



ME DIA GUIDE

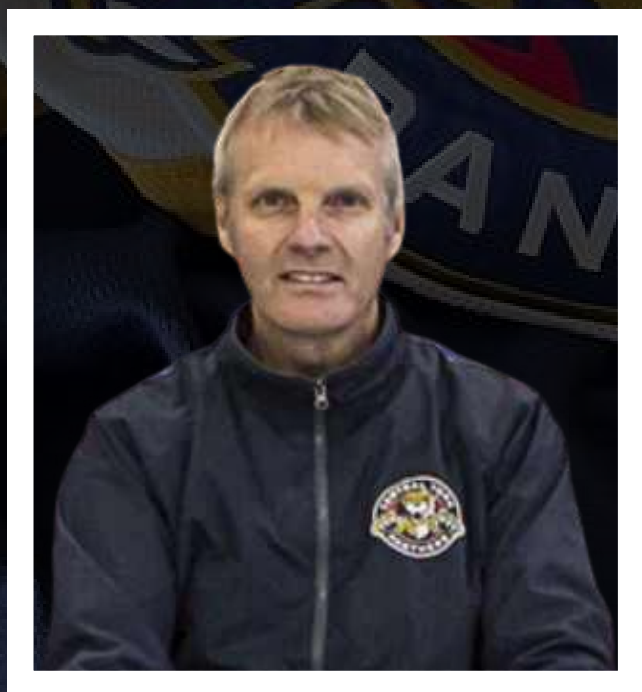
SHOWCASE

CYGHA U18AA 2025/26

FOREWORD

Coach: Steve Dempsey
Email: coach@cygha.com

This is Steve Dempsey's third year coaching the Central York Panthers U18AA team. Steve has focused his energy on both recruiting and building an elite homegrown high-performance program that offers players the opportunity to train and practice in a unique pre-university/pre-junior setting. Focusing on family core values like accountability, selflessness, attitude and respect, he is determined to build a program that resonates with like-minded character focused players. Steve is really looking forward to working with these high-performance athletes and helping them to develop as players and, more importantly, as people.



Steve is also the Head Coach for the Central York U22AA team. Steve is using this opportunity to coach the U18AA team to help create a unique synergy between both teams that will elevate both programs.

STAFF



C. Buckley



C. Dafoe



A. Copely



J. Gallenero



A. Giantopoulos



E. Nelson

ROSTER

Tehya Bowen	43	Goalie
Kallee Seca	80	Goalie
Avery Davidge	00	Defence
Eleni Karailiadis	5	Defence
Skylar Penfold	11	Defence
Taryn Salter	16	Defence
Summer Neal	18	Defence
Lauren Pham	79	Defence
Ella Frasca	87	Defence
Sarah Martin	7	Forward
Charlotte Endicott	12	Forward
Avery Atkinson	19	Forward
Taylor Cooper	23	Forward
Evelyne Ball-Witriak	24	Forward
Brooklyn Murphy	27	Forward
Malena Tarasio	73	Forward
Ember Crawford	88	Forward

DEFENSE / SHOOTS LEFT / 2010

AVERY DAVIDGE

HEIGHT

5'6"

WEIGHT

140 LBS

HOMETOWN

Newmarket



I am a natural athlete with a strong sense of self. As a player I am a strong, physical defender who is defensive minded and can play left or right side. As a teammate, I am supportive in the dressing room and on the ice, communicate and am fun! I am consistently considered coachable and a good teammate.

When I am not on the ice, I enjoy a variety of other sports, am involved in school activities and spend time with family and friends. I am an honour roll student and hope to continue as a well-rounded student athlete in university.

HIGH SCHOOL

Sir William
Mulock SS

ACADEMICS

Fitness, health,
science

CAREER

Professional hockey
player and trainer

00

DEFENSE / SHOOTS LEFT / 2009

ELENI
KARAILIADIS

HEIGHT 5'6.5"

WEIGHT 135 LBS

HOMETOWN Richmond Hill



I'm a hardworking player known for my speed, character, and physicality. I started playing hockey at a later age. My first year was in U15BB, moving up to U15A, advancing to U18A, and now I play on the U18AA team of Central York Panthers. Whether I'm pinning someone on the boards or blocking shots, I take pride in doing the little things that help my team win big. Off the ice, I train all year, working on muscular and cardiovascular endurance by working out and studying video clips to improve my game. My coaches describe me as coachable, competitive, and a natural leader, both in the locker room and on the ice. I reflect good energy and positivity toward any team I play on to keep the dressing room and the ice a belonging space for all. Alongside hockey, I play soccer for my school team. This year, I was captain and won the Lions Character Award for spreading positivity to everyone around me.

