



2016 - 2017

LONDON JUNIOR DEVILLETES



londondevilettes.ca

London Honda
 With You For The Long Run
 - WHARNCLIFFE @ COMMISSIONERS -



HONDA

www.londonhonda.com
 519-690-8330

WE CREATE 5-STAR EXPERIENCES!



- ★★★★★ We had a great experience dealing with London Honda. Stanley B.
- ★★★★★ Great service and happy to be with London Honda. Mohamed I.
- ★★★★★ Sales, Service and Follow Up are outstanding. We continue to enjoy the experience of purchasing vehicles at London Honda and working with their staff. Patricia H.
- ★★★★★ From start to finish, our experience was second to none. We will be referring our friends to London Honda without doubt. Thank you! Robert J.
- ★★★★★ My experience at London Honda was amazing! Sabrina D.
- ★★★★★ What a phenomenal car and a great overall experience! Craig S.

Read more at <http://www.londonhonda.com/customerreviews/>

TOP 6 REASONS TO CHOOSE LONDON HONDA



NO-CHARGE
 OIL CHANGE
 PROGRAM



VALUABLE
 REFERRAL
 BENEFITS



DEDICATED
 ACCESSORY
 DEPARTMENT



EXCHANGE
 /UPGRADE
 PLAN



BRAKE
 PADS
 FOR LIFE



EXCLUSIVE
 BUYSMART
 PROGRAM

GREAT VEHICLES! GREAT PEOPLE!

In 1986 the London Devilettes Girls Hockey Association was established. In that first season a single team of 20 young women represented the city of London and area. 30 years later, the LDGHA has grown to become the largest female hockey association in Southwestern Ontario, with over 750 young women participating in house league and competitive teams.

In addition, the London Devilettes continue to host one of the largest tournaments in Ontario. Last year's huge tournament showcased 178 teams in 17 divisions, playing a total of 346 games, attracting teams from Michigan to Whitby, from Milwaukee to Iqaluit. Over 2800 players participated, joined by their families, providing a major boost to the local economy.

Throughout the years, our flagship team has been our 'Juniors'. Last year the Juniors moved into their permanent home at London Sports Park, complete with a 'pro-style' dressing room, soon to be outfitted with a 'pro-style' dressing room, soon to be outfitted with fitness and warm-up room, as well as many other amenities. Guided by their excellent coaching staff, our Juniors have become outstanding role models not only for our younger players but also for our community. Besides hosting a terrific summer hockey camp, our Junior players work are involved in many volunteer community events. But let us not forget hockey! Our Junior program provides a high level of hockey experience for our girls, and year after year, our 'graduates' are recognized by the myriad of post-secondary school scholarships they earn to continue to play hockey at the next level. It is commonplace for them to then continue with hockey after university and college, as adult players, referees and coaches.

Of course, none of this would be possible without the support and guidance of parents. As parents of Junior players, you have long been accustomed to driving to

rinks at all hours, drinking copious amounts of good and bad coffee, and long car rides to other cities.

But I suspect as those days give way to more independence from your daughter, you will begin to miss the most important part; the time you spent together. Allow me to thank you for letting us be part of your lives and helping to shape your daughters into the wonderful people they are.

I would be remiss if I did not also recognize and thank the many volunteers within the Devilettes organization, including our coaches, trainers, support staff and our Board Members who give countless hours to help empower girls through the sport of hockey. On behalf of the London Devilettes Girls Hockey Association, I would like to welcome you to the 2016-2017 'Juniors' Hockey Season!

See you rink-side!

Spiro Grima
 President, LDGHA

London Junior Devilettes PWHL Season Schedule 2016-2017

Home Game Schedule:

DATE	TIME	ARENA	VISITING TEAM
Friday, September 9	20:00	London Sports Park - North	Cambridge
Friday, September 23	20:00	London Sports Park - North	Durham West
Friday, October 7	20:00	London Sports Park - North	Southwest
Friday, October 14	20:00	London Sports Park - North	Toronto
Saturday, October 15	15:15	London Sports Park - North	Oakville
Friday, November 4	20:00	London Sports Park - North	Kingston
Saturday, November 5	15:15	London Sports Park - North	Mississauga
Friday, November 18	20:00	London Sports Park - North	Nepean
Saturday, November 19	15:15	London Sports Park - North	Aurora
Friday, November 25	20:00	London Sports Park - North	Barrie
Saturday, November 26	15:15	London Sports Park - North	Stoney Creek
Friday, December 16	20:00	London Sports Park - North	Leaside
Saturday, December 17	15:15	London Sports Park - North	Brampton
Friday, January 6	20:00	London Sports Park - North	Bluewater
Friday, January 13	20:00	London Sports Park - North	Ottawa
Saturday, January 14	15:15	London Sports Park - North	Etobicoke
Friday, February 3	19:30	Western Fair - Chrysler	Waterloo
Friday, February 10	20:00	London Sports Park - North	Whitby
Saturday, February 11	15:15	London Sports Park - North	Burlington

