

Central York Panthers U18AA 2023-2024

Media Guide





Central York Panthers U18AA 2023-2024

Head Coach

Head Coach Steve Dempsey



Steve Dempsey will be going into his first season with the U18AA team in May 2023. 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 both 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.

coach@cygha.com | 416-550-7779



Central York
Panthers
U18AA
2023-2024

Coaches

Assistant Coaches



Chris Buckley



Carly Baker



Annalyssia Price



Central York Panthers U18AA 2023-2024

Tournaments

Dates	Tournament
Sept 2-3	Etobicoke Exhibition Series
Sept 8-10	Stoney Creek U18AA Showcase
Oct 6-8	Durham West U18AA North American Showcase
Dec 1-3	Waterloo USA Canada Cup



Central York Panthers U18AA 2023-2024

Roster

Goalies

30	Addison Mitchell	2008
31	Audrey Thomas	2006

Forwards

4	Caroline Wo	2007
7	Sophia Liu	2008
11	Emily Daniels	2006
12	Kaitlyn Brown	2006
13	Abby Pak	2008
23	Kayla Lyn	2008
27	Noa Marincola	2007
91	Allie Dinsmore	2007
93	Emma Hung	2008
97	Elizabeth Janovski	2008

Defence

6	Abby Godfrey	2006
18	Breanne Hurley	2008
21	Morgan Liew	2006
65	Clara Liu	2007
66	Brooklynn Vito	2008



#4 Caroline Wo

Position:	Forward	Shoots:	Left
Height:	5'4"	Weight:	120 lbs
Birth Year:	2007	Grad Year:	2025
School:	St Theresa of Lisieux	Hometown:	Richmond Hill, ON
Average:	90%	Previous Team:	Central York Panthers U18A
Academic Interests:	Math & Sciences		

As someone who has been playing hockey for my whole life, I have learnt many lessons from hockey that have not only helped me in the sport, but throughout my entire life. I am a hardworking athlete and I have a lot of passion towards hockey. I have experience with all positions and I am a fast learner when new information is put out. If I don't understand anything, I ask questions right away.



#6 Abby Godfrey

Position:	Defence	Shoots:	Right
Height:	5'7"	Weight:	135 lbs
Birth Year:	2006	Grad Year:	2024
School:	Newmarket HS	Hometown:	Georgina, ON
Average:	93%	Previous Team:	Central York Panthers U18AA
Academic Interests:	Sciences & Math		

Since starting hockey at the age of 4, I see myself as a hard working student-athlete. I am someone who sets goals both on and off the ice and strives to achieve them with the mindset of wanting to get better. In addition to hockey, I play CSL soccer where I participate in showcases and ID camps. I understand that alongside sports, school is my number one priority. I have maintained honour roll all throughout high school so far and am eager to bring the same drive into my grade 12 year. Following high school, my goal in university is to earn a degree in science to allow me to pursue a career in the engineering field.



#7 Sophia Liu

Position:	Forward	Shoots:	Right
Height:	5'8"	Weight:	155 lbs
Birth Year:	2008	Grad Year:	2026
School:	Havergal College	Hometown:	Aurora, ON
Average:	96%	Previous Team:	Markham Stouffville Stars U15AA
Academic Interests:	Oncology, Medicine		

As a student athlete, I understand the discipline and commitment it takes to balance all areas of life. My hockey journey begun at six years old and I fell in love with the sport when I realized it was my escape from reality. At school, I am part of sports council, varsity hockey team, flag football team, and psychology club. Academic wise, I love mathematics, science, and English. I participate in math competitions regularly and enjoy being faced with all sorts of challenges. I graduated elementary school as valedictorian and strive to continue inspiring and leading others with undying passion.



