



Norfolk Admirals 2014-15 Bios



Eric Veilleux – Head Coach

The 2015-16 season will be the second for Eric Veilleux with the Norfolk Admirals, but his first as head coach. Veilleux was named to his current position during the summer after coaching in an assistant capacity in 2014-15. Before joining the Admirals, Veilleux coached nearly nine full seasons as a head coach in the Quebec Major Junior Hockey League (QMJHL), beginning his career in 2005-06 when he replaced Denis Francoeur of the Shawinigan Cataractes.

In each of the following six seasons, Veilleux helmed the Cataractes to the playoffs, reaching the finals once in that span. In the 2012 Memorial Cup, his team finished third in round robin play before winning three consecutive games, including a 2-1 victory in overtime, which clinched the franchise's first Memorial Cup.

Following the 2011-12 campaign, Veilleux moved on to a fellow QMJHL team, the Baie-Comeau Drakkar, and led the team to consecutive President's Cup Finals. For his efforts, Veilleux was awarded the QMJHL and CHL Coach of the Year in his final season (2013-14), wrapping up his junior hockey coaching career with a combined record of 410-297 and a win percentage of .580.

Prior to coaching, the Montreal native skated for the Laval Voisins from 1991-93, and put up 145 points in 83 games over the course of the 1992-93 regular season and playoffs. He advanced to professional hockey the following year, prospering in an eight-year career that included seven seasons in the AHL, a nine-game stint in Sweden, and the 1999-2000 season in the International Hockey League.

It will be Veilleux's first year in the Edmonton organization, and he will be assisted by Ben Boudreau who enters his second season as a coach in the Oilers' system.

Ben Boudreau – Assistant Coach

Boudreau stays in the Oilers' system with Edmonton's ECHL affiliate for the second year in a row, his fourth year coaching overall. Like his father and current Anaheim Ducks head coach, Bruce, Boudreau initiated his professional coaching career last season with an assignment as assistant coach in a developmental league, getting his start alongside head coach J.F. Houle in Bakersfield.

Prior to stepping behind the bench, the 30-year-old St. Catharines, Ontario local played minor league hockey in North America for parts of three seasons from 2009-12 in the IHL, ECHL, CHL and SPHL as a 5-foot-10 and 170-pound center. Boudreau concluded his playing career in France the following season before returning home to coach.

Since 1999, he's been very involved in youth instruction at a few different schools and academies, and continues in that role during offseasons. As the head instructor of the Golden Horseshoe Hockey School in his hometown, Boudreau leads skill development workshops, instruction and team-building for a 16th straight year. In 2011-12, he also served as an assistant coach for the Okanagan Hockey Academy in Penticton, British Columbia, then operated in the same capacity with the Pursuit of Excellence Hockey Academy in Kelowna the past two years.

Tim Abbott – Equipment Manager

Abbott brings over 27 years of experience at the major professional sports level to Norfolk.

He served as an associate equipment manager with the NHL's Detroit Red Wings from 1992-2005 when the club won three Stanley Cups. After leaving the Red Wings in 2005, the Chesterfield, Michigan native spent time with the Port Huron Flags of the United Hockey League (UHL), various indoor football league franchises where he was a part of three more championships, and most recently, two seasons with the Port Huron Fighting Falcons of the North American Hockey League (NAHL).

Prior to joining the NHL's Red Wings, he was the head equipment manager of the then AHL Adirondack Red Wings from 1987-1992, and was a member of two Calder Cup Championship teams.



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Vince Fedorowich – Athletic Trainer

Fedorowich, MSed, ATC, LAT, joins the Admirals as head athletic trainer.

Fedorowich's previous stops include Bakersfield (ECHL), Abbotsford (AHL), Arizona (CHL), Quad City (CHL), in minor league baseball with the Greenville Drive, and a short time with the Admirals as an assistant to the training staff while earning a masters degree at Old Dominion University.

He was named the CHL's Athletic Trainer of the Year in 2013 and was runner-up for the same award in 2012. He graduated from Graceland University (Iowa) in 2006 and received a Masters of Science in Education degree from Old Dominion University in 2009.

Ryan Anderson – Video Coach

Anderson hails from Kingsford, Michigan but has called Virginia Beach home since 2005 as a member of the U.S. Navy. For the past six seasons, Anderson was a head coach in the Hampton Roads Whalers Youth Travel Program where he won two Chesapeake Bay Hockey League championships at the U-16 and Pee Wee levels. He also works as a government contractor.