Tournament Schedule:

DATE	TOURNAMENT	CITY
September 16-18	Stoney Creek University Showcase	Stoney Creek, ON
October 21-23	USA Canada Cup Series	Detroit, Michigan
Dec 2-4	Canada/USA Showcase	Kitchener, ON
Dec 9-11	STX Windy City Girls Elite	Chicago, Illinois
April 6-9	OWHA Provincial Championships	Toronto, ON

Away Game Schedule:

DATE	TIME	ARENA	VISITING TEAM
Saturday, September 10	17:30	RIM Lions	Waterloo
Sunday, September 25	13:00	Forest Glade	Southwest
Saturday, October 1	12:30	East Bayfield - Green	Barrie
Sunday, October 2	13:25	Stronach Aurora RC	Aurora
Saturday, October 29	19:40	Leaside Memorial	Leaside
Sunday, October 30	15:00	Canlan York - 3	Toronto
Saturday, November 12	16:10	Iroquois Park Sports Centre	Whitby
Sunday, November 13	14:30	Ajax CC	Durham West
Thursday, December 22	20:00	Gemini Sportsplex	Bluewater
Saturday, January 7	14:15	Century Gardens	Brampton
Sunday, January 8	12:00	Iceland - Rink 1	Mississauga
Saturday, January 21	13:25	Mastercard Centre	Etobicoke
Sunday, January 22	12:00	Mainway - Pad A	Burlington
Friday, January 27	19:40	Preston Memorial Aud	Cambridge
Saturday, January 28	15:35	Gateway #1	Stoney Creek
Saturday, February 4	15:30	Joshua Creek Blue	Oakville
Friday, February 17	19:30	Invista Centre	Kingston
Saturday, February 18	16:00	Bell Sensplex - Canadian Tire	Ottawa
Sunday, February 19	13:30	Carleton University - Rink B	Nepean

Team Philosophy

1. **Honesty**
2. **Integrity**
3. **Hard work**
4. **Personal/Team Development**

**"Be true to yourself
and your team."**

Coaching Staff



Ted Brown - Head Coach

Hometown: London

Beginning his second season as Head Coach of the London Junior Devilettes

- Former captain of the University of Guelph Gryphons-Rookie of the Year
- Former captain of the Woodstock Royals Sr. A Hockey Team
- Has International Coaching Certificate
- As a head coach, has won 3 provincial championships in Peewee, Bantam and Midget
- Past 6 years, Associate Coach of Western Women's Varsity Hockey Team
- 2014 Helsinki, Finland-Coach U14 Girls' World Invitational Championship-Silver Medalists
- HP1 Coaching Certified



Gary Comfort - Assistant Coach

Hometown: St. Thomas

Beginning his second season as Assistant Coach with the Junior Devilettes

- Former Western Mustang varsity player
- Former Captain Aylmer Blues OHA
- Head Coach Parkside Collegiate Institute TVDSB. 3X WOSSA bronze medal
- Assistant coach St. Thomas Minor Hockey Pee Wee and Bantam A Travel teams
- Skill development instructor 15 years with CAN/AM STARS in Lake Placid and Guelph and Nunavut Stars in Iqaluit with Ted Brown



Brian Shewfelt - Assistant Coach

Hometown: London

Brian is entering his second year as an Assistant Coach with the Devilettes Junior Team

- He has been involved with the Devilettes organization for 13 years as a coach, assistant coach and board member
- Previously involved with Can/Am Stars Hockey Camp as a goalie instructor as well as an instructor at the Nunavut Stars Hockey camp in Iqaluit, Nunavut
- Assistant coach with the Western Women's Hockey Team 2010-2014
- Played his minor hockey in Goderich and returned there to play 3 years Sr. winning the league championship once and was name to the all-star team twice

Team Staff



Dean Lowrie - Strength & Conditioning Coach

Hometown: London

Dean Lowrie is recognized as one of Canada's elite coaches. He has worked in elite sport for the past 25 years competing and coaching at every level from Provincial to the International stage. Dean is the founder of Advantage Coaching and a Certified Professional Coach. Coach Lowrie has coached at Pan Am Games, World University Games, and 6 time Ontario University Athletics Coach of the Year. He is a Master Level Strength and Conditioning Coach, having taught courses in Exercise and Coaching at the Western University.



Naila Ayala - Trainer

Hometown: Toronto

Beginning her second year with the London Juniors, Naila graduated with a BA Honours Specialization in Kinesiology, is a Certified First Responder, and has acquired her Level I Myofascial Release Therapy Certificate and is working on attaining her CSEP-CEP (exercise physiologist) certification.