#11 Emily Daniels

Position:	Forward	Shoots:	Right
Height:	5'6"	Weight:	150 lbs
Birth Year:	2006	Grad Year:	2024
School:	St. Maximilian Kolbe	Hometown:	Markham, ON
Average:	84%	Previous Team:	Central York Panthers U18AA
Academic Interests:	Kinesiology		

My favourite hobbies include activities that I enjoy at my cottage like fishing, swimming and water sports. I also enjoy working out and keeping physically fit by training in my home gym and elsewhere. My top academic interests are sciences, specifically in kinesiology, and I would like to become a physiotherapist or rehab doctor. I have been playing hockey for almost 13 years and hope to help build a stronger female program for younger generations.



#12 Kaitlyn Brown

Position:	Forward	Shoots:	Right
Height:	5'8"	Weight:	150 lbs
Birth Year:	2006	Grad Year:	2024
School:	Bradford District HS	Hometown:	Gilford, ON
Average:	91%	Previous Team:	Central York Panthers U18AA
Academic Interests:	Civil Engineering		

A versatile player who is highly skilled and relied on to play in all positions in any game situation. Always comes to the rink focused with a goal in mind, Kaitlyn can be counted on to give full effort. Kaitlyn's bright and positive personality makes her a great team player. Her commitment to being a high achieving student was recognized with the Principal's Leadership and Outstanding Student Award. Her athletic interests extend to all school sports. Her personal motto of "just one more" exemplifies her strong work ethic and her ability to lead by example in everything she does.



#13 Abby Pak

Position: Forward

Height: 5'5"

Birth Year: 2008

School: Bill Crothers SS

Average: 92%

Academic: Kinesiology

Interests:

Shoots: Right

Weight: 130 lbs

Grad Year: 2026

Hometown: Richmond Hill, ON

Previous Team: Markham Stouffville Stars U15AA

I am a reliable and responsible student-athlete with a very high compete level on the ice. I see myself as a strong offensive and defensive forward and a player who is not afraid to play with grit. As well as hockey, I take high priority in my academics and I work hard to achieve good grades to get into my preferred university. As a person, I intend to spread positivity and words of encouragement to my teammates on and off the ice.



#18 Breanne Hurley

Position:	Defence	Shoots:	Left
Height:	5'9"	Weight:	150 lbs
Birth Year:	2008	Grad Year:	2026
School:	Bill Crothers SS	Hometown:	Keswick, ON
Average:	81%	Previous Team:	Central York Panthers U15AA
Academic Interests:	Science, Art, English & Business		

I am a very passionate and determined student athlete who tries my best in everything I do. I fell in love with the game of hockey when I was 7 years old and have fallen more in love with the game each day since. I enjoy spending time with my teammates and I always try to encourage them during practices and games to push themselves, leading by example with a positive attitude. I would describe myself as a compassionate, empathetic and caring person who always wants to help others. Following high school, I want to attend university to play varsity hockey and study business and/or kinesiology.



#21 Morgan Liew

Position:	Defence	Shoots:	Right
Height:	5'5"	Weight:	125 lbs
Birth Year:	2006	Grad Year:	2024
School:	Bayview SS	Hometown:	Richmond Hill, ON
Average:	98%	Previous Team:	Central York Panthers U18AA
Academic Interests:	Engineering		

I am a reliable student-athlete who has played for the Panthers since the age of four. Sports are a key aspect of my life: in addition to hockey, I play competitive field lacrosse and volunteer as a coach for both sports. In terms of academics, I am enrolled in the International Baccalaureate programme hoping to study engineering in university, and I am the president of my school's Mental Health Club. The skills and character that I have built from the sport will allow me to strive for success in my future endeavours.



#23 Kayla Lyn

Position:	Forward	Shoots:	Left
Height:	5'5"	Weight:	120 lbs
Birth Year:	2008	Grad Year:	2026
School:	Bayview SS	Hometown:	Richmond Hill, ON
Average:	93%	Previous Team:	Central York Panthers U15AA
Academic Interests:	Math & English		

I am a responsible and hardworking student-athlete with a mindset of constant improvement and growth. I play high school flag football and field hockey while involved in various school clubs. As a Panther Cubs volunteer, I assisted younger girls in the hockey community, reaffirming my enjoyment of giving back. I received the school council/community service award and plan on staying involved. My interests outside of hockey include backcountry camping, skiing and snowboarding!