Mark Cinq-Mars – Strength and Conditioning Coach

Cinq-Mars enters his 15th season with the Admirals, part of his second stint with the team. He had spent nine seasons with the Admirals from 1997-98 until 2006-07 as Strength and Conditioning Coach, and then returned in the same capacity beginning in 2010-11. During his hiatus from the Admirals, Cinq-Mars operated his own business, "Pro Fitness Training," in Virginia Beach. He is a Maine native and attended college at the University of Rhode Island. Cinq-Mars, who has now lived in Virginia Beach for over 20 years, attended graduate school at Regent University.

Jon Vaillancourt – Assistant Strength and Conditioning Coach

Vaillancourt will be making his first appearance as a strength coach for the Norfolk Admirals this season in 2015-16. He hails from La Valle, Wisconsin where he played Midget Major AAA under coach Bob Suter. He is also an assistant coach for the Hampton Roads Junior Whalers Elite USPHL team based out of Chilled Ponds in Chesapeake, VA. He has been part of the Hampton Roads Junior Whalers since 2012 as he enters his third season with the Junior Whalers program.

As part of the Hampton Roads program, he has taken part in recruiting future professional and college players and has helped move players on to the ACHA DI and NCAA DIII level of college hockey. He is also responsible along with the Hampton Roads staff for planning all on-ice and off-ice training sessions.

Before joining the Admirals, Jon played for the Hampton Roads Jr. Whalers during their inaugural season in 2006. The team ended their season undefeated, capturing the CHA championship. He played on the Hampton Roads Junior Whalers Jr. A team for the 2007-08 season, a powerful season that culminated in the team winning the Gardner Cup with an overall record of 43-19-4. With a call coming from Framingham State University (DIII), Jon moved to the collegiate level before he attended the Elmira Jackals' (ECHL) rookie placement camp in 2012. He was subsequently selected to attend the Jackals' main camp/preseason roster before ultimately deciding to play for Williamsport in the FHL. He returned to Hampton Roads to pursue coaching, and in his first two seasons with the Hampton Roads Junior Whalers program, he helped lead his junior team to two playoff finishes. Besides working as a coach for the Hampton Roads Whalers, he is also a founder and partner of 1 Mission Fitness LLC.



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#2 D Samuel Noreau

SHOOTS: Right **HT:** 6.05 **WT:** 227 **DOB:** 01/31/93 **BORN IN:** Montreal, QC
Acquired: Traded from Evansville to Norfolk in November 2015
Draft: 2011 – Selected in the 5th round (#136 overall) by the New York Rangers

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2009-10	Lac St. Louis, QMAAA	24	2	3	5	10		--	--	--	--	--
	Baie-Comeau, QMJHL	34	1	3	4	17	-16	--	--	--	--	--
2010-11	Baie-Comeau, QMJHL	67	5	5	10	141	-13	--	--	--	--	--
2011-12	Baie-Comeau, QMJHL	58	5	12	17	92	1	8	0	0	0	18
2012-13	Baie-Comeau, QMJHL	66	7	25	32	64	19	15	2	1	3	12
2013-14	Greenville, ECHL	61	1	9	10	90	16	14	0	4	4	29
	Hartford, AHL	5	0	0	0	6	-1	--	--	--	--	--
2014-15	Greenville, ECHL	67	2	9	11	114	1	--	--	--	--	--
	Hartford, AHL	4	0	0	0	13	-1	--	--	--	--	--
2015-16	Evansville, ECHL	3	0	0	0	24	-3	--	--	--	--	--
	Norfolk, ECHL	12	1	1	2	41	-10	--	--	--	--	--
	Admirals Totals	12	1	1	2	41	-10	0	0	0	0	0
	ECHL Totals	143	4	19	23	269	4	14	0	4	4	29
	Pro Totals	152	4	19	23	288	2	14	0	4	4	29
	QMJHL Totals	225	18	45	63	314	-9	23	2	1	3	30