Don Beauchamp - Manager/Treasurer

Hometown: London

Don is in his 1st season as Manager and Treasure with the London Junior Devilettes Int. AA, having been offered the positions in April of 2016.

- MBA graduate
- Twenty five years of leadership experience
- Active Director at Large – First Shift Program on the Board of the London Devilettes
- Actively involved with the London Devilettes Girls Hockey Association for 9 years as an assistant coach, manager and treasure
- Actively involved with the Bluewater Hawks Girls Hockey Association for 2 years as treasure
- Played his minor hockey in the Northern Ontario Hockey Association with the Englehart Minor Hockey Association



Maggie McKee

Hometown: London
Birth Year: 2001
Height: 5' 7" **Weight:** 135lbs
Shoots: Right **Position:** Forward

2015 - 16 Team/Level: London Devilettes Bantam AA
Graduation Year: 2019
Secondary School: Oakridge
Academic Interests: Paramedic, Nurse
Athletic Goal: Team Canada
Achievements: Provincial Gold Medalist x4
Team Captain PWAA/BAA
Honour Roll
LLFHL league champions 2016
OFSAA XC 2016

Favourite Quotation: Be Humble. Be Hungry. And always be the hardest worker in the room.



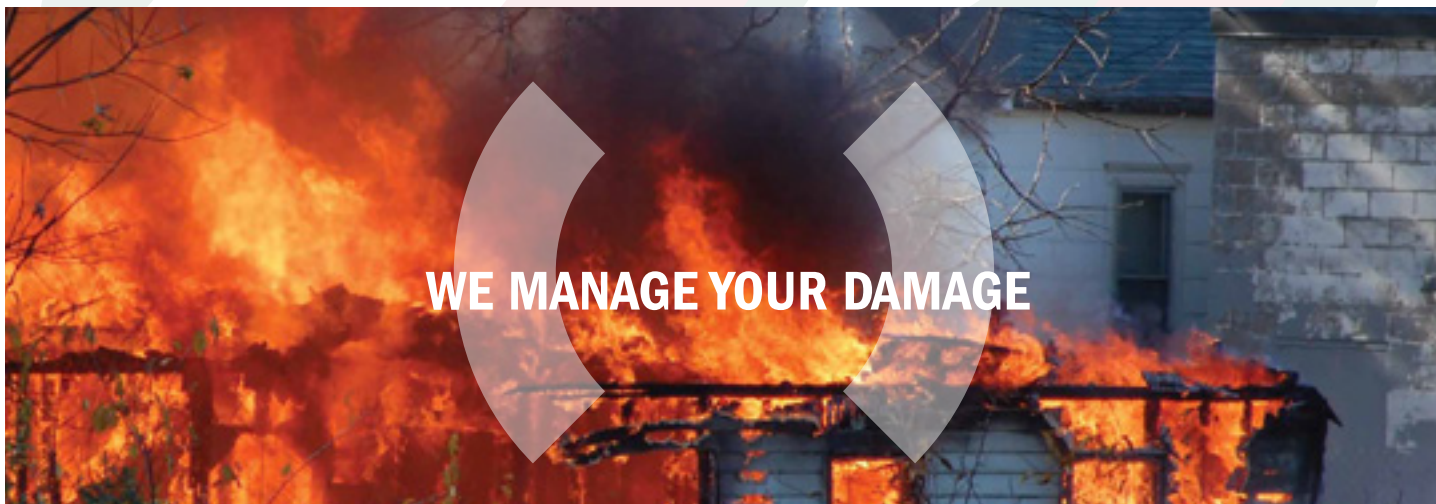
Hillary Amanda Brennan

Hometown: London
Birth Year: 1999
Height: 5' 8" **Weight:** 140lbs
Shoots: Right **Position:** Defence

2015 - 16 Team/Level: London Devilettes MAA
Graduation Year: 2017
Secondary School: Sir Wilfrid Laurier Secondary School
Academic Interests: Social Science, Psychology, Athletic Therapy
Athletic Goal: Continue to develop and improve as an athlete and leader, pursue hockey after post secondary
Achievements: High School Honors
Female athlete of the year
Selected to represent Laurier at the Ontario Educational Leadership Centre

Favourite Quotation: "Before you win, you have to believe you are worthy" - Wayne Gretzky

In Support of #2 Maggie McKee



1-866-366-0493

www.belfor.com

Emergency Aid | Structure and Property Restoration | Structural Dehumidification | Content Restoration
Machinery Repair and Restoration | Restoration of Electronics and Electrical Equipment | Document and Data Recovery
Mould Remediation | Emergency Response Programme RED ALERT®