#27 Noa Marincola

Position:	Forward	Shoots:	Left
Height:	5'5"	Weight:	130 lbs
Birth Year:	2007	Grad Year:	2025
School:	St. Maximilian Kolbe	Hometown:	Stouffville, ON
Average:	80%	Previous Team:	Central York Panthers U18AA
Academic Interests:	Health Sciences		

As a Centre I am a strong, physical two-way forward who has a high offensive IQ, wins key faceoffs, sees the ice well and is very responsible in the defensive zone. I am known for my puck skills and setting up my line mates. I am a team leader on and off the ice and make my teammates around me better. I am always looking for ways to improve my game.



#30 Addison Mitchell

Position:	Goalie	Shoots:	Right
Height:	5'6"	Weight:	125 lbs
Birth Year:	2008	Grad Year:	2026
School:	St Joseph Catholic HS	Hometown:	Springwater, ON
Average:	86%	Previous Team:	Central York Panthers U15AA
Academic Interests:	Social work & therapy		

I am a multi-sport athlete and was on my school track and field team as well as their hockey team. Last season I played for the Central York Panthers as their U15AA goalie and am excited to continue as their U18 AA goalie. I am a hybrid goalie and play with confidence and determination. I have good positioning and track the puck well. My goal is to play hockey at a university level and to pursue my post-secondary studies to be a social worker/therapist.



#31 Audrey Thomas

Position:	Goalie	Shoots:	Left
Height:	5'7"	Weight:	125 lbs
Birth Year:	2006	Grad Year:	2024
School:	Newmarket HS	Hometown:	Newmarket, ON
Average:	86%	Previous Team:	Central York Panthers U18A
Academic Interests:	Geography & Environmental Sciences		

I am an outgoing, passionate student-athlete determined to improve every day, as an athlete and a person. The moment I started playing hockey I fell in love with the sport, and now I get to share my passion for the sport with the next generation and inspire them to chase their dreams just like me. That is something that is really important to me and inspires me to keep working to get better each day. My goal is to pursue a career in geography or environmental sciences while playing hockey at the university level.



#65 Clara Liu

Position:	Defence	Shoots:	Left
Height:	5'9"	Weight:	150 lbs
Birth Year:	2007	Grad Year:	2025
School:	Richmond Hill HS	Hometown:	Richmond Hill, ON
Average:	80%	Previous Team:	Central York Panthers U18A
Academic Interests:	Biomedical Engineering & Kinesiology		

I am a high performance athlete. I love to compete and have a drive to play. It has made me very dedicated while giving me a sense of identity. I would love to play throughout my university years while studying biomedical engineering or kinesiology. I enjoy learning about both topics because they interest me. In my free time, I love to ski and snowboard and participate in my town's Youth Action Committee. I am committed to being a student-athlete and being able to manage my school work and training. Hockey is my drive, commitment and me.



#66 Brooklynn Vito

Position: Defence

Height: 5'8"

Birth Year: 2008

School: Bill Crothers SS

Average: 93%

Academic Interests: Engineering & Kinesiology

Shoots: Left

Weight: 160 lbs

Grad Year: 2026

Hometown: Georgina, ON

Previous Team: Markham Stouffville Stars U15AA

Since starting hockey the age of 6 I've grown into a hard-working student athlete. I have big aspirations for my life as I'm interested in pursuing a career in engineering. I set goals both on and off the ice to help achieve my athletic and educational goals. I have experience in all positions with defence being my main focus. I would describe myself as a physical and smart player. I would say my style of hockey is more on the defensive side. Playing hockey over the years has taught me so many lessons such as how to be a team player, time management, and how to persevere through injuries or just hard times.



