

TORONTO  
**LEASIDE**  
JUNIOR  
*Wildcats*

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# MEDIA GUIDE

2023 - 2024







The Toronto Leaside Girls Hockey Association (TLGHA) is proud to support and celebrate the U22 Elite Junior Wildcats Team. They are role models for our 1,600 players and embody the 'Wildcat Way' for skill, player and team development. Head Coach Michelle Janus and the bench staff have created a strong foundation and culture that is contagious throughout the rest of the association.

As we enter our 50th season of girls hockey in the Leaside community, TLGHA will be partnering with the Junior Wildcats to host special games, fun activities and celebrations throughout the entire season.

We wish the Junior Wildcats a great season!

Sincerely,

Andrew Dillane  
TLGHA President

Thank you to our all our 2023-24  
Sponsors.  
Your support is greatly appreciated!

## GOLD SPONSORS



## SILVER SPONSORS



## BRONZE SPONSORS



The 2023-2024 season marks the 50th anniversary of the Toronto Leaside Wildcats and our 3rd season with our High Performance Program (HPP). We are thrilled to have all of our 5 AA coaches returning for their 3rd consecutive season and are excited to integrate our 5 Developmental A teams into HPP again this season. We continue to work hard to elevate the programming, experience and expectations for all the teams, players and coaches within our HPP programs.

Our HPP provides a cohesive, comprehensive and complete development experience to the players and coaches of all of our AA programs and developmental A teams. This shared and complete approach gives every deserving athlete the ability to compete at the highest levels possible and helps fill their toolbox so that they can drive their own success both on and off the ice. All of our HPP coaches work together closely to ensure that our players understand what it takes to continue along the path towards our Junior Wildcats U22+ team.

We wish our Junior Wildcats program the best of luck this season and we're looking forward to another great year, helping all our players, coaches and teams take their performance to the next level.

Kim McCullough

Director of Hockey Operations & High Performance Program, Toronto Leaside Girls Hockey Association



T O R O N T O  
**LEASIDE**  
*Wildcats*

# 2023-24 JR WILDCATS

## COACHING STAFF



Head Coach  
Michelle Janus



Assistant Coach  
Campbell McClure



Assistant Coach  
Karolina Urban

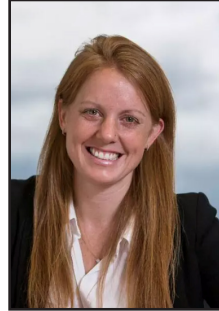


Assistant Coach  
Marie McLaughlin



Goaltending Coach

BRAD FOGAL  
GTI  
[www.goalietraininginstitute.ca](http://www.goalietraininginstitute.ca)

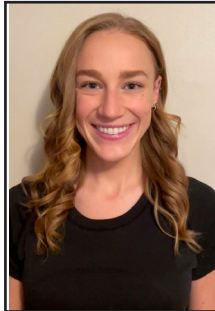


Physiotherapist - Team Lead

Charlotte Anderson  
Alpha Health Services  
[www.alphahealthservices.ca](http://www.alphahealthservices.ca)



Physiotherapist  
Alison Parker  
Alpha Health Services



Physiotherapist  
Kali Haydenluck  
Alpha Health Services



Strength and Conditioning  
Grit Athletics  
[www.gritathletics.ca](http://www.gritathletics.ca)

*Scott Irwin Family*







# 2023 - 2024 LEASIDE JR WILDCATS

ROSTER

2023 - 2024

POS	Jersey	Player Name	Grade	Grad Yr.	Height	Shot/Catch
Goal	31	Sara Da Silva	12	2024	5'5	Left
Goal	33	Sarah-Lynn Gauthier	Grad	2023	5'6	Left
Defense	3	Téa Lavallée	12	2024	5'7	Right
Defense	7	Sydney Rasmussen	11	2025	5'5	Left
Defense	28	Maeryn Paterson	12	2024	5'7	Right
Defense	44	Sadie Lovering	11	2025	5'10	Right
Defense	68	Elaina Pilkington	12	2024	6'0	Right
Defense	92	Terry Wang	11	2025	5'5	Left
Forward	11	Kaitlyn Towle	12	2024	5'6	Right
Forward	13	Arwen Lee	11	2025	5'3	Right
Forward	16	Siena Harris	11	2025	5'4	Right
Forward	17	Arianna Vernazza	Grad	2023	5'3	Left
Forward	19	Mackenzie Mills	12	2024	5'8	Left
Forward	27	Niav Serjeantson	12	2024	5'6	Left
Forward	29	Ava Fisher	12	2024	5'4	Right
Forward	43	Hannah Parent	11	2025	5'4	Left
Forward	64	Ava Myers	11	2025	5'10	Right
Forward	77	Riley Stansfield	12	2024	5'4	Left
Forward	88	Lauren Gilbert	Grad	2023	5'9	Left