HIGH SCHOOL St. Theresa of Lisieux CHS

ACADEMICS Biology, Kinesiology, English and Psychology

CAREER Teaching, and psychology

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SARAH MARTIN

HEIGHT

5'3"

WEIGHT

125 LBS

HOMETOWN

VAUGHAN



Hi, my name is Sarah and I love hockey. I started playing hockey when I was just 3 years old, inspired by my older sister who plays too. I'm a fast, hardworking, 200-foot player who loves forechecking and making plays for my teammates. Off the ice, I'm a positive, compassionate leader who is always determined to reach my goals. A few fun facts about me are that I love to bake and read in my free time. I consider myself an athlete and play lots of other sports too. I play basketball, where I helped my team win the regional championship, and also compete in track and field in sprints and high jump (placed first in regionals). I've been a Panther for most of my life, and I couldn't be more excited to be back in Panther gear!

HIGH SCHOOL St. Theresa of
Lisieux CHS

ACADEMICS Math, Science

CAREER Business executive in
sports industry

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SKYLAR PENFOLD

HEIGHT 5'4"

WEIGHT 145 LBS

HOMETOWN Pointe au Baril



My name is Skylar Penfold, and I'm a defenseman heading into my third year in the U18 division. I've been playing hockey since I was nine and have always dreamed of competing at the collegiate level while pursuing a strong education. I take pride in being a reliable, team-first player who leads by example, works hard every shift, and plays with confidence and poise under pressure.

Off the ice, I'm committed to fitness, leadership, and personal growth, volunteering in my community and mentoring younger players through refereeing and coaching. I've learned that setbacks fuel progress, and I approach every challenge as an opportunity to grow. With a strong work ethic, love for the game, and a drive to continually improve, I'm excited to bring my passion and leadership to the next level.

HIGH SCHOOL St. Dominic
CHS

ACADEMICS Outdoor
education, Math,
and Biology.

CAREER Psychology/
Kinesiology

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FORWARD / SHOOTS RIGHT / 2011

CHARLOTTE ENDICOTT

HEIGHT 5'7"

WEIGHT 145 LBS

HOMETOWN Richmond Hill



I have been on skates my whole life. I played boys AAA for 5 years before I stepped foot in girls hockey. I am a very passionate player and on the ice I can be described as fast, powerful, skilled, physical, and shifty. I play tough, make plays and score. My goals through hockey are playing at the highest level including NCAA D1, Team Canada, and the PWHL. Off the ice I like to play different sports including soccer, track, and tennis. I also enjoy going to the gym and going for runs, I am very disciplined, hard-working, and dedicated. I am very committed and want to strive to be my best in everything I do.

HIGH SCHOOL The Country Day School

ACADEMICS Science, math

CAREER Professional Hockey Player (PWHL), Sports Medicine

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TARYN SALTER

HEIGHT

5'2"

WEIGHT

127 LBS

HOMETOWN

Whitby



On and off the ice, I always give 100%! My strong skating skills and hockey IQ allow me to play smart and have a positive impact. I believe it is important to be a positive team player, someone who celebrates everyone's accomplishments and leads by example. I'm always determined to learn and improve, and I see every challenge as a chance to get better. Hockey is a huge part of who I am, and I hope to continue playing at the university level while pursuing a degree in healthcare. My goal is to keep growing as a player while also preparing for a future where I can help others.

HIGH SCHOOL

All Saints
C.S.S.

ACADEMICS

Math and
Science

CAREER

Nursing

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SUMMER NEAL

HEIGHT

5'4"

WEIGHT

120 LBS

HOMETOWN

Markham



I'm a high hockey IQ player known for my speed, smart decision-making, and ability to read the play ahead of time. As a fast skater, I create space and capitalize on transitions, always looking to make the smart pass or finish the play. I take pride in being a dependable teammate and a coachable player who competes hard every shift.

Off the ice, I'm a dedicated multi-sport athlete and honor roll student who brings the same competitive edge to softball, ball hockey, field hockey and flag football. I started playing hockey when I was six and instantly fell in love with the game. Outside of sports, I enjoy volunteering with youth programs and spending time outdoors.