BELFOR 
PROPERTY RESTORATION



JASON ROE
BUSINESS MANAGER / FST

ROB SCHAAF SMA
PRESIDENT

DEAN SMITH
BUSINESS AGENT

JULES RODRIGUEZ
RECORDING SECRETARY



LYLE DENNIS
(519) 337-0100 | lyle@ldfitness.ca

Ph. 519-542-0008 Fx. 519-542-0302

Indian Rd	N	Lansdowne	Murphy Rd
	+		
	S	Boomerang's	
Confederation St			
Cobbler Shop			

1143 Confederation Street

Sunday	Closed
Monday	Closed
Tuesday	8:30 - 6:00
Wednesday	8:30 - 6:00
Thursday	8:30 - 6:00
Friday	8:30 - 6:00
Saturday	9:00 - 3:00



Katreena Whiteye

Hometown: Moraviantown
Birth Year: 1999
Height: 5' 5" **Weight:** 138lbs
Shoots: Left **Position:** Forward

2015 - 16 Team/Level: London Junior Devilettes Int AA
Graduation Year: 2017
Secondary School: Ursuline College Chatham
Academic Interests: Physics
Athletic Goal: Play at the University level for hockey
Achievements: World Selects Champion 2012
Honour Roll Gr.9, Gr.10
Finalist Stoney Creek Showcase 2015

Favourite Quotation: "I can accept failure, everyone fails at something. But I can't except not trying again." - Michael Jordan



Leah Williams

Hometown: Sarnia
Birth Year: 2000
Height: 5' 3" **Weight:** 126lbs
Shoots: Right **Position:** Forward

2015 - 16 Team/Level: Sarnia Midget AA
Graduation Year: 2018
Secondary School: Northern Collegiate Institute & Vocational School
Academic Interests: Health Care
Athletic Goal: To play for team Canada
Achievements: Received two bronze medals in OWHA Provincial Hockey

Won Silverstick in 2012, 2013, and 2016
Won LLFHL Championship weekend 2010
Favourite Quotation: "If you ain't first, you're last"
Ricky Bobby



Chris Thomas P. Eng.
President

Kel-Gor Limited
P.O. Box 2253
1411 Plank Road,
Sarnia, Ontario N7T 7L7

Phone 519 336 9312
Fax 519 336 9582
Email cthomas@kelgor.com
Web www.kelgor.com

HYDE BROTHERS

FARM EQUIPMENT (1997) LIMITED

39992 Rodgerville Road • Hensall, Ontario • 519-263-2605

**Wishing the London Junior Devilettes
a Very Successful Season!**

TOTAL EQUIPMENT CARE
FOR ALL YOUR EQUIPMENT NEEDS



.....Serving you for over 75 years



Courtney Gardiner

Hometown: Goderich
Birth Year: 1998
Height: 5' 11" **Weight:** 165lbs
Shoots: Right **Position:** Forward

2015 - 16 Team/Level: Bluewater Hawks Midget AA
Graduation Year: 2016
Secondary School: Goderich District Collegiate Institute
Academic Interests: Personal health and Healthy living
Athletic Goal: Maintain a healthy lifestyle and continue playing competitive hockey in the future.
Achievements: Honours achieved throughout high school
MVP received on many sports teams.
Favourite Quotation: "Decide that you want it more than you are afraid of it." - Bill Cosby



Katie Heath

Hometown: Elora
Birth Year: 1999
Height: 5' 6" **Weight:** 140lbs
Shoots: Left **Position:** Forward

2015 - 16 Team/Level: Saugeen Maitland Lightning Midget AA
Graduation Year: 2017
Secondary School: Our Lady of Lourdes Catholic High School, Guelph
Academic Interests: Health Sciences
Athletic Goal: To play hockey at the University level
Achievements: D2011-2012- Lower Lakes Gold Medalist
2011-2012 - OWSA Provincial Silver Medalist
2013-2014 - Selected for District 10 High School Hockey All-star game
2013-2014 - High School Hockey MVP
2013-2014 - District 10 High School Hockey Champions
2013-2014 - High School Cross Country MVP
2013-2014 - Our Lady of Lourdes Academic Athlete of the Year
2013-2014 - OWSA Provincial Bronze Medalist
2014-2015 - OWSA Provincial Silver Medalist
2014-2015 - OFSAA Cross Country
2015-2016 - High School Hockey MVP
2015-2016 - Selected for District 10 High School Hockey All-star game
2015-2016 - Our Lady of Lourdes Academic Athlete of the Year
2015-2016 - District 10 High School Soccer All-star
2015-2016 - Assistant Captain: Saugeen Maitland Lightning Midget AA
Favourite Quotation: "Suffer now and live the rest of your life as a lion." - Muhammad Ali

LamSar INC
INDUSTRIAL CONTRACTORS
Paul Healy
President
Tel: 519-332-5010
Fax: 519-332-5962
Cell: 519-339-6681
paulhealy@lamsar.com
www.lamsar.com



Jessica Darby

Hometown: London
Birth Year: 2001
Height: 5' 8" **Weight:** 150lbs
Shoots: Left **Position:** Defence

2015 - 16 Team/Level: London Devilettes Bantam AA
Graduation Year: 2019
Secondary School: Catholic Central High School
Academic Interests: Medical Sciences - Orthopedic Surgeon
Athletic Goal: To play University Hockey and to play at the National level for Canada
Achievements: 3 time Provincial Champion
2 time Provincial Bronze Medalist
Jr. Basketball WOSSA Champion
Grade 9 Honour Roll
Favourite Quotation: "Hard work beats talent when talent doesn't work hard."

