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# TRC ICESOLATION SHOWCASE

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## TRC ICESolation Hockey Showcase Itinerary

Date: December 10<sup>th</sup>, 2020

Time: 1:00 pm – 5:00 pm

The Rise Centre CEO  
Head Coach  
Aerial Promotions  
Videographer/ Marketing Assistant

Jim Wilson – [jwilson@therisecentre.com](mailto:jwilson@therisecentre.com)  
Matt Morrow – [mrorrow@therisecentre.com](mailto:mrorrow@therisecentre.com)  
Robin Wilson – [smile@aerialpromotions.ca](mailto:smile@aerialpromotions.ca)  
Aayush Das – [adas@therisecentre.com](mailto:adas@therisecentre.com)

Time	Description
1:00 pm – 1:45 pm	Excel Course Setup
2:00 pm – 2:30 pm	<u>Phase 1 testing</u>
2:00 – 2:20	Sprints and Reaction Agility testing
2:20 – 2:30	Reconfiguration, Interview players
2:30 pm – 3:00 pm	<u>Phase 2 testing</u>
2:30 – 2:50	Weave agility and Transition Agility
2:50 – 3:00	Reconfiguration, Ice cut, Interview players
3:00 pm- 3:40 pm	<u>Goalie Testing</u> Station 1: Goalie pro agility slide (centre ice) Station 2: Goalie reaction drill (One end crease) Station 3: Long recovery left and right drill (Opposite crease) Station 4: Short recovery left and right drill (Same crease)
3:40 pm – 3:45 pm	Remove equipment, SKIP ICE CUT
3:45 pm – 4:40 pm	Game Scrimmage
4:40 pm – 4:50 pm	Champion announced, Belt presentation

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## Skills Combine Breakdown

### Phase 1 Tests:

1. 30m Forward Sprint without puck – To evaluate forward acceleration and speed
2. 30m Forward Sprint with puck – To evaluate forward acceleration and speed while maintaining puck control
3. 30m Backward Sprint without puck – To evaluate backward acceleration and speed
4. 30m Backward Sprint with puck – To evaluate backward acceleration and speed while maintaining puck control
5. Reaction Agility Drill Forward without puck – To evaluate reaction time and lateral agility
6. Reaction Agility Drill Forward with puck – To evaluate reaction time and lateral agility while also maintaining puck control

### Phase 2 Tests:

1. Weave Agility Forward without puck – To evaluate forward acceleration, agility and ability to maintain speed while performing multi directional movements
2. Weave Agility Forward with puck – To evaluate forward acceleration, agility and ability to maintain speed while performing multi directional movements while maintaining puck control
3. Transition Agility Forward without puck – To evaluate agility and directional transitions from forward to backward skating
4. Transition Agility Forward with puck – To evaluate agility and directional transitions from forward to backward skating while also maintaining puck control

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## Goalie Testing:

1. Long Recovery Right – To evaluate speed out of the net, transitions between upright and butterfly positions, as well as lateral movement across the crease
2. Long Recovery Left – To evaluate speed out of the net, transitions between upright and butterfly positions, as well as lateral movement across the crease
3. Short Recovery Right – To evaluate agility, tight movement speed and control, as well as transition ability from upright readiness to butterfly and vice versa
4. Short Recovery Left – To evaluate agility, tight movement speed and control, as well as transition ability from upright readiness to butterfly and vice versa

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## Scrimmage Breakdown

### SCRIMMAGE RULES:

5-minute warm-up

3 Periods – 15-minute running clock

2–minute intermission between each period

### **Teams:**

Team Morrow (White)			Team Dreger (Black)		
Jeremi Tremblay	U18	2022	Matthew Egan	U18	2021
Josef Slepica	U18	2021	Rocco Tavernese	U16	2023
Matthew Medeiros	U18	2021	Hunter Graham	U18	2022
Zach Johnson	U16	2022	Mathew Fortin	U18	2022
Hunter Hrushka	U18	2021	Login Wilson	U18	2021
Kevin Bond	U18	2021	Ethan Finlason	U18	2021 (PG)
Logan Fessenden	U16	2024	Damian Bridgett	U18	2021
Nicholas Pezzetta	U16	2022	AJ Guibord	U18	2021
Connor Loerzel	U18	2021			

### **Goalies:**

Anthony Angelis (Orange)	U18	2021
Jeffrey Dreger (Gold)	U18	2021
Charles Edouard Legros (Red)	U16	2023