CAREER NOTES

- Paced Greenville defensemen in penalty minutes in 2013-14 and in 2014-15
- Collected a career high three assists in a 4-1 victory for Greenville over Cincinnati on 03/20/15
- Finished the 2013-14 season second on Greenville in plus/minus (+16)
- Scored his first professional goal on 04/04/14 @ Gwinnett
- Registered his first professional point, an assist, on 01/10/14 against Evansville
- Made his professional debut with Greenville (ECHL) on 10/18/13 @ Gwinnett
- Signed a three-year entry-level contract with the Rangers in May 2013
- Scored all seven of his goals in 2012-13 while on the powerplay
- Ranked second among Baie-Comeau defensemen in points in 2012-13
- Skated with the New York Rangers prospects in the Traverse City Tournament in 2011
- Finished second on Baie-Comeau in penalty minutes in 2010-11 behind only Gabriel Verpaelt
- Drafted in the 5th round, #76 overall, by the Baie-Comeau Drakkar in the 2009 QMJHL Entry Draft



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#3 D Tim Daly (DAY-lee)

SHOOTS: Right
Acquired:

HT: 5.11

WT: 190

DOB: 02/01/92

BORN IN: Maple Ridge, BC

Signed a one-year contract with Norfolk in August 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2007-08	Vancouver NE, BCMML	40	9	13	22	94		2	0	1	1	8
2008-09	Ridge Meadows, PIJHL	48	11	13	24	50		6	1	3	4	6
	Langley, BCHL	4	0	0	0	0		--	--	--	--	--
2009-10	Langley, BCHL	59	12	26	38	95		10	2	3	5	12
2010-11	Langley, BCHL	56	8	22	30	78		10	3	4	7	6
2011-12	St. Cloud St., NCAA	32	0	2	2	18	5					
2012-13	St. Cloud St., NCAA	39	2	1	3	31	6					
2013-14	St. Cloud St., NCAA	32	2	7	9	14	2					
2014-15	St. Cloud St., NCAA	40	1	7	8	32	3					
2015-16	Norfolk, ECHL	10	0	0	0	4	-8	--	--	--	--	--
	Admirals Totals	10	0	0	0	4	-8	0	0	0	0	0
	ECHL Totals	10	0	0	0	4	-8	0	0	0	0	0
	Pro Totals	10	0	0	0	4	-8	0	0	0	0	0
	Collegiate Totals	143	5	17	22	95	16	0	0	0	0	0
	BCHL Totals	119	20	48	68	173		20	5	7	12	18

CAREER NOTES

- Made his professional debut with Norfolk on 10/22/15 @ Orlando
- Signed a one-year contract with Norfolk on September 29, 2015
- Led St. Cloud State defensemen in penalty minutes in 2014-15
- Picked up the game winning goal on 11/28/14 @ Bemidji State
- Served as an Alternate Captain for St. Cloud State for the 2014-15 season
- Honored with St. Cloud State's William Radovich Award (Most Improved) in 2013-14
- Named to the NCAA (WCHA) All-Academic Team in 2012-13
- Scored the first goal of his college career on 10/12/12 @ New Hampshire
- Roommates with former Admiral Ryan Faragher at St. Cloud State from 2012-14
- Recorded his first collegiate point with an assist against Wisconsin on 11/04/11
- Paced the Langley Chiefs in points as a defenseman in 2009-10 and in 2010-11
- Drafted in the 6th round, #124 overall, by the Calgary Hitmen in the 2007 WHL Bantam Draft



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#4 D Joe Marciano (mahr-see-AH-no)

SHOOTS: Right

HT: 6.02

WT: 210

DOB: 01/19/90

BORN IN: Alta Loma, CA

Acquired:

Signed a one-year contract with Norfolk in August 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2006-07	USNT U-18, NAHL	38	3	3	6	39		6	0	0	0	4
2007-08	USNT U-17, USDP	10	0	0	0	2		--	--	--	--	--
	USNT U-18, NAHL	21	0	1	1	22	8	3	0	0	0	0
	USNT U-18, USDP	26	3	1	4	2		--	--	--	--	--
2008-09	Omaha, USHL	46	2	8	10	38	17	3	0	0	0	4
2009-10	Colorado, WCHA	30	0	2	2	24		--	--	--	--	--
2010-11	Colorado, WCHA	45	3	8	11	70		--	--	--	--	--
2011-12	Colorado, WCHA	35	2	3	5	32		--	--	--	--	--
2012-13	Colorado, WCHA	42	2	6	8	41		--	--	--	--	--
	Orlando, ECHL	3	0	0	0	2	-1	--	--	--	--	--
2013-14	Bakersfield, ECHL	67	2	5	7	58	-7	16	1	0	1	8
2014-15	Bakersfield, ECHL	58	3	8	11	40	-23	--	--	--	--	--
2015-16	Norfolk, ECHL	15	0	2	2	12	-3	--	--	--	--	--
	Admirals Totals	15	0	2	2	12	-3	0	0	0	0	0
	ECHL Totals	143	5	15	20	112	-34	16	1	0	1	8
	Pro Totals	143	5	15	20	112	-34	16	1	0	1	8
	Collegiate Totals	152	7	19	26	167		0	0	0	0	0

