



Toronto Junior Aeros Staff



Rick Traugott Head Coach

(905) 376-0201 rick@ricktraugott.com

Coach Traugott joined the U22 bench last season. He is a lifelong coach with nearly 40 years of experience. Since 2010-11, Coach Traugott has been working with Canada's National Women's Team serving as Camp coach with the U18 and Development teams, and Video Coach with the U18, Development and National Women's Teams. Rick was a Staff Member of teams winning the U18 Gold Medal at the 2014 IIHF World Championship, a 2015 World Silver Medal with the NWT and U18 Bronze in 2018. His resumé also includes coaching the Varsity boys' and girls' programs at Trinity College School, Ryerson University men's team, Wexford Raiders Tier 2 Junior A, Wexford Raiders Minor Bantam and Midget AAA, as well as the Brampton Thunder of the CWHL. He also served as Video Coach and Team Leader for the USports Women's Team that won a Silver Medal at the 2017 Winter Universiade. Rick has written several hockey books, as well as a hockey blog, and is an accomplished presenter and speaker. Having spent eight years in a high school classroom, his relatable style and ability to illustrate content with entertaining and understandable anecdotes and stories resonates with his audiences. He has spoken at many coaching conferences including the OFSAA Coaching Symposium, Hockey Canada's Program of Excellence Coaching Seminar and the International Coaching Symposium on many topics including "Sport Psychology -Creating a Culture of Confidence", "Speed, Pressure and Simplifying the Game", "The Torpedo Offence" and "Building a Stronger Team Community".

Rick and his wife have also served as Housemasters living in the girls' dorm at Trinity College School, providing him with extremely valuable insight and experience in dealing with the full range of issues female student-athletes face as individuals outside of the field of play, which affects their ability to achieve their all-round potential on ice and in the classroom.



Whitney Kennedy Associate Coach

Whitney is in her 9th year with the Aeros, initially coaching with our former Bantam AA affiliate, before joining our Junior staff 4 years ago. Prior to that, she was a hockey instructor at Canlan Oakville hockey camps for many years. She is a two-year alumna of the Junior Aeros, where she was Assistant Captain and Centre, winning a PWHL Championship. Following that, she won an ECAC regular season title and Ivy League Championship playing at then nationally-ranked Harvard, while earning All-Academic honours. She graduated from Harvard with an Honours degree in both History and Science (Mind Brain Behaviour certificate), and Global Health & Health Policy, and is currently a Director of Commercial Advisory & Strategy for Infrastructure Ontario.



Claire Dalton Associate Coach

We are excited to have Claire, a 3 year Aero alum of our U18 and U22 programs, rejoin the Aeros in her coaching debut. Claire first won Provincial Silver with our U18s, then PWHL Silver in 2017 and PWHL Gold in 2018 as an Assistant Captain. With Team Ontario Red, she won the National Championship in 2017, and was a member of Team Canada U18 in 2017-18. Claire graduated from Yale in Economics in 2023, achieving 4 year All-Academic honours. Claire was elected Team Captain as a Senior, and received Yale's prestigious Molly Meyer Humanitarian Award. She shattered Yale's career assists record (89) set 35 years ago, earned 2nd team All-Ivy honours, 3rd team All-ECAC honours twice, All-ECAC Tournament honours and 2 Team MVP awards. As a Senior, she led the team in GWG including an OT winner to secure Yale's first ever Ivy League title. Claire is #2 in career points for Yale with 133 points in 130 games.





A Tradition of Excellence





Shoots: Left **Height:** 5′ 6″

Graduation Year: 2025

Birth Year: 2007

Hometown: Cobourg ON

Previous Team: Clarington U18 AA

School: Cobourg CI, Grade 11

Academic Interest: Business

Hobbies: Wakeboarding,

Snowboarding

Key Achievements: Honour Roll Student; Merit Academic Award Winner 2022; OWHA U16 High Performance Selection and Ontario Summer Games Participant 2022; Captain Clarington U15 AA 2021-22; Rep Soccer Northumberland United 2019-21; Cross-Country City Meet Bronze Medalist 2019; KPREAA Cross-Country Qualifier 2015-19; Track & Field City Finals Top 3 in 400m, Shot Put and Triple Jump 2015-19

Favourite Quotation:

It's definitely harder to defend Gold than to win it.