Head Coach	Michelle Janus	coachjanus@gmail.com	(905) 512-5073
Manager	Orlando Da Silva	ogdasilva@icloud.com	(647) 992-8131



@jrleaside

www.LeasideU22Elite.ca



Position Goaltender  
 Shoots Left  
 Height 5'5"  
 D.O.B 2006  
 GPA 4.0

#### ACADEMIC ACHIEVEMENTS

- AP Capstone Diploma candidate
- Bishop Strachan School (BSS) Head's List Grade 9 to current (above 90%)
- School Council Member for Sports 2020/22, Environmental 2022/23 and Business 2023/24
- BSS Ambassador 2022/23, Middle School Ambassador Team Lead 23/24

#### ATHLETIC ACHIEVEMENTS

- 3 sport varsity athlete (cross country, hockey and softball)
- Hewitt Cup Champions with BSS hockey in 2019, 2023
- CISSA runner up with BSS softball in 2022
- Teach girls in India English via zoom
- BSS Baking Club - Bake for food banks and seniors residences



Position Goaltender  
 Shoots Left  
 Height 5'6"  
 D.O.B 2005  
 GPA 4.0

#### ACADEMIC ACHIEVEMENTS

- Honor roll Gr. 8 - Present
- Religion award (Gr. 11)
- Fitness award (Gr. 11)
- Received CPR and First Aid, nutrition and mixed ability sport certificates

#### ATHLETIC ACHIEVEMENTS

- Can USA Cup Stoney Creek Silver Medal 2022
- Can USA Cup Kitchener Silver Medal 2022
- Can USA Cup Detroit Bronze Medal 2022
- Varsity Female Athlete of the Year
- Varsity Athlete Letter recipient
- Varsity Hockey MVP
- OFSAA Bronze Sr. Soccer 2023
- OWHA Provincial Silver and Bronze
- Goalie coach with Puck Warriors Goaltending
- Sport SHSM (Specialist High school Skills Major)



Position Defense  
Shoots Right  
Height 5'7"  
D.O.B 2006  
GPA 93%

### ACADEMIC ACHIEVEMENTS

- Completely Bilingual in French and English
- Honor Roll - Grade 9 - Present
- Member of the Peer Leading Group
- CEO of the Malvern Student Athletic Council
- Malvern Collegiate Health Science SHSM
- Peer Leader: volunteer helping new students acclimatize

### ATHLETIC ACHIEVEMENTS

- Alternate Captain for U15 Season
- City Champion for Girls Varsity Hockey 2022, 2023
- Awarded the 2023 Grade 11 Female Athlete of the Year at Malvern Collegiate Institute
- Competed at OFSAA for Girls Field Lacrosse 2022
- City Champions TDSSA City Champions Field Lacrosse 2022, 2023

- Volunteer at Sunnybrook Health Sciences Centre
- Volunteer referee for Road Hockey to Conquer Cancer
- Volunteer Coach with Leaside Girls Hockey Association



Position Defense  
Shoots Left  
Height 5'5"  
D.O.B 2007  
GPA 88%

### ACADEMIC ACHIEVEMENTS

- Grade 9 and 10 Honor Roll
- Riverdale Collegiate Choir, participated in Ontario Vocal Festival and qualified for Nationals
- Interested in studying Psychology, Social Work or Education

### ATHLETIC ACHIEVEMENTS

- Assistant Captain, Leaside Wildcats U15 AA
- Rush College Showcase Gold Medalist (2023)
- Ponytail Hockey Challenge Showcase Silver Medalist (2023), Gold Medalist (2022)
- U16 Canada Ball Hockey Junior Nationals Gold Medalist (2023), U16 Silver Medalist (2022)
- U16 All-Star Team Defence Award, Canada Ball Hockey Junior Nationals (2023)
- U18 Ontario Ball Hockey Federation Provincials Gold Medalist (2023), U16 Gold Medalist (2022)
- Skills instructor with TLGHA and Total Female Hockey (2021-Present)
- Referee at the Road Hockey to Conquer Cancer event (Sept, 22, 23)
- Food sorting at the Daily Bread Food Bank (March 2023 - Present)