CAREER NOTES

- Signed a one-year contract with Norfolk on August 19, 2015
- Logged a career high three-game point streak from 11/26 to 12/03/14 (1g 2a)
- Played in every playoff game for Bakersfield in 2014, helping lead the Condors to the Conference Finals
- Recorded his first multipoint game, including the game-winning-goal, on 04/12/14 @ Ontario
- Scored his first professional goal on 03/02/14 against Idaho
- Registered his first professional point, an assist, on 11/16/13 @ Bakersfield
- Traded from Orlando to Bakersfield on October 4, 2013 for future considerations
- Made his professional debut with the Orlando Solar Bears on 03/27/13 against Florida
- Named to the 2012-13 NCAA (WCHA) All-Academic Team
- Received Colorado's Most Improved Player Award in 2011-12
- Drafted in the 2nd round (#24 overall) by the Omaha Lancers in the 2008 USHL Entry Draft



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#5 D Charles-Olivier Roussel (roo-SEHL)

SHOOTS: Right

HT: 6.01

WT: 205

DOB: 09/13/91

BORN IN: St-Eustache, QC

Acquired:

Signed a one-year contract with Norfolk in August 2015

Draft:

2009 – Selected in the 2nd round (#42 overall) by the Nashville Predators

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2007-08	Shawinigan, QMJHL	50	3	13	16	28	1	5	1	2	3	2
	Canada QC, WHC-17	4	1	0	1	0						
2008-09	Shawinigan, QMJHL	68	11	33	44	77	31	21	5	13	18	14
2009-10	Shawinigan, QMJHL	64	15	36	51	70	-2	6	0	1	1	4
2010-11	Montreal, QMJHL	59	5	25	30	46	17	10	1	3	4	10
2011-12	Saint John, QMJHL	58	13	27	40	65	48	17	3	12	15	23
2012-13	Milwaukee, AHL	17	0	1	1	15	-1	--	--	--	--	--
	Cincinnati, ECHL	40	6	11	17	42	9	17	1	4	5	12
2013-14	Milwaukee, AHL	66	4	13	17	19	6	3	0	0	0	2
2014-15	Utah, ECHL	7	1	3	4	2	-2	--	--	--	--	--
	Greenville, ECHL	19	0	5	5	10	3	--	--	--	--	--
	Thetford, LNAH	11	2	10	12	20	0	16	1	8	9	16
2015-16	Norfolk, ECHL	19	2	14	16	16	-1	--	--	--	--	--
	Admirals Totals	19	2	14	16	16	-1	0	0	0	0	0
	ECHL Totals	85	9	33	42	70	9	17	1	4	5	12
	Pro Totals	179	15	57	72	124	14	36	2	12	14	30
	QMJHL Totals	299	47	134	181	286	95	59	10	31	41	53

CAREER NOTES

- Signed a one-year contract with Norfolk on August 26, 2015
- Scored his first AHL goal, a powerplay goal, 02/05/14 against Hamilton
- Registered his first professional point, an assist, on 12/21/12 vs. Rockford
- Scored his first professional goal while shorthanded on 10/27/12
- Made his professional debut with Cincinnati (ECHL) on 10/19/12
- Won the 2011 Memorial Cup with Saint John Sea Dogs
- Helped Saint John Sea Dogs win the President's Cup as QMJHL Champions and advance to the Memorial Cup Tournament in 2011-12 alongside current Admiral Kevin Gagne
- Traded to Saint John from Montreal in 2011 for a 5th round QMJHL draft pick in 2012 and a 1st round pick in 2013
- Served as an Alternate Captain for Montreal during the 2010-11 season
- Signed a three year entry level contract with Nashville in April of 2010
- Traded to Montreal from Shawinigan in 2010
- Served as an Alternate Captain for Shawinigan during the 2009-10 season
- Skated in the CHL Top Prospects Game in 2008-09
- Named to the QMJHL Second All-Star Team in 2008-09
- Represented Team Canada Quebec Under-17 squad in the 2007-08 World Hockey Championships
- Drafted in the 1st round, #3 overall, by the Shawinigan Cataractes in the 2007 QMJHL Entry Draft