- Hayley Wickenheiser



Forward

Shoots: Right **Height:** 5′ 5″

Graduation Year: 2023

Birth Year: 2005

Hometown: Ajax ON

Previous Team: North York U22 AA

School: Gap Year

Academic Interest: Criminal Justice,

Psychology

Hobbies: Bike Riding, Painting,

Jet-skiing, Wakeboarding

Key Achievements: Honour Roll Student 2019-23; Ajax High School Award for Incoming Student Who Embodies Leadership; Track & Field Areas 400m 4th Place Winner 2019; Cross-Country Running Areas 3rd Place Winner 2018; LLFHL Peewee AA Gold Medalist and OWHA Provincial Bronze Medalist; LLFHL Atom AA Division Champion and Playoff Bronze Medalist; Bell Capital Cup Gold Medalist 2017-18

Favourite Quotation:

The bad news is time flies. But the good news is you're the pilot.

- MICHAEL ALTSHULER



Forward

Shoots: Left Height: 5' 4"

Graduation Year: 2025

Birth Year: 2007

Hometown: Toronto ON

Previous Team: Markham Stouffville

U18 AA

School: Bill Crothers SS, Grade 11

Academic Interest: Computer Science,

Engineering

Hobbies: Reading, Biking, Running

Key Achievements: OWHA U16 High Performance Selection and Ontario Summer Games Bronze Medalist 2022; Morrish PS Honour Roll Graduate 2021; Morrish PS Math Award and Female Athlete of the Year 2020-21; TDSB Cross-Country City Finals 2018-19, 2017-18; U13 A Ontario Women's Field Lacrosse Silver Medalist 2018; OWHL U15 AA Southern Champions and OWHA Provincial Silver Medalist 2021-22; LLFHL Central Division U13 AA Champions and OWHA Provincial Bronze Medalist 2018-19

Favourite Quotation:

Play with passion and heart. If you don't carry passion into sport - or into any job for that matter - you won't succeed.

- Phil Esposito





Shoots: Left **Height:** 5′ 5″

Graduation Year: 2023

Birth Year: 2005

Hometown: Bradford ON

Previous Team: Etobicoke U18 AA

School: Gap Year

Academic Interest: Firefighting

Hobbies: Weightlifting, Surfing,

Hunting, Rugby, Golf

Key Achievements: Spartan World Championship Winner; Qualified for RBC Training Ground Finals; City TV Athlete of the Week; Recipient of Bradford Athlete of the Year Award; OWHA U18 AA Provincial Bronze Medalist 2022; Provincial Rugby Gold Medalist 2022

Favourite Ouotation:

You never lose. You either win or learn. - Nelson Mandela



Defence

Height: 5' 6" Shoots: Left

Graduation Year: 2025

Birth Year: 2007

Hometown: Georgetown ON

Previous Team: North Halton U18 AA

School: Georgetown DHS, Grade 11

Academic Interest: Biochemistry,

Computer Science

Hobbies: Baking, Reading, Guitar,

Crafting

Key Achievements: Honour Roll Student; Athlete of the Year at Georgetown District High School 2022; Elected Sports Captain: North Mississauga Soccer Club U15 2022 and U13 2020

Favourite Quotation:

Hard work beats talent every time. - JORDAN BELFORT



Forward

Shoots: Left Height: 5' 6"

Graduation Year: 2024

Birth Year: 2006

Hometown: Mississauga ON

Previous Team: Toronto Aeros U18 AA

School: St. Martin CSS, Grade 12

Academic Interest: Kinesiology, Physical Education, Sciences

Hobbies: Fitness, Running, Lacrosse,

Soccer, Volleyball

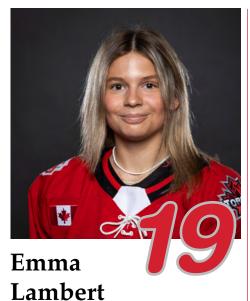
Key Achievements: Honour Roll Student 2020-23; Grade 8 Valedictorian; OFSAA Girls Hockey Silver Medalist 2023; ROPSSA Girls Hockey Gold Medalist 2023 and 2022; ROPSSA Girls Lacrosse Silver Medalist 2022; Junior Multisport Award and Nominated Junior Athlete of the Year 2022; Cross-Country Novice Champions 2022; Toronto Aeros U18 AA Division Champion 2022-23; Toronto Aeros U18 AA Assistant Captain

Favourite Quotation:

I never lost a game. I just ran out of time.

