacher	2006
77	Ella Newton	2005
97	Hailey Maguire	2006
		Forwards
10	Zoe Ziotas	2006
11	Sadie Hotles	2006
16	Kaileigh Quigg	2006
27	Jessie Pellerin	2006
32	Kiera Martin	2005
41	Lauren Thomas	2005
72	Ella Inglis	2006
76	Ashley Hush	2006
91	Kylie Logan	2005



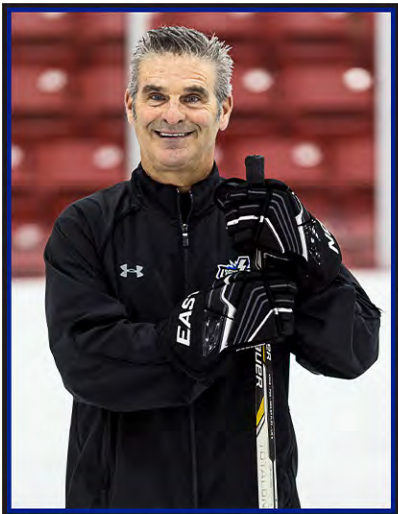
DURHAM WEST
U18AA 2021/22



HEAD COACH



PAT TEGGART



Coaching Philosophy

We believe that participation in team sports is an important ingredient in healthy physical and mental maturation. The 2021/22 DW U18AA hockey program is designed to develop confidence and self-esteem together with a strong sense of sportsmanship through skills development and physical fitness in a positive, safe and fun social environment.

On the subject of competing and winning, we understand that winning is important, and everyone from our coaches to the players and parents view winning as the true measure of success.

However, we also acknowledge that winning isn't everything and is not our ultimate goal. Our ultimate goal is the development of every player's character, sense of sportsmanship, skill level, Hockey and team IQ, and the development of an overall love and passion for the game.

As the team is competing at the U18AA level, where players are at the age where they may soon be making decisions about their post secondary education and where the potential exists for scholarships and other forms of financial assistance and/or the opportunity to play at the Provincial/Junior level, exposure to recruiters/coaches also becomes an important objective and key element of the team philosophy. The coaching staff will be doing everything in their power to help players to achieve their individual hockey career objectives with the understanding that individual success can only be achieved through team success. Players must buy-in and adhere to the overall team concept and avoid a selfish style of play for the team to be successful.

To this end, all coaching decisions will be based first and foremost on what is best for the team, be it ice time, power play, penalty kill or disciplinary.

The staff also commits to being direct, honest, open and fair with players and parents. You can also expect us to be respectful and understanding, but most of all we will be demanding of the player as it relates to effort on and off the ice and their commitment to the team and their teammates.



DURHAM WEST

U18AA 2021/22



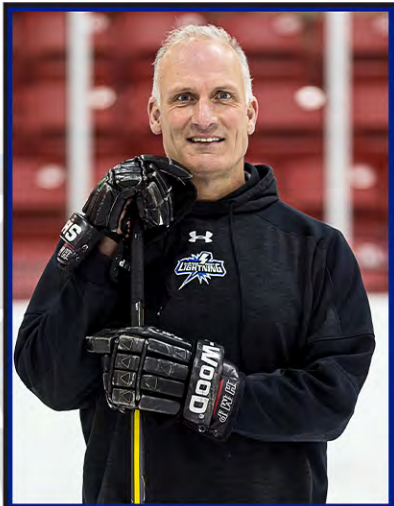
STAFF



Assistant Coaches



STEVE GILLIES



BRENT WILSON



BRAD QUIGG
MANAGER



DURHAM WEST
U18AA 2021/22



STAFF



CHERYL ETTER
TRAINER



RONNIE-ANN PELLERIN
TRAINER



DURHAM WEST
U18AA 2021/22



#1 Sophie Helfenstein



Goalie | 5'7" | 144 LBS. | Shoots Left
Born: 2005 | Ajax, ON | Grad 2023

Previous Team: Durham West U18AA

School: St. Charles Garnier High School

Current Average: 90%

About Myself: In my free time, I love to be active. Whether it's playing sports, exercise or simply going out with friends. My goal is to get an athletic scholarship in hockey playing goalie for University or College team would fulfill a lifelong dream.