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#7 D Andrew Blazek

SHOOTS: Left

HT: 6.01

WT: 190

DOB: 08/07/88

BORN IN: Pittsburgh, PA

Acquired:

Via trade with Wichita in November 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2004-05	Pittsburgh U18, MWEHL	16	1	4	5	4		--	--	--	--	--
2005-06	Pittsburgh U18, T1EHL	22	4	4	8	28		--	--	--	--	--
2006-07	Des Moines, USHL	46	4	2	6	40	-10	8	2	0	2	2
2007-08	Des Moines, USHL	21	4	2	6	12	-2	--	--	--	--	--
	Texas, NAHL	26	9	13	22	29	8	3	0	0	0	4
2008-09	Topeka, NAHL	57	17	12	29	96	10	9	2	2	4	14
2009-10	Robert Morris, NCAA	18	2	5	7	14	0	--	--	--	--	--
2010-11	Robert Morris, NCAA	30	2	5	7	16	7	--	--	--	--	--
2011-12	Robert Morris, NCAA	7	0	2	2	8	-3	--	--	--	--	--
2012-13	Robert Morris, NCAA	32	9	9	18	12	11	--	--	--	--	--
2013-14	Robert Morris, NCAA	42	4	13	17	8	20	--	--	--	--	--
	Cincinnati, ECHL	6	0	4	4	0	2	20	0	1	1	6
2014-15	Cincinnati, ECHL	12	0	1	1	2	4	--	--	--	--	--
	Worcester, AHL	3	0	0	0	0	-2	--	--	--	--	--
	South Carolina, ECHL	9	2	3	5	2	2	--	--	--	--	--
2015-16	Wichita, ECHL	11	0	0	0	6	-1	--	--	--	--	--
	Norfolk, ECHL	3	0	0	0	0	-6	--	--	--	--	--
	Admirals Totals	3	0	0	0	0	-6	0	0	0	0	0
	ECHL Totals	41	2	8	10	10	1	20	0	1	1	6
	Pro Totals	44	2	8	10	10	-1	20	0	1	1	6
	NCAA Totals	129	17	34	51	58	35	0	0	0	0	0

CAREER NOTES

- Traded from Wichita to Norfolk on November 24, 2015
- Scored his first professional goal on 01/24/15 against Reading
- Helped Cincinnati reach the Kelly Cup Finals in 2013-14
- Recorded an assist in his first professional game with Cincinnati on 04/03/14 against Evansville
- Paced Robert Morris defensemen in goals and plus/minus in 2013-14
- Led Robert Morris defensemen in goals and points in 2012-13



Norfolk Admirals 2014-15 Bios



#8 D Nick Pageau (pah-ZHOH)

SHOOTS: Right

HT: 6.01

WT: 192

DOB: 01/08/88

BORN IN: Stoney Creek, ON

Acquired:

Signed a one year contract with Bakersfield in June 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2004-05	Hamilton, OPJHL	43	4	10	14	21		--	--	--	--	--
2005-06	Belleville, OHL	49	3	14	17	24	5	6	0	0	0	4
2006-07	Belleville, OHL	66	6	15	21	48	-1	15	4	4	8	20
2007-08	Belleville, OHL	53	6	24	30	16	19	6	0	0	0	6
2008-09	Belleville, OHL	61	4	16	20	47	0	17	2	7	9	25
2009-10	St. Francis Xavier U., CIS	28	4	13	17	28	-5	--	--	--	--	--
2010-11	St. Francis Xavier U., CIS	25	2	12	14	12	0	--	--	--	--	--
2011-12	St. Francis Xavier U., CIS	28	2	5	7	24	-1	3	0	0	0	4
2012-13	St. Francis Xavier U., CIS	28	2	7	9	36	-5	2	0	2	2	2
2013-14	Bakersfield, ECHL	23	1	6	7	27	0	--	--	--	--	--
2014-15	Bakersfield, ECHL	64	7	20	27	28	-19	--	--	--	--	--
	Oklahoma City, AHL	8	1	5	6	4	8	--	--	--	--	--
2015-16	Bakersfield, AHL	12	0	1	1	2	-5	--	--	--	--	--
	Norfolk, ECHL	2	1	0	1	6	0	--	--	--	--	--
	Admirals Totals	2	1	0	1	6	0	0	0	0	0	0
	ECHL Totals	89	9	26	35	61	-19	0	0	0	0	0
	Pro Totals	109	10	32	42	67	-16	0	0	0	0	0
	Collegiate Totals	109	10	37	47	100	-16	5	0	2	2	6
	OHL Totals	229	19	69	88	135	23	44	6	11	17	55