- MICHAEL JORDAN





Shoots: Left **Height:** 5′ 2″

Graduation Year: 2025 **Birth Year:** 2007

Hometown: Newmarket ON

Previous Team: Etobicoke U18 AA

School: Bill Crothers SS, Grade 11

Academic Interest: Business, Math,

Sports Broadcasting

Hobbies: Golf, Fitness, Travel,

Jetskiing, Cooking

Key Achievements: Honour Roll Student (94% Average); OWHA U16 High Performance Selection and Ontario Summer Games Participant 2022; Captain of U15 AA Central York Panthers 2021-22; Newmarket Redmen York-Simcoe Silver Medalist Two Consecutive Seasons 2017-19: Most Valuable Golfer 5 Consecutive Years at St. Andrew's Summer Golf Academy; Most Sportsmanlike Golfer St. Andrew's Summer Golf Academy 2022; CCT Showcase - Most Valuable Player Two Consecutive Games 2022; SSAF Track Champion 4 Consecutive Years

Favourite Quotation:

The height of your success is determined by the depth of your belief.

– Zig Ziglar



Defence

Shoots: Right **Height:** 5′ 10″

Graduation Year: 2025

Birth Year: 2007

Hometown: Aurora ON

Previous Team: Markham Stouffville

U18 AA

School: St. Maximillian Kolbe HS,

Grade 11

Academic Interest: Science, Business

Hobbies: Ball Hockey, Baking,

Cooking, Biking

Key Achievements: Honour Roll Student 2020-23; Science Award 2020; Varsity Ice Hockey OFSAA Quarter Finalist 2023; YRAA Varsity Ice Hockey Champions 2022-23 and 2021-22; YRAA Junior Field Hockey Champions 2021-22; OWHA U16 High Performance and Ontario Summer Games Ice Hockey Selection 2022; U15 AA Ice Hockey Assistant Captain 2021-22

Favourite Quotation:

Never give up on something that you can't go a day without thinking about.

- Winston Churchill



Forward

Shoots: Left **Height:** 5′ 6″

Graduation Year: 2025

Birth Year: 2007

Hometown: Bowmanville ON

Previous Team: Clarington U18 AA

School: St. Stephens SS, Grade 11

Academic Interest: Criminology, Biology, Chemistry, Engineering

Hobbies: Soccer, Skiing, Baking, Cooking, Cosmetology, Music

Key Achievements: Honour Roll Student 2021-23; Assistant Captain

U15 AA 2021-22

Favourite Quotation:

Hard work beats talent when talent fails to work hard.

- Kevin Durant





Defence

Shoots: Left **Height:** 5′ 6″

Graduation Year: 2024 **Birth Year:** 2006

Hometown: Oshawa ON

Tiometown obligate of t

Previous Team: Whitby U18 AA

School: Maxwell Heights SS, Grade 12

Academic Interest: Nursing, Health

Sciences

Hobbies: Weightlifting, Listening to

Music, Softball, All Sports

Key Achievements: Principal's Honour Roll 2019-23; Grade 8 Math Award 2019-20; PWSA U17 National Qualifiers Champions 2022; Firecracker Rhode Island U17 Softball Champions 2022; PWSA U16 Ontario/Quebec Cross-Border Champions 2021; Named Top Batter and All-Star Infielder U14 Girls Canadian Softball Championship 2019; OWHA U18 AA Provincial Silver Medalist 2021-22; Qualified for OWHA Provincials 2016-22

Favourite Quotation:

In this jersey I promise to play for the logo on the front, not the name on the back.

- SIDNEY CROSBY



Forward

Shoots: Left Height: 5' 7"

Graduation Year: 2025

Birth Year: 2007

Hometown: Erin ON

Previous Team: Caledon U18 AA

School: Erin DHS, Grade 11

Academic Interest: Kinesiology,

Sports Medicine

Hobbies: Volleyball, Illustrations,

Four-Wheeling

Key Achievements: Honour Roll Student 2020-23 (90% Average); Ontario Summer Games U16 Participant 2022; Mercyhurst Invitational Participant; Athlete of the Year; OFSAA 100m Qualifier

Favourite Quotation:

Nobody expects you to be perfect, that's impossible...but what we expect and you should expect from each other is a perfect effort.