Position Defense  
 Shoots Right  
 Height 5'7"  
 D.O.B 2006  
 GPA 85%

#### ACADEMIC ACHIEVEMENTS

- Principal's Honors, Grade 9 & 10
- Grade 8 Honors and Physical Education Award

#### ATHLETIC ACHIEVEMENTS

- 2021-22 U18 AA OWHA Silver Medalist
- 2018-2019 U13 AA LLFHL Gold Medalist and League Champion
- 2016-2017 U11 AA LLFHL Silver Medalist and League Champion, OWHA Provincial Bronze Medalist
- 2014-2015 U9 A LLFHL Silver Medalist and League Champion and OWHA Provincial Gold Medalist
- 5 top 10 finishes at DDSB Regional Cross Country Finals
- 3 top 10 finishes at DDSB Regional Track and Field 1500 m



Position Defense  
 Shoots Right  
 Height 5'10"  
 D.O.B 2007  
 GPA 90%

#### ACADEMIC ACHIEVEMENTS

- Honor roll student Gr. 9 - Present
- DECA participant 2023-2024
- Middle School Honors, Gr. 6-8
- De La Salle College newspaper sports section head/editor 2023-2024

#### ATHLETIC ACHIEVEMENTS

- De La Salle Female Athlete of the Year (2022 and 2023)
- Captain of Leaside Wildcats U15AA (2021-2022)
- OFSAA soccer silver medalist (2023)
- CISAA Varsity D1 soccer gold medalist (2022 and 2023)
- CISAA Varsity D1B hockey gold medalist (2022 and 2023)
- De La Salle U16 girls basketball MVP (2021 and 2022)

- Instructor with Total Female Hockey Camps
- St. Gabriel's Parish - assisting elderly with gardening and church maintenance
- Bob Acton Hockey Camp



Position Defense  
Shoots Right  
Height 6'0"  
D.O.B 2006  
GPA 88%

ACADEMIC ACHIEVEMENTS

- Honor Roll Gr. 9, 10 & 11
- Excellence in English and Art Subject Awards Gr. 10
- French Immersion student
- 88% average Gr. 11

ATHLETIC ACHIEVEMENTS

- Leaside Wildcats Junior 2023/24 season
- Brampton Canadettes Junior 2022/23 season
- U18AA 1st place Central Division OWHA 2021-2022 Season (North York Storm)
- 2023 Region of Peel School Boys Hockey Champions (Clarkson Secondary School)
- Jr Varsity Athlete of the Year (Gr.10)
- Sr. Varsity Athlete of the Year (Gr.11)
- Captain Varsity Field Hockey Team for Clarkson Secondary School (OFSAA qualifier 2022)
- Competed at OWHA AA Provincials 2018 to 2022



Position Defense  
Shoots Left  
Height 5'6"  
D.O.B 2007  
GPA 97%

ACADEMIC ACHIEVEMENTS

- U Waterloo Gauss Math Contest High Distinction
- U Waterloo Pascal Math Contest Distinction
- 2021 Math Award and Music Award
- 2021 Excellence Award (highest average)
- Royal Conservatory of Music Level 8 Piano with First Class Honors

ATHLETIC ACHIEVEMENTS

- 2022 Ontario Summer Games silver medalist with Team Fillier
- 2x OBHA Ball Hockey provincial champions
- 2021 Barrie Sharkfest U15AA Champions
- 2022 SCAA Varsity girls hockey champions
- Shoot the Puck summer hockey camp instructor and demonstrator
- 2021-2022 Student Council Minister of Communication and Promotion
- Life Guard and Swim Instructor
- OHF Level 2 Ice Hockey Official
- OBHA Ball Hockey Official



Position Forward  
Shoots Right  
Height 5'8"  
D.O.B 2006  
GPA 91 %

#### ACADEMIC ACHIEVEMENTS

- Honors French Immersion pursuing a Bilingual Certificate (In progress)
- Over 90% average grades 9-11
- Leaside High School Athletic Association Member (2021-Present)