CAREER NOTES

- Signed a one year contract with Bakersfield (AHL) on June 24, 2015
- Led Bakersfield defensemen in goals and points and finished tied for second in assists in 2014-15
- Recorded his first AHL point, an assist, on 03/28/15 @ Adirondack
- Received his first call-up to the AHL on 03/26/15 by the Oklahoma City Barons and collected six points (1g 5a +8) in the eight games following the call-up
- Tallied a career high three assists in a 4-3 overtime win @ Idaho on 03/09/15
- Opened the 2014-15 season with a career long four game point streak (5a) from 10/17 to 10/23/14
- Scored his first professional goal, a powerplay goal, on 12/18/13 @ Idaho
- Registered his first professional point, an assist, on 11/09/13
- Made his professional debut with Bakersfield on 10/26/13 against Florida
- Skated in all but three games for St. Francis Xavier University during his collegiate career
- Named to the CIS (AUS) All-Rookie Team in 2009-10
- Participated in the 2008 Memorial Cup with Belleville
- Drafted in the 6th round, #115 overall, by the Belleville Bulls in the 2004 OHL Priority Selection
- His brother, Nathan, is a member of the Stone Creek Generals of the Allan Cup Hockey League and cousin, Jean-Gabriel, is a forward for the Ottawa Senators



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#9 RW Alexandre Ranger (RAIN-juhr)

SHOOTS: Right

HT: 5.09

WT: 184

DOB: 08/18/95

BORN IN: Chateauguay, QC

Acquired:

Signed a one-year contract with Norfolk in August 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2010-11	Châteauguay, QMAAA	30	10	11	21	55		8	1	3	4	8
2011-12	Baie-Comeau, QMJHL	46	3	3	6	22	-3	--	--	--	--	--
	Canada QC, WHC-17	5	2	0	2	6						
2012-13	Baie-Comeau, QMJHL	55	15	11	26	45	3	17	1	3	4	24
2013-14	Baie-Comeau, QMJHL	67	21	25	46	93	20	22	10	3	13	18
2014-15	Chicoutimi, QMJHL	56	26	29	55	69	-8	5	0	2	2	10
2015-16	Norfolk, ECHL	21	6	3	9	23	-1	--	--	--	--	--
	Admirals Totals	21	6	3	9	23	-1	0	0	0	0	0
	ECHL Totals	21	6	3	9	23	-1	0	0	0	0	0
	Pro Totals	21	6	3	9	23	-1	0	0	0	0	0
	QMJHL Totals	224	65	68	133	229	12	44	11	8	19	52

CAREER NOTES

- Picked up his first professional point, a game-winning goal, on 11/06/15 vs. Greenville
- Made his professional debut with Norfolk on 10/16/15 vs. Wheeling
- Signed a one-year contract with Norfolk on August 6, 2015
- Skated in the 2014-15 Jr. Super Series Tournament as a member of the QMJHL All-Stars
- Finished the 2014-15 season ranked second on Chicoutimi in goals and points and third in assists
- Named QMJHL First Star of the Week on December 16, 2014 (2 GP, 4g 3a 7p +4)
- Collected five points (4g 1a) in an 8-5 win against Charlottetown on 12/11/14
- Registered a point in eleven consecutive games (8g 10a) from 09/26 to 11/13/14
- Served as an Alternate Captain for Chicoutimi in 2014-15
- Traded from Baie-Comeau to Chicoutimi for three QMJHL draft picks
- Tied for the most goals for Baie-Comeau during the 2014 QMJHL Playoffs
- Represented Team Canada Quebec U-17 in the 2011-12 World Hockey Championships
- Drafted in the 3rd round (#46 overall) by the Baie-Comeau Drakkar in the 2011 QMJHL Entry Draft
- Won a Silver Medal with Team Quebec at the 2010-11 Canada Winter Games