In Support of #14 Courtney Simpson

CHERRY
Bus Lines Inc.
LEAVE THE DRIVING TO US!
All Group Sizes, Budgets and Requirements for Single or Multi-Day Charters
Family Owned & Operated
Full Service Motorcoach Company
Charter & Tour Service
Listowel & Stratford
1-800-265-8980 | www.cherreybuslines.com



Courtney Simpson

Hometown: Sebringville
Birth Year: 2000
Height: 5' 7" **Weight:** 140lbs
Shoots: Left **Position:** Forward

2015 - 16 Team/Level: London Junior Devilettes Int AA
Graduation Year: 2018
Secondary School: Stratford Northwestern Secondary School
Academic Interests: Kinesiology / Occupational Therapist
Athletic Goal: To play University hockey while pursuing post secondary education
Achievements: Female Athlete of the Year Award
Honors achieved throughout high school
Academic Business Award
Peewee A 2012 - Stratford Aces - Division Champions, LLFHL Champions
Peewee AA 2013 - London Devilettes - Division Champions, LLFHL Champions, OWSA Provincial Silver
Bantam AA 2014 - London Devilettes - Division Champions, LLFHL Champions, OWSA Provincial Gold
Bantam AA 2015 - London Devilettes - Division Champions, LLFHL Silver, OWSA Provincial Gold
2015 - OWSA U16 High Performance Camp Invitee
2015 - Stoney Creek University Showcase Finalist - PWHL
Favourite Quotation: "You miss 100 percent of the shots you never take." - Wayne Gretzky





Hannah De Coutere

Hometown: Aylmer
Birth Year: 2000
Height: 5' 5" **Weight:** 155lbs
Shoots: Left **Position:** Defence

2015 - 16 Team/Level: London Junior Devilettes Int AA
Graduation Year: 2018
Secondary School: East Elgin Secondary School
Academic Interests: Kinesiology
Athletic Goal: My goal as an athlete is to continue to perform to the best of my abilities while continuing to improve each and everytime I step out on the ice. My plan is to continue to play hockey at the University level while pursuing a degree in Kinesiology.

Achievements: Valedictorian
Academic Excellence Award
Athlete of the Year Award
Honor Role Student
Bantam AA 2013-2014: Division Champions/
Lower Lake Champions/ Provincial Champions
Bantam AA 2014-2015: Lower Lake Finalists/
Provincial Champions
PWHL Stoney Creek Finalists

Favourite Quotation: "Our greatest glory is not in never falling but in rising every time we fall"



Samantha Andrews

Hometown: Exeter
Birth Year: 2000
Height: 5' 11" **Weight:** 165lbs
Shoots: Right **Position:** Defence

2015 - 16 Team/Level: London Devilettes Midget A
Graduation Year: 2018
Secondary School: St.Anne Catholic Secondary School
Academic Interests: Nurse Practitioner
Athletic Goal: Maintain overall fitness and compete at University level hockey
Achievements: 2013/2014 District Free-throw Champion
Gr.8 Female Athlete of the Year Award
2014 Ontario Fastball Champions
Huron Perth 50m Butterfly swimming champion
Favourite Quotation: "It's failure that gives you the proper perspective on success"
- Ellen DeGeneres



Abbey Caldwell

Hometown: Hensall
Birth Year: 1999
Height: 5' 3" **Weight:** 135lbs
Shoots: Left **Position:** Forward

2015 - 16 Team/Level: London Devilettes Midget AA
Graduation Year: 2017
Secondary School: South Huron District High School
Academic Interests: Medical Science
Athletic Goal: To play University hockey while pursuing post secondary education.
Achievements: Honour Roll
Math Award
Principal Award
2016 Field Hockey Most Outstanding Player
Ice Hockey Best Overall Player
Sr Badminton Top Female
Sr Girls Soccer Top Rookie
2015 Jr Female Athletic Award
U18 JWPL Field Hockey Provincial Champions
2014 Lower Lakes League Champions
LLFHL Final Four Champions
OWHA Provincial Champions
Ontario Winter Games Hockey Silver
Ontario Summer Games Field Hockey

Favourite Quotation: "You miss 100% of the shots you don't take." - Wayne Gretzky



Erica Fryer

Hometown: Amherstburg
Birth Year: 2000
Height: 5' 6" **Weight:** 130lbs
Shoots: Left **Position:** Goalie

2015 - 16 Team/Level: Chatham Outlaws Midget AA
Graduation Year: 2018
Secondary School: St.Thomas of Villanova
Academic Interests: Physical Therapist / Prosthetics Specialist
Athletic Goal: Play University Level Hockey and Team Canada
Achievements: Grade 9 & 10 Honour Roll
LLFHL Midget AA Champion 2016
World Selects Invitational 2012 & 2015 Champion
Favourite Quotation: "Work to the point where you know you'll have No Regrets." - Meaghan Mikkelson

In Support of #30 Erica Fryer

I want to start a family.