#### ATHLETIC ACHIEVEMENTS

- U18 AA Team Captain (2022-2023 season)
- U18 AA team point and goal leader (2022-2023)
- Leaside High School Varsity Hockey MVP (2022-2023)
- Varsity Rugby 7s City Champions - Leaside High School (2022)
- Leaside High School Varsity Rugby Award Winner (2022)
- Leaside High School Athletics Letter (2023)
- Gold Semi finalist - Stoney Creek showcase (2021-22)
- March Madness Tournament Champions (2021-22)

- Road Hockey to Conquer Cancer Volunteer (2022)
- Fierce Hockey Coach (2020-2022)
- George Turrell Memorial Food Drive Volunteer (2021)
- Toronto Leaside Wildcats Goalie Clinic Volunteer (2020)



Position Forward  
Shoots Right  
Height 5'3"  
D.O.B 2007  
GPA 90%

#### ACADEMIC ACHIEVEMENTS

- Honor roll student with GPA 90%

#### ATHLETIC ACHIEVEMENTS

- Captain junior girls volleyball - York Mills Collegiate
- Junior Athlete of the Year - York Mills Collegiate
- MVP - Junior girls volleyball - York Mills Collegiate
- Athlete of the year Rippleton Public School

- Tour guide for parent teacher interviews
- Shooter at Just Goalie March Break goalie camp
- Mentorship program with girls U9 Hockey team with Markham Stars Girls Hockey Association
- Volunteer coach at Synergy summer volleyball camp



Position Forward  
Shoots Right  
Height 5'4"  
D.O.B 2007  
GPA 93%

### ACADEMIC ACHIEVEMENTS

- Working towards a Bilingual International Baccalaureate Diploma
- Completed Brevet Examination with honors
- Honor Roll (above 90% average)
- Multilingual (English, French, Mandarin, Spanish)

### ATHLETIC ACHIEVEMENTS

- Competed in the 2022 Ontario Summer Games for Hockey
- Varsity Co-ed Hockey and Ultimate Frisbee Teams
- Queen of the Rings 2022 Gold Medalist, 2023 Silver Medalist
- Volunteer member of Toronto French School's Globe Club, Ambassador Council, and WEB Leaders
- Working towards completing my Duke of Edinburgh Bronze Award



Position Forward  
Shoots Right  
Height 5'3"  
D.O.B 2005  
GPA 94%

### ACADEMIC ACHIEVEMENTS

- Valedictorian, class of 2023
- Honor roll Student
- Science Award of Excellence 2023
- Jr Math Award 2021

### ATHLETIC ACHIEVEMENTS

- Hockey specific training at Everest and King Heights Academy
- Points leader for 2021-22 season Leaside U18 AA
- Community association for riders with disabilities
- Mentorship NYS U11
- Shoppers run for women (Oakville)





Position Forward  
 Shoots Left  
 Height 5'8"  
 D.O.B 2006  
 GPA 85%

#### ACADEMIC ACHIEVEMENTS

- Honor role Grades 9, 10, 11
- English award Grade 8

#### ATHLETIC ACHIEVEMENTS

- U18 AA provincial silver medal (2022-23)
- Ontario Cup Soccer League Champion (2022-23)
- Field Hockey District Champion (2002)
- Female athlete of year (Gr. 8)

- Volunteered with hockey schools and at food banks with my sport teams



Position Forward  
 Shoots Left  
 Height 5'6"  
 D.O.B 2006  
 GPA 4.0

#### ACADEMIC ACHIEVEMENTS

- Honor Roll Student Grade 9, 10, 11

#### ATHLETIC ACHIEVEMENTS

- LLFHL Gold Medalist (2019)
- Provincial Bronze Medalist (2019)
- Athlete of the Year (2020)
- Competed in Irish Rugby





Position	Forward
Shoots	Right
Height	5'4"
D.O.B	2006
GPA	80%

ACADEMIC ACHIEVEMENTS

- Honor roll grades 9, 10 and 11

ATHLETIC ACHIEVEMENTS

- Grade 8 Female Athlete of the Year
- 2021- 2022 Sir William Mullock -Junior Athlete of the Year
- 2021-22 Assistant Captain U18A Central York Team
- Summer 2022 Co-Coach U9 Boys Newmarket Ball Hockey Assistant
- Volunteered as an assistant swim instructor - Summer 2022