**Referees:** Marcus Jones | Robert Jones

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## TRCMH 2020-21 – U16/U18

#	First Name	Last Name	Shot	Position
1	Charles	Edouard-Legros	R	Goalie
4	Ethan	Finlason*	R	Defense
5	Rocco	Tavernese	L	Defense
7	Josef	Slepica*	R	Wing
8	Zach	Johnson	L	Center
14	Aaron "AJ"	Guibord*	R	Center
16	Jeremi	Tremblay	R	Center
19	Connor	Loerzel*	L	Defense
20	Matthew	Medeiros*	L	Wing
21	Nicholas	Pezzetta	R	Wing
30	Anthony	Angelis*	L	Goalie
34	Jeffrey	Dreger*	L	Goalie
42	Mathew	Fortin	R	Center/Wing
44	Hunter	Graham	R	Defense
77	Damian	Bridgett*	L	Wing
85	Matthew	Egan*	L	Wing
87	Logan	Fessenden	L	Defense
91	Kevin	Bond*	L	Wing
94	Login	Wilson*	R	Wing
97	Hunter	Hrushka*	R	Defense

Note: \* Senior players

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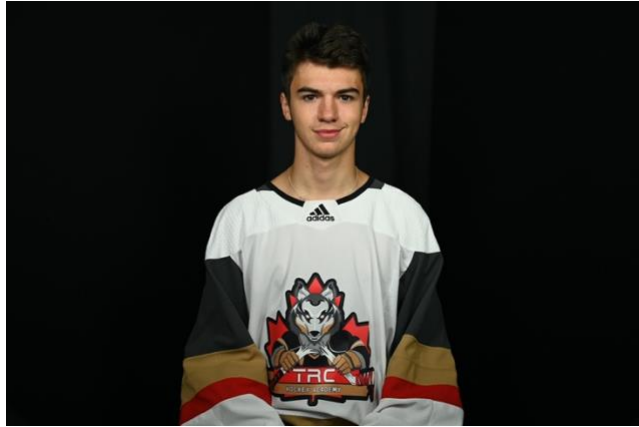
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## #TRCMH TRC MEN'S HOCKEY ACADEMY



### #1 Charles-Edouard Legros

Height: 5'10"

Weight: 132 lbs

Shoots: Right

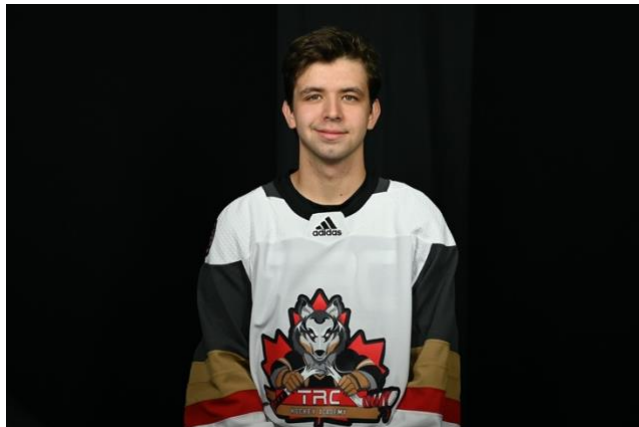
Jersey Number: #1

Position: Goalie

Class: 2023

Hometown: Levis, QC

- 1st year at TRC
- Very calm and composed in net, no wasted movement
- Technically sound
- Showing tremendous growth in his lateral movement and skating ability



### #4 Ethan Finlason

Height: 5' 9"

Weight: 160 lb

Shoots: Right

Jersey Number: #4

Position: Defence

Class: 2021

Hometown: George Town, KY

- 1st year at TRC
- High-level offensive instincts
- Consistent/confident first pass
- Showing tremendous growth in his defensive mindset

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## #5 Rocco Tavernese

Height: 5'7"

Weight: 147 lbs

Shoots: Left

Jersey Number: #5

Position: Defence

Class: 2023

Hometown: Brantford, ON

- 1st year at TRC
- High level skill and agility
- Developing the traits needed to be a reliable defenseman
- Showing tremendous progress in his ability to read plays and make quick decisions with the puck



## #7 Josef Slepica

Height: 6' 0

Weight: 180 lbs

Shoots: Right

Jersey Number: #7

Position: Forward

Class: 2021

Hometown: Deerwood, MIN

- 1st year at TRC
- Transitioned from defense to forward
- Has gained strength and speed quickly at TRC
- Showing tremendous growth in his confidence and execution of the game plan

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## #8 Zach Johnson

Height: 5'11"

Weight: 155 lbs

Shoots: Left

Jersey Number: #8

Position: Forward

Class: 2022

Hometown: Oshweken, ON

- 2nd year at TRC
- Displays the ability to emerge with the puck in traffic
- Has an understated scoring and playmaking ability
- Tremendous growth in understanding hockey strategy
- Works hard and consistently competes every day



## #14 AJ Guibord

Height: 5' 8"

Weight: 170 lb

Shoots: Left

Jersey Number: #14

Position: Forward

Class: 2021

Hometown: Milford, MI

- 1st year at TRC
- Developed into a consistent centermen but can also move to wing
- Good at faceoffs
- Has shown tremendous growth in speed and agility

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## #16 Jeremi Tremblay

Height: 5' 11"

Weight: 185 lb

Shoots: Right

Jersey Number: #16

Position: Forward

Class: 2022

Hometown: Quebec City, QC

- 1st year at TRC
- Naturally gifted athlete
- Has dedicated himself to playing consistent structured hockey with balance in his game
- Detail oriented player with elite potential, learning to be a leader