Life insurance • Critical illness insurance • Mortgage insurance

I can help with your goals. Let's talk about Money for Life.



Paola Maria Ferlisi
Tel: 519-739-7777 ext 2270
Cell: 519-567-9696
paola.ferlisi@sunlife.com
www.sunlife.ca/paola.ferlisi
8255 Anchor Drive
Windsor, ON N8N 5G1



Life's brighter under the sun

Sun Life Assurance Company of Canada is a member of the Sun Life Financial group of companies.
© Sun Life Assurance Company of Canada, 2016.

**SALES | FINANCE | LEASING
PARTS | SERVICE**

Where Friendships Begin

**519-235-0363
1-800-265-3476**
info@hmpexeter.com

70704 London Rd. Main Street S.
Exeter, ON N0M 1S1

www.hmpexeter.com

Kathy McIlwain
kathymcilwain@outlook.com

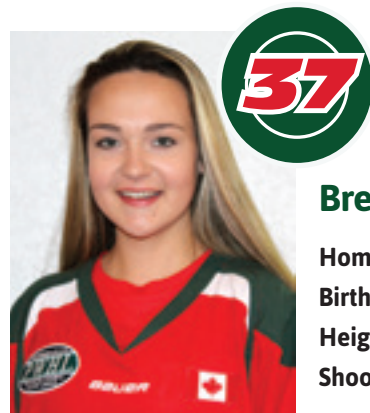
Designed to develop fundamental skating skills to achieve optimum performance

- » NCCP Certified Level 3 Skate Canada
- » NCCP Certified Level 1 Hockey Canada
- » Skate Canada and CanPower Certified
- » 22 years coaching
- » Private and Group powerskating sessions
- » Team development/Mental toughness – House League to NHL

Instructor of Minor hockey Organizations / AAA / University / OHL / NHL

watchfire

AUTHORIZED DEALER



Breana Beauchamp

Hometown: London
Birth Year: 2000
Height: 5' 6" **Weight:** 130lbs
Shoots: Left **Position:** Goalie

2015 - 16 Team/Level: London Devilettes Midget AA
Graduation Year: 2018
Secondary School: École Secondaire Monseigneur Bruyère
Academic Interests: Health Sciences
Athletic Goal: Successfully complete my Secondary School education with honours then play for a CIS or NCAA D1 Women's Hockey team while completing my studies in Health Sciences.
Achievements: 2014/2015 Season: Bantam AA - Ranking #1 in Canada
OWHA Provincial Championship
LLFHL Weekend of Champions Finalist 2013/2014:
Bantam A - Provincial Championship Finalist
LLFHL Weekend of Champions Bronze 2012/2013:
Peewee A - Provincial Champions

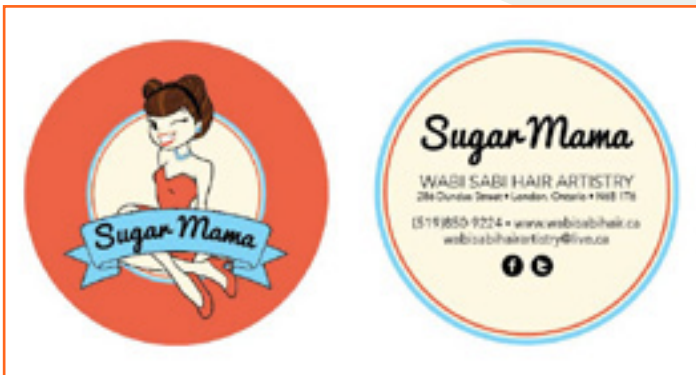
Favourite Quotation: "We don't get a chance to do that many things, and everyone should be really excellent. Because this is our life. Life is brief, and then you die, you know? And we've all chosen to do this with our lives. So it better be damn good. It better be worth it." - Steve Jobs



Emma McKnight

Hometown: Dorchester
Birth Year: 2001
Height: 5' 5" **Weight:** 125lbs
Shoots: Right **Position:** Forward