- Bob Ladouceur



Forward

Shoots: Right **Height:** 5′ 6″

Graduation Year: 2026

Birth Year: 2008

Hometown: Toronto ON

Previous Team: North York U18 AA

School: Greenwood College School,

Grade 10

Academic Interest: Pre-Med

Hobbies: Surfing, Volleyball, Soccer,

Sailing

Key Achievements: Honour Roll Student 2020-23; Varsity Hockey Bronze Medalist 2023; OWHA U16 High Performance Camp Selection 2023 and 2022; OWHA U18 AA Provincial Silver Medalist 2023; Ontario Summer Games Selection 2022; U14 Track & Field Medalist; LLFHL Bronze Medalist 2018-19

Favourite Quotation:

Opportunities don't happen, you create them.

- CHRIS GROSSER





Goalie

Height: 6' 0" Catches: Left

Graduation Year: 2024

Birth Year: 2006

Hometown: Toronto ON

Previous Team: Kingston U22 AA

School: La Salle SS, Grade 12

Academic Interest: Undecided

Hobbies: Activism, Music, Hiking

Key Achievements: La Salle Subject Award Grade 12 World Issues; La Salle Subject Award Grade 11 Power Fit; Ethan Wissell Memorial Award for Excellence in Both Sciences and Athletics; The UTSPA Prize for Contribution to Social and Environmental Issues; Walter Bark Award for Fostering Team Spirit and Values in Sports; OWHA U18 High Performance Camp Selection 2023; OWHA Goalie Camp: Elite 9 Invitational Goalie Camp; Prospect and Game Plan Invitational Camp; World Selects Invitational Tournament

Favourite Quotation:

Set your goals high and don't stop until you get there.

- Bo Jackson



Defence

Shoots: Left **Height:** 5' 8"

Graduation Year: 2024

Birth Year: 2006

Hometown: Oakville ON

Previous Team: Etobicoke U18 AA

School: Iroquois Ridge SS, Grade 12

Academic Interest: Architecture,

Business

Hobbies: Piano, Field Hockey,

Drawing/Painting, Sewing,

Rollerblading

Key Achievements: Honour Roll Student 2020-23; Art & Design Specialist High Skills Major Student; Halton U18 Field Hockey Champion 2022; Halton U18 Field Hockey Champion 2019

Favourite Ouotation:

A champion is defined not by their wins, but by how they can recover when they fall.

– Serena Williams



Forward

Shoots: Left **Height:** 5′ 3″

Graduation Year: 2024

Birth Year: 2006

Hometown: Oshawa ON

Previous Team: Clarington U18 AA

School: Father Leo J. Austin CSS,

Grade 12

Academic Interest: Medicine, Forensic

Psychology

Hobbies: Working Out, Cooking, Baking, All Sports, Time with Friends

and Family

Key Achievements: Academic Honour Roll 2020-23 (Average 95%); Athlete of the Year 2020; LOSSA Finalist 4x100m Relay

Favourite Quotation:

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





Shoots: Left **Height:** 5′ 5″

Graduation Year: 2025

Birth Year: 2007

Hometown: Georgetown ON

Previous Team: Caledon U18 AA

School: Erin DHS, Grade 12

Academic Interest: Architecture,

Kinesiology

Hobbies: Rugby, Working Out,

Hiking

Key Achievements: Level 1 Referee 2021-23; Varsity 7s Rugby Team MVP 2020-22; High School Varsity Rugby Team Captain 2022-23; Westcreek Public School Female Athlete of the Year and Honour Roll 2020-21; North American Prospects Showcase Champions 2019

Favourite Quotation:

Find a group of people who challenge and inspire you, spend a lot of time with them and it will change your life forever.

- Amy Poehler



Defence

Shoots: Left **Height:** 5′ 11″

Graduation Year: 2024

Birth Year: 2006

Hometown: Toronto ON

Previous Team: Toronto Aeros U22 AA

School: Toronto French School,

Grade 12

Academic Interest: Medicine

Hobbies: Cooking, Water Sports

Key Achievements: Honour Roll Student, 98% Average 2022-23; Math Excellence Award, Biology Excellence Award, Physics Excellence Award, Chemistry Excellence Award 2022-23; Toronto Aeros Ted Ashwin Hockey Excellence Award 2021-22; LLFHL Division Champions and Championship Silver Medalist 2018-19; OWHA Provincial Bronze Medalist 2018-19

Favourite Quotation:

Never say never because limits, like fears, are often just an illusion.