Norfolk Admirals 2014-15 Bios



#10 F Scott Allen

SHOOTS: Left

HT: 6.03

WT: 198

DOB: 07/06/90

BORN IN: Edmonton, AB

Acquired:

Via trade with Missouri in Summer 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2007-08	Spruce Grove, AJHL	8	4	0	4	0		--	--	--	--	--
2008-09	Spruce Grove, AJHL	49	15	15	30	124		--	--	--	--	--
2009-10	Spruce Grove, AJHL	58	25	26	51	62		15	5	5	10	46
2010-11	Spruce Grove, AJHL	49	21	23	44	82		9	7	3	10	41
2011-12	Univ. Alaska-Anch., NCAA	28	3	6	9	23	-12	--	--	--	--	--
2012-13	Univ. Alaska-Anch., NCAA	36	12	7	19	33	-7	--	--	--	--	--
2013-14	Univ. Alaska-Anch., NCAA	33	17	14	31	8	4	--	--	--	--	--
2014-15	Univ. Alaska-Anch., NCAA	32	8	8	16	40	-14	--	--	--	--	--
	Colorado, ECHL	9	0	1	1	2	-2	--	--	--	--	--
2015-16	Missouri, ECHL	5	2	2	4	9	2	--	--	--	--	--
	Norfolk, ECHL	5	2	4	6	2	1	--	--	--	--	--
	Admirals Totals	5	2	4	6	2	1	0	0	0	0	0
	ECHL Totals	19	4	7	11	13	1	0	0	0	0	0
	Pro Totals	19	4	7	11	13	1	0	0	0	0	0
	NCAA Totals	129	40	35	75	104	-29	0	0	0	0	0

CAREER NOTES

- Was part of the offseason trade that sent Sebastien Sylvestre from Norfolk to Missouri
- Scored his first professional goal on 11/17/15 against Missouri
- Registered his first professional point, an assist, on 03/14/15 @ Alaska
- Made his professional debut with Colorado on 03/13/15 @ Alaska
- Tied for the team lead on Alaska-Anchorage in goals in 2014-15
- Served as Team Captain of the University of Alaska-Anchorage in 2014-15
- Finished the 2013-14 season second on Alaska-Anchorage in goals, behind former Admiral Matt Bailey
- Named to the NCAA (WCHA) All-Academic Team in 2012-13
- Honored as the 2010-11 AJHL Playoff MVP
- Won an AJHL Championship with the Spruce Grove Saints in 2009-10 and in 2010-11



Norfolk Admirals 2014-15 Bios



#11 RW Nick MacNeil (mack-NEEL)

SHOOTS: Left

HT: 6.04

WT: 211

DOB: 01/01/89

BORN IN: Creignish, NS

Acquired:

Signed a one-year contract with Norfolk in July 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2005-06	Cape Breton, QMJHL	5	0	0	0	4	-1	--	--	--	--	--
2006-07	Cape Breton, QMJHL	52	14	2	16	18	7	13	3	1	4	2
2007-08	Cape Breton, QMJHL	68	23	21	44	48	-17	11	2	3	5	4
2008-09	Cape Breton, QMJHL	64	30	23	53	35	13	11	5	3	8	12
2009-10	Cape Breton, QMJHL	65	32	36	68	57	33	4	1	0	1	6
2010-11	U. of New Bruns., CIS	26	9	8	17	32	16	12	5	3	8	6
2011-12	U. of New Bruns., CIS	23	6	10	16	52	10	6	5	2	7	4
2012-13	U. of New Bruns., CIS	27	15	10	25	25	15	7	3	3	6	6
2013-14	U. of New Bruns., CIS	28	10	19	29	26	15	4	1	2	3	0
	Bakersfield, ECHL	9	2	4	6	4	0	6	1	1	2	5
2014-15	Bakersfield, ECHL	45	12	14	26	23	-18	--	--	--	--	--
2015-16	Norfolk, ECHL	2	1	1	2	0	1	--	--	--	--	--
	Admirals Totals	2	1	1	2	0	1	0	0	0	0	0
	ECHL Totals	56	15	19	36	27	-17	6	1	1	2	5
	Pro Totals	56	15	19	36	27	-17	6	1	1	2	5
	Collegiate Totals	104	40	47	87	135	56	29	14	10	24	16
	QMJHL Totals	254	99	82	181	162	35	39	11	7	18	24