2015 - 16 Team/Level: London Devilettes Bantam AA
Graduation Year: 2019
Secondary School: Lord Dorchester
Academic Interests: Math and Science
Athletic Goal: Continue to improve on my athletic skills to help pursue a future in varsity sports.
Achievements: Hockey-Team finished 1st in League Play
Track and Field - Made it to OFSAA for 100m, 200m and 4x1 Senior Relay - won bronze in relay
Won Junior Athlete and Junior Track and Field award at Lord Dorchester Secondary School
GPA - 92%
Favourite Quotation: "The Harder the Battle The Sweeter the Victory"




Rob Ravensberg
PRESIDENT • 32 YEARS OF SERVICE

Call 519.464.4000
rwravensberg@lambtonford.com

Lambton Motors Ltd.
101 Indian Rd S Sarnia, ON N7T 3W1

www.lambtonford.com

In Support of #37 Breana Beauchamp

SOUTHWOOD DENTAL STUDIO

www.southwooddentalstudio.com

(226) 271-1400

3010 Colonel Talbot Road Unit 3
London, ON N6P 0B3

Proudly serving Southwestern Ontario for 25 years

Cohen Highley is your local full-service law firm providing cost-effective results-oriented advice and advocacy

Dealer Disputes	Farm Debt Mediation
Debt Collection	Succession Planning
Shareholder Disputes	Employment Law
Family Law	Receiverships
Bankruptcy	... We're Listening

Ben Blay
(519) 672-9330
www.cohenhighley.com
London - Chatham - Sarnia - Windsor




TRICAR

The Height of Living.

LUXURY CONDOMINIUMS

LUXURY APARTMENT RENTALS

Explore our properties and learn more about the carefree and convenient lifestyle of condo and apartment living at:

tricar.com 519.652.8900



**In Support of
#55 Nicole Pateman**

**TIRE & AUTO
REPAIR**

1094 Commissioners Road W.
London, Ontario
N6K 1C4

519-471-4671

A-1 RESTORATION
Building Envelope Solutions Inc.

BALCONY RESTORATION
GARAGE REPAIR
MASONRY
CLADDING
COATINGS & SEALANTS
ROOFING & WATERPROOFING
WINDOW & DOOR REPLACEMENT

WWW.A-1RESTORATION.COM



Combine Fitness® is a premiere training facility for Adult Fitness and Wellness, as well as Professional, Varsity, and Youth Athletic Development. We offer over 40 group training classes per week, with eight different classes to choose from. Combine Fitness also offers personal training, athletic training, sport-specific training, partner training, small group training, and team training. Each module is designed with proficient and well-researched programming. Sessions are demonstrated, conducted and coached by our Kinesiology graduate trainers who have not only practised exercise principles, but have been exposed to regimented CIS level training and teams (i.e. football, volleyball, track, hockey). We understand and relate to the dedication and training required to succeed at these levels and what it takes to reach your next level. No matter what your current capabilities are, our primary focus at Combine Fitness® is building a better athlete: coordinated movement, calisthenics, core stability, mobility, and injury prevention. Combine Fitness is passionate and dedicated about making a difference in your life; we want to give you the motivation to be better every day.

“Experience the Combine Difference”

Nicole Pateman

Hometown: London
Birth Year: 2000
Height: 6' 0" **Weight:**
Shoots: Left **Position:** Defence

2015 - 16 Team/Level: London Junior Devilettes Int AA
Graduation Year: 2018
Secondary School: St. Thomas Aquinas Secondary School
Academic Interests: Child Psychology
Athletic Goal: National Women's Hockey Team
Achievements: 2013 - London Devilettes - Division Champions, LLFHL Champions, OWHA Provincial Silver 2014 World Selects Invitational Bantam Tournament - Finland- Bronze Medal Winner named Best defenceman of the tournament
2015 Honour roll - St Thomas Aquinas
2015 - OWHA U16 High Performance Camp Invitee
2015 - Stoney Creek University Showcase Finalist-PWHL
2016 - Hockey Canada U18 National Strength and Conditioning Camp Invitee
2016 - Hockey Canada U18 National Selection Camp Invitee
2016 - OWHA U18 High Performance Camp - Invitee
Favourite Quotation: "Make everyday better than the last"

Nicole Gosling

Hometown: London
Birth Year: 2002
Height: 5' 6" **Weight:** 135lbs
Shoots: Left **Position:** Defence

2015 - 16 Team/Level: London Devilettes Bantam AA
Graduation Year: 2020
Secondary School: St. Thomas Aquinas Catholic Secondary School
Academic Interests: Math and Phys Ed to become a Physiotherapist
Athletic Goal: To play for Team Canada in the Olympics
Achievements: 2012-13, captain of OHF Provincial Champions London Jr. Knights Atom AA.
2014-15 OWHA Bronze medal London Devilettes Pee wee AA.
2015-16 LLFHL League Champions London Devilettes Bantam AA
For grade 8 achieved Honour Roll and Outstanding Female Athlete Award
Favourite Quotation: "The fact is talent counts for almost nothing in the absence of hard work."
- Bobby Orr

GET DOWN

Fun, fine dining, & funky finds?
Post 'em to win!