I bring energy, leadership, and a team-first mentality—always striving to improve and make an impact.

HIGH SCHOOL

Markville SS

ACADEMICS

Education

CAREER

Professional
hockey coach

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AVERY ATKINSON

HEIGHT 5'4"

WEIGHT 130 LBS

HOMETOWN Stouffville



I first started playing hockey when I was 4 years old, ever since then I have gained a love for the game. On the ice I play a 200 foot game and work my hardest from start to finish. I make good passes and break up plays. I'm a great teammate and bring lots of positive energy everywhere I go. Off the ice I enjoy working out and going for morning runs. I enjoy pushing myself to my best abilities.

HIGH SCHOOL Stouffville District SS

ACADEMICS Math, Science, Fitness

CAREER Fire Fighter

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TAYLOR COOPER

HEIGHT

5'6"

WEIGHT

120 LBS

HOMETOWN

Aurora



I'm a hardworking and dedicated athlete who gives 100% every time I step on the ice.

I'm a strong skater, gritty in battles, and relentless in pursuing the puck. I never give up on a play and always aim to make smart decisions under pressure. I'm eager to learn and constantly look for ways to improve my game. Off the ice, I'm a positive, team-first player who enjoys making my teammates smile while supporting them. When I'm not at the rink, you'll likely find me on the lacrosse field, where I bring the same intensity and drive. I take pride in balancing my academics with my athletics, even when it's challenging. I work hard in the classroom and dream of working in the sports medicine field. I hope to continue playing the sport I love at the university level while furthering my studies, growing as both an athlete and a student.

HIGH SCHOOL

The Country
Day School

ACADEMICS

Phys Ed/
Science

CAREER

Sports Medicine/
Physiotherapy

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FORWARD / SHOOTS LEFT / 2010

EVELYNE
BALL-
WITRIAK

HEIGHT 5'8"

WEIGHT 140 LBS

HOMETOWN Barrie



Hi everyone, my name is Evelyn Ball-Witriak and I am 15 years old. I started playing hockey when I was five, and I've loved it ever since. On the ice, my strengths are battling in the boards and being an aggressive player, allowing me to get the puck off a defender and make plays. As well as being a strong playmaker I can read the game and set my teammates up for scoring opportunities. Off the ice, I'm a dedicated student, maintaining a high GPA (4.0) while actively participating in school sports. My favourite school sport is flag football because I like to use my speed to get around people. A fun fact about me? I have a dog named Hoops, I named him that because we're a very sporty family, and he's our little mascot! Hockey has given me so many things. It has allowed me to gain leadership skills, learning to handle setbacks, bounce back from losses, and maintain a positive attitude.

HIGH SCHOOL Barrie North Collegiate

ACADEMICS English, Chemistry, Visual Arts, and Food & Nutrition

CAREER Doctor

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BROOKLYN MURPHY

HEIGHT 5,6"

WEIGHT 120 LBS

HOMETOWN Mount Albert



I am passionate about hockey! I pride myself on having a strong team attitude and a positive personality that keeps the team spirit high. I'm always open to feedback from my coaches and ready to make adjustments to improve my game. On the ice, I have great offensive instincts, strong skating, and excellent puck skills. I have been told that I have a very high level of hockey sense. I consistently put in extra effort to upskill and become a better player, both on and off the ice. Being a great teammate is so important to me, and I always try to support and uplift my fellow players! Fun fact: hockey runs in my blood- both my dad and grandfather played in the NHL!

HIGH SCHOOL Sacred Heart

ACADEMICS Math, Art, Business

CAREER Physiotherapist, business,
sales medical device

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GOALIE / CATCHES LEFT / 2010

TEHYA BOWEN

HEIGHT

5'6.5"

WEIGHT

145 LBS

HOMETOWN

Sunderland



I started playing hockey when I was 8. Prior to that I played ringette. I consider myself to be a positive, hard working person and player. I continue to work on my mental and physical strength to help improve my play on the ice and as a person. As I play a very important position, I have learned to embrace a positive mindset in hockey and in life. I am able to bounce back and find a solution when something doesn't go the way it should. I value being a team player and supportive teammate. I am very active and participate in many sports including volleyball, javelin, discus and shot put. Last school year I was very successful in shot put and earned my way to compete in OFSAA. My goal for this hockey season is to become the best goalie, teammate and person I can be.