DURHAM WEST
U18AA 2021/22



#26 Katelyn Galuszka



Goalie | 5'4" | 125 LBS. | Shoots Left
Born: 2006 | Markham, ON | Grad 2024



Previous Team: Durham West U15AA

School: Bill Crothers High School

Current Average: 90%

About Myself: in my free time I like to watch Disney movies and hockey. I want to go to university for biochemistry and play hockey or soccer at school as well.



DURHAM WEST
U18AA 2021/22



#3 Courtney Poelman



Defense | 5'10" | 145 LBS. | Shoots Left
Born: 2005 | Oshawa, ON | Grad 2023

Previous Team: Clarington Flames U18AA

School: Mawell Heights High School

Current Average: 95%

About Myself: In my free time I like to watch Disney movies and hockey. I want to go to university for biochemistry and play hockey or soccer at school as well.



DURHAM WEST
U18AA 2021/22



#18 Abby Poitras



Defense | 5'9" | 135 LBS. | Shoots Left

Born: 2006 | Whitby, ON | Grad 2024



Previous Team: Durham West U15AA

School: Crestwood Prep

Current Average: 97%

About Myself: Abby loves to hangout with her friends and family in her free time. Abby's goal is to attend medical school and play hockey for her school.



DURHAM WEST
U18AA 2021/22



#19 Nicole York



Defense | 5'11" | 150 LBS. | Shoots Left
Born: 2005 | Pickering, ON | Grad 2023



Previous Team: Durham West U18AA

School: St. Mary's Catholic High School

Current Average: 85%

About Myself: Nicole loves getting involved in any athletic activities in and outside of school and spending time with family and friends on her free time. Her goals are to go to university to become an interior designer or teacher and to play hockey for her school!



DURHAM WEST
U18AA 2021/22



#55 Sarah Steinbacher



Defense | 5'8" | 145 LBS. | Shoots Right
Born: 2006 | Aurora, ON | Grad 2024

Previous Team: Durham West U15AA

School: Aurora High School

Current Average: 90%

About Myself: Sarah loves playing volleyball and road hockey with her siblings. Sarah's goals are to go to university for medicine and play hockey for her school.



DURHAM WEST
U18AA 2021/22



#77 Ella Newton



Defense | 5'8" | 150 LBS. | Shoots Right
Born: 2005 | Whitby, ON | Grad 2023

Previous Team: Whitby Wolves U18AA

School: Crestwood Prep

Current Average: 96%

About Myself: Ella loves to hang out and laugh with her friends! Ella's goal is to go to school and study sports medicine, and hopefully play some hockey for her school!



DURHAM WEST
U18AA 2021/22



#97 Hailey Maguire



Defense | 5'5" | 135 LBS. | Shoots Right
Born: 2006 | Whitby, ON | Grad 2024



Previous Team: Whitby Wolves U15AA

School: Crestwood Prep

Current Average: 94%

About Myself: Hailey loves running and eating apples. In the future she wants to go to chiropractic school and play hockey for her university



DURHAM WEST
U18AA 2021/22



#10 Zoe Ziotas



Forward | 5'3" | 125 LBS. | Shoots Right
Born: 2006 | Markham, ON | Grad 2024



Previous Team: Durham West U15AA

School: Bill Crothers High School

Current Average: 86%

About Myself: I would like to attend a D1 university and later graduate with either a Bachelor of Education or a Bachelor of Physiotherapy degree, as I love working with children and I enjoy talking and helping people. I've played numerous sports like soccer, lacrosse, field hockey, basketball, volleyball, but I am extremely passionate about hockey and my dream is to one day play on the Canadian National Women's Hockey Team.



DURHAM WEST
U18AA 2021/22



#11 Sadie Hotles



Forward | 5'7" | 130 LBS. | Shoots Right
Born: 2006 | Markham, ON | Grad 2024



Previous Team: Durham West U15AA

School: Crestwood Prep

Current Average: 93%

About Myself: Sadie enjoys working out and hanging out with her friends. She has aspirations of going to university to study health sciences while continuing to play hockey.