- MICHAEL JORDAN



Forward

Shoots: Right **Height:** 5′ 6″

Graduation Year: 2024

Birth Year: 2006

Hometown: Toronto ON

Previous Team: Caledon U18 AA

School: Tanenbaum CHAT, Grade 12

Academic Interest: Business,

Economics, Law, Sports Management

Hobbies: Basketball, Flag Football,

Swimming, Fitness

Key Achievements: Honour Roll Student; Elected Member of Athletic Council 2021-23; Leading Scorer Varsity Hockey 2021-23; Camp Solelim Female Athlete of the Year 2021-22; OWHA Provincial Championship Qualifier 2020; JDSSL Frisbee, Soccer, Basketball Champions 2017-2019; JDSSL Hockey Finalists 2019

Favourite Quotation:

Great things come from hard work and perseverance. No excuses.

– Kobe Bryant





Defence

Shoots: Left **Height:** 5′ 10″

Graduation Year: 2024

Birth Year: 2006

Hometown: Georgetown ON

Previous Team: North Halton U18 AA

School: Christ the King CSS, Grade 12

Academic Interest: Education, Physiotherapy, Sports Therapy

Hobbies: Cooking, Baking, Water Sports, Field Hockey, Track & Field, Touch Football, Working Out

Key Achievements: Honour Roll Student; Academic Award 2020; HCAA Field Hockey Finalists 2023; HCAA Hockey Finalists 2023; Varsity Hockey MVP 2022; OFSAA Track & Field 2022; HCAA Hockey Champions 2022; HCAA Junior Badminton Finalist 2022; Junior Athlete of the Year 2022; OWHA Provincial Silver Medalist 2019; OWHA Provincial Bronze Medalist 2018

Favourite Quotation:

Be humble. Be hungry. And always be the hardest worker in the room.

- Dwayne Johnson



Goalie

Catches: Left Height: 5' 7"

Graduation Year: 2023

Birth Year: 2005

Hometown: Toronto ON

Previous Team: Toronto Aeros U22 AA

School: GAP Year

Academic Interest: Law

Hobbies: Golf, Tennis, Hiking,

Reading

Key Achievements: Honour Roll Student (97% Average); OWHA U18 High Performance Camp Selection 2022; Student Athlete Award 2022; Bronze Duke of Edinburgh Award 2022; ISSAA Basketball Championship Gold Medalist; Grade 8 Athlete of the Year Award 2018-19

Favourite Quotation:

It's not how good you are, it's how good you want to be.

- CONNOR McDavid

Congratulations Alex Currie 2023 Joan Padmore Scholarship Recipient

Alex is a 3 year Aero alumna who Captained our U18 team and graduated as a Junior Aero. She embodies the qualities of Character, Leadership, Citizenship, and All-Round Excellence, emulating the values that Joan and the Aeros organization have aspired to cultivate.

In addition to graduating Summa Cum Laude with a high 90's Average, Alex has an impressive list of achievements. She was on her high school's Athletic Council Executive for 2 years, and was Founder and President of the Asian Heritage Club. Outside of school and hockey, Alex was a Camp Counsellor at an overnight YMCA Camp, volunteered with a U13 BB Hockey Team, and was also involved in the larger community through the Daily Bread Food Bank, and Sending Sunshine—writing cards for Seniors in Nursing Homes during the pandemic.

The \$1000 Aeros Scholarship will assist Alex with her post-secondary education in Commerce at Queens University, Class of 2027. The Tradition of Excellence lives on. Well done Alex!