Position	Forward
Shoots	Left
Height	5'4"
D.O.B	2007
GPA	90%

ACADEMIC ACHIEVEMENTS

- Honor Roll student (grades 9 and 10) at Leaside High School
- Certified lifesaving society instructor (LSI)
- Leader in Training (LIT) at Onondaga Camp

ATHLETIC ACHIEVEMENTS

- OWSA Provincial Bronze Medalist
- Co-Captain U15 AA team / Assistant captain U13AA team
- Rush College Showcase Gold Medalist (2023)
- Niagara Battle U17 Tier I Tournament Gold Medalist (2023)
- Ponytail Challenge U17 Tier I Tournament Finalist (2023)
- Toronto Regional Finalist in 100m & long jump
- Toronto Regional Finalist cross-country
- Toronto Softball City Champions (2017 & 2018)
- Former captain of school volleyball and softball teams
- Volunteer with Road Hockey to Conquer Cancer
- Instructor TLGHA Level Up Program & Learn to Play
- Instructor Hockey Extreme
- Timekeeper (TLGHA / school sports)



Position Forward  
Shoots Right  
Height 5'10"  
D.O.B 2007  
GPA 3.5

#### ACADEMIC ACHIEVEMENTS

- Principal's award (2020, 2021, 2022, 2023)
- Reach Ahead Math (will complete grade 12 math in grade 11)

#### ATHLETIC ACHIEVEMENTS

- Competed at 2022 Ontario Summer Games
- Competed on Greenwood College Senior Ice Hockey team (Grades 7, 8, 9 and 10)
- Awarded the 2020 Greenwood College Athletic Performance Award
- Junior Basketball Team Captain & MVP (2022-2023)
- Senior Girls Hockey Assistant Captain & MVP (2022-2023)
- Junior Athlete of the Year (2023)
- Rad Bike Camp, Volunteer Coach, summer 2021
- Learn to Play, Volunteer Instructor TLGHA



Position Forward  
Shoots Left  
Height 5'4"  
D.O.B 2006  
GPA 88%

#### ACADEMIC ACHIEVEMENTS

- Honor roll Grade 11
- Art projects featured in high school art show Grades 9, 10

#### ATHLETIC ACHIEVEMENTS

- Competes for High school Varsity Hockey team
- I have my Cansail 1,2,3 in sailing as I did sailing school for 4 years.
- Awarded most improved sailor and top skipper in 2019
- Volunteered at the Leaside Wildcats tournament and was responsible for organizing the auction prizes.
- Volunteered with the Vehavta Organization to make approximately 100 sandwiches for the shelters to provide to the homeless.



## ACADEMIC ACHIEVEMENTS

- Honor roll student (Gr, 9, 10)

## ATHLETIC ACHIEVEMENTS

- Gold Medal at 2023 Indigenous Games with Team Ontario
- Athlete of the Year, 2022
- Life Guard and Swim Instructor
- Volunteer coach with Clarington Flames

Position	Forward
Shoots	Left
Height	5'9"
D.O.B	2005
GPA	3.5

The Leaside Jr Wildcats Hockey program provides athletes with opportunities to find success at the next level. The heart and soul of the Wildcat Way is strong-minded individuals who are serious in the classroom, self-motivated on the ice and bring a positive attitude every day. We believe competing as a Wildcat will develop real-life character skills in leadership, communication, and teamwork. As Wildcats, we value building winning traditions and establishing core values that set us apart from our competition.

In the community, the Jr Wildcats strive to represent our team, the Leaside Girls Hockey Association and the Local Community with pride and respect. It's our goal as Jr Wildcats to give back to the community through leadership opportunities, acting as role models for the younger players within the Association and as ambassadors for the game.





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# NEW PLAYER FACILITIES



It has happened, and it is transformational! September 9th, the Leaside U22 Elite Junior team unveiled its new modern dressing room to the team's players and families. A lot of hard work went into launching the new room in time for the start of the 2023-24 season. This was a big day for the team as it evidences the U22 Elite program's commitment to providing its elite athletes the resources they need to succeed in the competitive world of female junior hockey. Thanks to our donors. We look forward to thanking you all in person.





## Dressing Room Sponsors

*Thank  
You*

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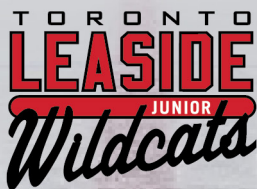


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# Gairloch



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