DURHAM WEST
U18AA 2021/22



#16 Kaileigh Quigg



Forward | 5'9" | 145 LBS. | Shoots Left
Born: 2006 | Keswick, ON | Grad 2024



Previous Team: Durham West U15AA

School: Newmarket High School

Current Average: 94%

About Myself: I am an Honours student and bilingual in English and French. I enjoy playing rep soccer and I'm an avid golfer. I study and play piano and I love music.

My goals are to attend university for business or law while playing collegiate hockey. I also want to someday play for Team Canada.



DURHAM WEST
U18AA 2021/22



#41 Lauren Thomas



Forward | 5'5" | 145 LBS. | Shoots Right
Born: 2005 | Markham, ON | Grad 2023



Previous Team: Durham West U18AA

School: Bill Hogarth High School

Current Average: 94%

About Myself: "Lauren enjoys spending her free time watching sports and going on hikes with her family and dogs. Lauren's goal is to play university level hockey while perusing a science degree."



DURHAM WEST
U18AA 2021/22



#27 Jessie Pellerin



Forward | 5'7" | 135 LBS. | Shoots Left

Born: 2006 | Bowmanville, ON | Grad 2024



Previous Team: Durham West U15AA

School: St. Stephen's Catholic High School

Current Average: 87%

About Myself: I enjoy being outside in my free time. I also enjoy watching hockey in my spare time. My goal is to attend university and play hockey. I would love to play hockey for team Canada as well!



DURHAM WEST
U18AA 2021/22



#32 Kiera Martin



Forward | 5'4" | 145 LBS. | Shoots Right
Born: 2005 | Bewdley, ON | Grad 2023



Previous Team: Clarington Flames U18AA

School: St. Mary's Catholic High School

Current Average: 82%

About Myself: "Kiera's goal is to go to university to become a nurse and continue with hockey at the university level."



DURHAM WEST
U18AA 2021/22



#72 Ella Inglis



Forward | 5'10" | 155 LBS. | Shoots Left
Born: 2006 | Pickering, ON | Grad 2024



Previous Team: Durham West U15AA

School: Dunbarton High School

Current Average: 98%

About Myself: Ella enjoys running and spending time with friends during her free time. She intends on going to university for a science program and would love to represent her school in hockey or track.



DURHAM WEST
U18AA 2021/22



#76 Ashley Hush



Forward | 5'5" | 138 LBS. | Shoots Left
Born: 2006 | Scarborough, ON | Grad 2024



Previous Team: Durham West U15AA

School: Notre Dame Catholic High School

Current Average: 83%

About Myself: Ashley loves hanging out with her friends and plans to play university hockey and become a teacher.



DURHAM WEST
U18AA 2021/22



#91 Kylie Logan



Forward | 5'5" | 120 LBS. | Shoots Right
Born: 2005 | Whitby, ON | Grad 2023



Previous Team: Durham West U18AA

School: Sinclair Secondary

Current Average: 85%

About Myself: Kylie likes to workout, watch hockey, and hangout with her friends and family in her free time. Kylie hopes to go to school and play D1 Hockey.



DURHAM WEST
U18AA 2021/22





BACK ROW: RONNIE-ANN PELLERIN (TRAINER), BRENT WILSON (ASSISTANT COACH), LAUREN THOMAS, ELLA NEWTON, ABBY POITRAS, KALEIGH QUIGG, ELLA INGLIS, NICOLE YORK, COURTNEY POELMAN, SARAH STEINBACHER, JESSIE PELLERIN, SADIE HOTLES, ASHLEY HUSH, BRAD QUIGG (MANAGER), CHERYL ETTER (TRAINER)
FRONT ROW: SOPHIE HELFENSTEIN, PAT TEGGART (HEAD COACH), KYLIE LOGAN, HAILEY MAGUIRE, KIERA MARTIN, ZOE ZIOTAS, STEPHEN GILLIES (ASSISTANT COACH),

KATELYN GALUSZKA (GOALIE), KYLEE QUINN (GOALIE), ELLA INGLIS, NICOLE YORK, COURTNEY POELMAN, SARAH STEINBACHER, JESSIE PELLERIN, SADIE HOTLES, ASHLEY HUSH, BRAD QUIGG (MANAGER), CHERYL ETTER (TRAINER)