Junior Aeros League Schedule 2023-24

,	00		
Sat. Sep. 23	Home vs Waterloo	Sports Village Rink B	5:30 pm
Fri. Sep. 29	Away vs Gloucester	Richcraft Sensplex HEO Arena	7:45 pm
Sat. Sep. 30	Away vs Senators	Tony Graham Rec Complex Rink A	1:00 pm
Sun. Oct. 1	Away vs Nepean	Nepean Sportsplex (Yzerman)	11:20 am
Fri. Oct. 6	Home vs Brampton	Sports Village Rink B	8:30 pm
Fri. Oct. 13	Home vs Nepean	Sports Village Rink B	8:30 pm
Sat. Oct. 14	Home vs Cambridge	Sports Village Rink B	5:30 pm
Fri. Oct. 20	Home vs Southwest	Sports Village Rink B	8:30 pm
Fri. Nov. 3	Home vs Mississauga	Sports Village Rink B	8:30 pm
Sun. Nov. 5	Away vs Central York	Stronach ARC	1:25 pm
Tue. Nov. 7	Away vs Barrie	East Bayfield CCGreen	8:00 pm
Thu. Nov. 9	Away vs Brampton	Century Gardens Rink 2	8:45 pm
Sat. Nov. 11	Home vs Bluewater	Sports Village Rink B	5:30 pm
Sun. Nov. 12	Away vs Waterloo	RIM Park SportsplexPillers	2:00 pm
Fri. Nov. 17	Away vs Cambridge	Galt Arena	7:30 pm
Sat. Nov. 18	Away vs Burlington	Mainway Arena Rink 1	8:00 pm
Fri. Nov. 24	Home vs Ridley	Sports Village Rink B	8:30 pm
Sat. Nov. 25	Away vs Oakville	Joshua Creek Blue Pad	4:00 pm
Fri. Dec. 8	Away vs London	London Sports ParkNorth	7:30 pm
Sat. Dec. 9	Away vs Southwest	Forest Glade Rink B	2:40 pm
Sun. Dec. 10	Away vs Bluewater	Gemini Sportsplex Blue	12:30 pm
Fri. Dec. 15	Home vs Stoney Creek	Sports Village Rink B	8:30 pm
Sat. Dec. 16	Away vs Leaside	Leaside Memorial Pad A	7:30 pm
Sat. Dec. 23	Home vs Barrie	Sports Village Rink B	5:30 pm
Fri. Jan. 12	Home vs Senators	Sports Village Rink B	8:30 pm
Sun. Jan. 14	Away vs Whitby	Iroquois Park Rink 1	4:30 pm
Fri. Jan. 19	Home vs Whitby	Sports Village Rink B	8:30 pm
Sat. Jan. 27	Home vs London	Sports Village Rink B	5:30 pm
Sun. Jan. 28	Away vs Etobicoke	Ford PC Rink 4	12:15 pm
Wed. Jan. 31	Home vs Durham West	Sports Village Rink C	7:00 pm
Sat. Feb. 3	Home vs Burlington	Sports Village Rink B	5:30 pm
Tue. Feb. 6	Away vs Mississauga	Iceland Rink 1	8:15 pm
Fri. Feb. 9	Home vs Leaside	Sports Village Rink B	8:30 pm
Sat. Feb. 10	Home vs North York	Sports Village Rink B	5:30 pm
Sat. Feb 17	Away vs Stoney Creek	Gateway#1 Blue	3:30 pm
Sun. Feb. 18	Away vs Durham West	Ajax CC—Rink 1	2:15 pm
Fri. Feb. 23	Away vs Kingston	Invista Centre—Desjardins	7:30 pm
Sat. Feb. 24	Away vs Ottawa 67s	Sandy Hill Arena	4:00 pm
Sun. Feb. 25	Away vs OHA	Maxville Arena	12:00 pm
Sat. Mar. 2	Home vs Central York	Sports Village Rink B	5:30 pm
Fri. Mar. 8	Home vs Kingston	Sports Village Rink B	8:30 pm
Sat. Mar. 9	Home vs Oakville	Sports Village Rink B	5:30 pm
Sat. Mar. 16	Home vs Etobicoke	Sports Village Rink B	5:30 pm
		-	-

Junior Aeros Tournament & Exhibition Schedule 2023-24

Sep. 15-17	Stoney Creek University	ty Showcase	Jan. 5-7	Toronto Aeros Holiday Tournament
Fri. Oct. 27	Away vs Stanstead	Stanstead College	TBA	League Championship
Sun. Oct. 29	Away vs Stanstead	Stanstead College	Apr. 13-15	OWHA Provincial Championship
Dec. 1-3	K-W Can-Am Cup Tou	ırnament		

Please note: all game schedules noted above are provisional at time of printing and subject to change.

Please visit $\ www.torontoaeros.com$ for schedule updates and additions.