Win weekly prizes up to \$ 400, or the Canadian Country Music Week Ultimate Grand Prize!

On Twitter & Instagram, share your experience with **#GetDTL & #LDNENT**

GET DOWN IS AN INITIATIVE OF DOWNTOWN LONDON AND IS SUPPORTED BY TOURISM LONDON

DOWNTOWN LONDON

London is On!
MUSIC • ARTS • CULTURE





Julia Gosling

Hometown: London
Birth Year: 2001
Height: 5' 10" **Weight:** 165lbs
Shoots: Left **Position:** Forward

2015 - 16 Team/Level: London Devilettes Bantam AA
Graduation Year: 2019
Secondary School: Mother Teresa Catholic Secondary School
Academic Interests: Mathematics, Science and Physical Education
Athletic Goal: Team Canada Women's hockey
Achievements: Elementary Graduation Female Athlete of the Year 2015
Bronze Provincial Championship 2014
Bronze Lower Lakes Championship 2013
Lower Lakes League Champions 2016
Honour Roll
Principal Honour Roll
Ontario Summer Games hockey gold 2016
Favourite Quotation: "To give anything less than your best is to sacrifice the gift."
Steve Prefontaine



In Support of #30 Erica Fryer

PAIN? Get Relief NOW!
Back pain? Neck Pain?
Sports or Work injury?
We Have The Solution To Your Pain Problems!

WINDSOR NECK AND BACK CARE CENTRE
Pain Relief & Physical Rehabilitation
5115 Tecumseh Rd. East • Windsor, ON
Get the help you need today!
CALL 519.971.7770
www.WindsorNeckBack.com

HOGARTH HERMISTON SEVERS LLP
Barrister & Solicitors
Thomas W. Hogarth B.Comm, LL.B., M.B.A.
Deborah L. Severs LL.B.
Terry Hermiston B.A., LL.B.
Amy Lavoie B.A., LL.B.
(Mr.) Hillery R, Guttman B.Comm, LL.B.

- Real Estate
- Business
- Estates
- Corporate
- Divorce
- Construction
- Civil Litigation
- Personal Injury
- Wrongful Dismissal
- Motor Vehicle
- Canada Pension
- Insurance Matters

114 Giles Blvd. West Windsor, Ontario Tel: 973-3663 Fax: 258-2880
80 Sandwich St. South Amherburg, Ontario Tel: 736-7999 Fax: 736-9987

In Support of #2 Maggie McKee

ENERCARE HOMES SERVICES
80 Allstate Parkway
Markham, ON L3R 6H3
T. 1-855-255-5458
www.enercare.ca



At Enercare we are committed to providing our customers with an exceptional customer experience, innovative products and services, and a commitment to always offering the best advice for your home comfort.

You can have peace of mind knowing that your home's water heater, heating, cooling, plumbing and duct cleaning needs will be well taken care of by people who have years of experience.

Enercare Home Services, is one of the largest home services companies in Canada serving approximately 1.1 million customers across Ontario. Our call centre employees are ready to take your calls, our fully licensed and insured technicians are responding to your service and install calls, and our Energy Management Consultants are available to meet with you day or night.

We will continue to develop products and services that set us apart from our competition like our Same Day Service: when you are a Protection Plan, Hvac or water heater customer, you'll enjoy peace of mind when you call before 5pm that day.

We are publicly traded on the Toronto Stock Exchange and currently have an investment grade credit rating. We are a proud Canadian company, with our head office in Ontario and we plan on growing our business in Ontario and across this great country.

As Enercare Home Services, we are excited about the future and as our customers, we hope you are too. We look forward to improving the ways in which we serve you.

Need Service Now?
EMERGENCY RESPONSE
24/7 Call Centre Support
Water Heaters, Furnaces & Air Conditioners
[1 855-255-5458](tel:18552555458)
Electricity, Water & Thermal Sub-metering
[1 866-449-4423](tel:18664494423)

London Junior Devilettes Summer Camp



Highlights of the camp week include:

- 3 hours of ice time per day
- 6 to 1 player to coach ratio
- Daily power skating instruction to improve your game (stride, balance, agility, speed and explosive starts)

- Instruction on how to improve your puck control, passing and shooting skills both stationary and while moving
- Off ice sessions include team challenges, co-operative games, video and a variety of fun activities with members of the Devilettes Junior Team

Summer Camps are open to players from all associations



SPORT
TOURISM
LONDON
CANADA



FROM GRASS ROOTS TO MAJOR INTERNATIONAL SPORTING EVENTS, LONDON IS THE PLACE TO PLAY!

londontourism.ca



SPORTTOURISMLDN



SPORTTOURISMLDN