#91 Allie Dinsmore

Position:	Forward	Shoots:	Right
Height:	5'5"	Weight:	120 lbs
Birth Year:	2007	Grad Year:	2025
School:	GW Williams SS	Hometown:	Aurora, ON
Average:	80%	Previous Team:	Central York Panthers U18A
Academic Interests:	Physical Education, Sciences & Law		

I am a very committed, hard working student athlete. I'm a very high skilled, fast and hard working player, I hope to pursue hockey for years to come. I love the competitive side of this sport as well as I enjoy the many life long friendships that come along with it. It is important to me to be a part of growing the sport of hockey for younger athletes. My goal is to play hockey at a university or college level in a competitive environment in the future. I have and will continue to work hard on my game. I strive to improve in both academic and athletic disciplines.



#93 Emma Hung

Position:	Forward	Shoots:	Left
Height:	5'4"	Weight:	120 lbs
Birth Year:	2008	Grad Year:	2026
School:	Bill Crothers SS	Hometown:	Markham, ON
Average:	93%	Previous Team:	Markham Stouffville Stars U15AA
Academic Interests:	Medicine or Engineering		

Since starting hockey at the age of 5 and falling in love with the game, I now look at myself as a dedicated student-athlete who values grit and effort. I also play varsity soccer, volleyball, and hockey at school, aiming to leave a worthwhile footprint everywhere I go, while maintaining my grades. On ice, I'm a hardworking, quick, 200-foot team player committed to improvement, and by putting in hard work and continuously developing my skills, my goal is to play high-level university hockey and have a career where I can have a positive impact on others around me.



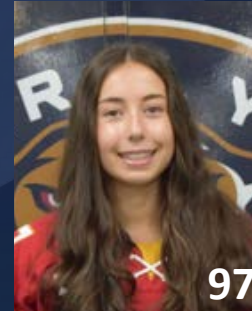
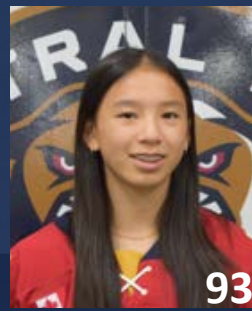
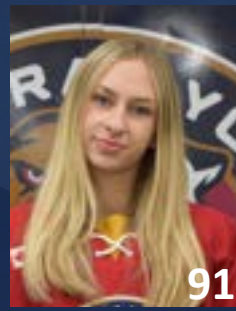
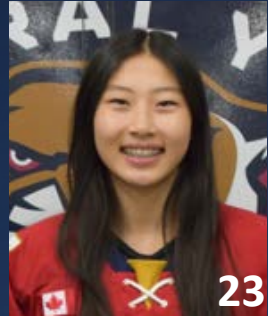
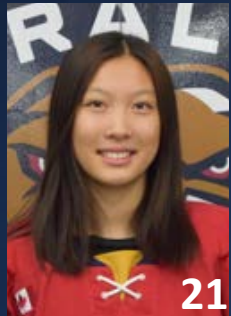
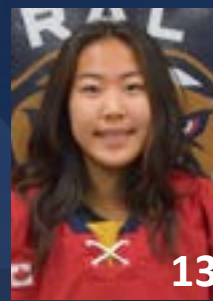
#97 Elizabeth Janovski

Position:	Forward	Shoots:	Left
Height:	5'7"	Weight:	135 lbs
Birth Year:	2008	Grad Year:	2026
School:	Bill Crothers SS	Hometown:	Stouffville, ON
Average:	89%	Previous Team:	Markham Stouffville Stars U15AA
Academic Interests:	Business & Biology		

I love being around the rink. Being in the changeroom with my teammates for practice, games or training it's sooo fun. I learned at a very young age to take nothing for granted. My older brother was born with Cerebral Palsy and finally made a rep team after years of trying. He was cut many times before he finally made the team but he never gave up. I want to win every battle, every puck race and every game. Winning only happens if I try my best and have a "refuse to lose" attitude. Never, never, never give up" Winston Churchill

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