HIGH SCHOOL

Brock High
School

ACADEMICS

Math,
Photography,
Science, English

CAREER

Teacher, Accountant,
Chiropractor

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MALENA TARASIO

HEIGHT

5'4"

WEIGHT

129 LBS

HOMETOWN

Newcastle



I'm a competitive forward who's recognized for protecting the puck, forechecking hard, and making space for my teammates to create winning plays. I love playing under pressure, moving the puck quickly, and setting up scoring chances whenever I can. In the 2024–2025 season, I had a +84 rating and helped the Durham West Lightning to win the Provincial Championship. I've been invited to the U16 Ontario Summer Games as a minor (2024), the CCM 68 Combine in Chicago (2024), and the 2025 OWSA U16 High Performance Summer Camp. Outside of hockey, I'm a focused student and a multi-sport athlete. I like training, hanging out with my family, and helping younger players learn and grow. I'm coachable, hardworking, and always striving to improve. I started skating when I was 3 and haven't stopped since. My goal is to play university hockey and make a difference every time I step on the ice.

HIGH SCHOOL St. Stephen
CSS

ACADEMICS Health, Physical
Education,
Kinesiology, History

CAREER Kinesiology

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LAUREN PHAM

HEIGHT

5'4"

WEIGHT

140 LBS

HOMETOWN

Vaughan



I'm a fast, aggressive defense who uses my skating to pressure the puck, jump into the play, and shut down scoring chances. I play with intensity, confidence, and I'm not afraid to be physical. Off the ice, I train hard and work out often to stay strong and explosive for hockey. I'm passionate about fitness and always push myself to improve. I'm also very social and energetic! I love bringing positive energy to the team, talking with people, and being part of a strong team environment. I started playing hockey when I was young, and I've loved playing the game ever since.

HIGH SCHOOL Father
Bressani CHS

ACADEMICS Science; math

CAREER Engineer

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GOALIE / CATCHES LEFT / 2010

KALLEE SEGA

HEIGHT 5'7"

WEIGHT 125 LBS

HOMETOWN Midland



I'm a athletic goalie, who loves to make big saves to help my team. I really enjoy the competitiveness of playing net. As a teammate, I want to make sure we follow the expectations and include all players in the process. Away from the rink I love to workout in the gym with my group of close friends. School and Family are both very important to me. My happy place is the cottage with the family and my dogs Ryder and Paisley. My dream is to one day earn a NCAA scholarship and play in the PWHL.

HIGH SCHOOL

Georgian
Bay DSS

ACADEMICS

Law, Physical
Education,
English,

CAREER

Lawyer

80

DEFENSE / SHOOTS LEFT / 2008

ELLA FRASCA

HEIGHT

5'6"

WEIGHT

135 LBS

HOMETOWN

Maple



Hockey has been the centre of my life for as long as I can remember. I grew up around the game, following my older brother around for tournaments, and watching every Leaf game with my family. Growing up with my older brother and 3 older boy cousins, who live on the same street, I learned how to be tough and what it takes to be a winner. This is where I got my competitive edge. It quickly translated over to hockey as I wanted to do whatever I needed to in order to win, whether it is a puck battle, blocking a shot or winning a race. The most consistent part of my game is that coaches can count on me to always show up and give 110%. I love the friendships, camaraderie, atmosphere of the rink, competitiveness of the game, and everything else that comes with hockey. That's why I will do whatever it takes to get to play at the next level and continue fulfilling my dream.

HIGH SCHOOL

St. Jean de Brebeuf CHS

ACADEMICS

Kinesiology;
English

CAREER

Physiotherapist

87

EMBER CRAWFORD

HEIGHT 5'9"

WEIGHT 120 LBS

HOMETOWN Georgina



I started hockey later than most of my teammates. I played rep soccer for many years until I was 11, when I asked my parents if I could play house league hockey for fun. They agreed and registered me. That was the year I fell in love with hockey. Once I started focusing on my new sport, my dad built an ice rink for me, and I taught myself how to skate. The next season, I made the Central York Panthers U13BB team, followed by U15A, U15AA, and currently U18AA. I am a playmaker on the ice with a hard shot, and off the ice, I hold myself accountable by trying to improve every day. My goal is to play professionally and later coach, helping to grow the game I love.

HIGH SCHOOL Newmarket High School

ACADEMICS Physical Education and Science

CAREER High School Physical Education Teacher/Hockey Coach/PWHL Player

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