## #19 Connor Loerzel

Height: 6'1"

Weight: 194 lbs

Shoots: Left

Jersey Number: #19

Position: Defense

Class: 2021

Hometown: Stratford, ON

- 2nd year at TRC
- Great length and skating ability
- Displays high level poise and puck-moving ability
- Showing growth in playing with more consistent physicality and snarl

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## #20 Matt Medeiros

Height: 5' 10"

Weight: 175 lb

Shoots: Left

Jersey Number: #20

Position: Forward

Class: 2021

Hometown: New Bedford, MA

- 1st year at TRC
- Has developed consistency in his puck management
- Has gained confidence and is now showing natural ability
- Still in the process of learning to play a complete game and use his teammates



## #21 Nicholas Pezzetta

Height: 5'10"

Weight: 154 lbs

Shoots: Left

Jersey Number: #21

Position: Defence

Class: 2023

Hometown: Bolzano, ITA

- 2nd year at TRC
- Elite level skater with skill
- Can score when he has the opportunity
- Making strides to get physically bigger and stronger
- Learning to compete on a consistent basis and is getting mentally stronger

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## #30 Anthony Angelis

Height: 5' 7"

Weight: 165 lb

Shoots: Left

Jersey Number: #30

Position: Goalie

Class: 2021

Hometown: Laval, QC

- 1st year at TRC
- Naturally athletic goalie who gives his team a chance to win every night
- Great lateral movement and compete level
- Has shown great improvement in eliminating second chance opportunities



## #34 Jeffrey Dreger

Height: 6' 0

Weight: 165 lb

Shoots: Left

Jersey Number: #35

Position: Goalie

Class: 2021

Hometown: Orlando, FLA

- 1st year TRC
- Technically sound
- High hockey IQ helps him put himself in the right position to make routine saves
- Making gains physically and mentally which helps him with being more consistent

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## #42 Mathew Fortin

Height: 6' 0"

Weight: 170 lb

Shoots: Right

Jersey Number: #42

Position: Forward

Class: 2022

Hometown: Thetford Mines, QC

- 1st year at TRC
- Explosive skater who has a high compete level
- Learning how to manage the game and his skills better which is helping create better scoring chances
- Constantly displays a team-first mentality



## #44 David "Hunter" Graham

Height: 5' 7"

Weight: 160 lb

Shoots: Right

Jersey Number: #44

Position: Defence

Class: 2022

Hometown: Pottsville, TX

- 1st year at TRC
- Mobile, offensive defenseman
- High compete level with a great stick
- Making strides to add size and strength for physical puck battles

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## #77 Damian Bridgett

Height: 5' 11"

Weight: 150 lb

Shoots: Left

Jersey Number: #77

Position: Forward

Class: 2021

Hometown: Ajax, ON

- 1st year at TRC
- Possesses high-end speed and great scoring ability
- Displays nice hands and creativity around the net
- Efforts in the gym have helped with puck protection and winning one on one battles



## #85 Matthew Egan

Height: 6' 2"

Weight: 196 lb

Shoots: Left

Jersey Number: #85

Position: Forward

Class: 2021

Hometown: St. Adolphe, MB

- 1st year at TRC
- Physically gifted athlete with high compete level
- Has scoring ability and an elite level shot
- Has made tremendous improvement in consistency and puck management
- Learning to use his size and speed to his advantage

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## #87 Logan Fessenden

Height: 6'2"

Weight: 190 lbs

Shoots: Left

Jersey Number: #7

Position: Defence

Class: 2024

Hometown: Pasadena, CA

- 1st year at TRC
- Phenomenal natural ability
- Displays maturity and work ethic beyond his age
- Tremendous improvement on his defensive responsibilities and foot speed



## #91 Kevin Bond

Height: 6' 1"

Weight: 170 lb

Shoots: Left

Jersey Number: #91

Position: Forward

Class: 2021

Hometown: Pointe-Claire, QC

- 1st year at TRC
- Natural leader
- Prepares well and understands the game plan, always first to puck
- Creates offense by crashing the net and winning puck battles down low
- Learning to manage the game better

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## #94 Login Wilson

Height: 6' 0"

Weight: 165 lb

Shoots: Right

Jersey Number: #94

Position: Forward

Class: 2021

Hometown: Dundas, ON

- 3rd year at TRC
- High hockey IQ, elite distributor of the puck, possess a natural scoring touch
- Has an elite shot
- Has displayed relentless work-ethic and attention to detail
- Possess natural leadership ability



## #97 Hunter Hrushka

Height: 5' 10"

Weight: 140 lb

Shoots: Right

Jersey Number: #97

Position: Defence

Class: 2021

Hometown: Wynyard, SK

- 1st year at TRC
- High end puck skill and shooting ability
- Has developed patience and vision with the puck
- Has made improvements in consistency and execution by simplifying his game

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