CAREER NOTES

- Scored the game-winning goal in his Admirals debut on 12/02/15 vs. South Carolina
- Signed a one-year contract with Norfolk on July 2, 2015
- Registered two separate four-game point streaks in 2014-15 (12/03 - 12/10/14 and 03/21 - 03/28/15)
- Recorded a career high three assists on 04/01/14 against Las Vegas
- Scored the game winning goal in his professional debut with Bakersfield on 03/18/14 against Las Vegas
- Tallied 8 powerplay goals, 6 shorthanded goals, 4 empty net goals, and 8 game winning goals during his college career
- Served as an Alternate Captain for the University of New Brunswick in 2013-14
- Named to the CIS All-Tournament Team in 2012-13
- Finished the 2012-13 season tied for the team lead in goals and third on the team in points
- Led the University of New Brunswick in penalty minutes in 2011-12
- Won a CIS University Cup Championship in 2010-11 with the University of New Brunswick
- Named to the CIS (AUS) All-Rookie Team in 2010-11
- Served as Team Captain of Cape Breton in 2009-10
- Honored as the QMJHL Humanitarian of the Year in 2009-10
- Drafted in the 5th round (#79 overall) by Cape Breton in the 2005 QMJHL Entry Draft



Norfolk Admirals 2014-15 Bios



#12 F Tom Mele (MEEL-ee)

SHOOTS: Left

HT: 6.00

WT: 188

DOB: 02/23/86

BORN IN: Bronx, NY

Acquired:

Via trade from Tulsa in October 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2004-05	Hawkesbury, CJHL	56	25	24	49	73		20	10	4	14	4
2005-06	Hawkesbury, CJHL	49	12	24	36	88		16	6	14	20	10
2006-07	Hawkesbury, CJHL	55	28	38	66	69		11	3	4	7	15
2007-08	American Int. Co., AHA	33	5	4	9	12	-6	--	--	--	--	--
2008-09	American Int. Co., AHA	33	8	2	10	12	-18	--	--	--	--	--
2009-10	American Int. Co., AHA	33	9	8	17	14	-13	--	--	--	--	--
2010-11	American Int. Co., AHA	33	10	9	19	25	-14	--	--	--	--	--
	Fort Wayne, CHL	0	0	0	0	0	0	2	0	0	0	0
2011-12	Fort Wayne, CHL	51	6	11	17	62	10	17	2	3	5	17
2012-13	Alaska, ECHL	43	11	10	21	44	-4	4	0	0	0	4
2013-14	Alaska, ECHL	57	11	6	17	83	18	17	4	2	6	14
2014-15	Tulsa, ECHL	60	21	17	38	200	-2	4	2	1	3	2
	Oklahoma City, AHL	3	0	0	0	4	0	--	--	--	--	--
2015-16	Norfolk, ECHL	19	6	5	11	41	-5	--	--	--	--	--
	Admirals Totals	19	6	5	11	41	-5	0	0	0	0	0
	ECHL Totals	179	49	38	87	368	7	25	6	3	9	20
	Pro Totals	233	55	49	104	434	17	44	8	6	14	37
	Collegiate Totals	132	32	23	55	63	-51	0	0	0	0	0

CAREER NOTES

- Traded from Tulsa to Norfolk on October 14, 2015 for Jordan Kremyr
- Has at least one point in all three of his ECHL regular season openers
- Finished 11th in the ECHL in total penalty minutes in 2014-15
- Ranked fifth on Tulsa in goals, seventh in points, and led the team in penalty minutes in 2014-15
- Received his first call-up to the AHL on 01/30/15 and skated in his first AHL game that night against Lake Erie
- Won a Kelly Cup Championship with Alaska in 2013-14
- Helped lead Alaska to the best record in the ECHL in 2012-13
- Recorded two goals and an assist in his ECHL debut with the Alaska Aces on 10/12/12 @ Colorado
- Was a member of CHL (USA) Champion Fort Wayne in 2011-12
- Made his professional debut with the Fort Wayne Komets in the 2011 CHL Playoffs
- Served as Team Captain of American International College for the 2010-11 season
- Led the Hawkesbury Hawks in goals and points in 2006-07



Norfolk Admirals 2014-15 Bios



#18 RW Maxime Legault (leh-GO)

SHOOTS: Right **HT:** 6.02 **WT:** 195 **DOB:** 03/28/89 **BORN IN:** St. Agathe, QC
Acquired: Signed a one-year contract with Norfolk in October 2015
Draft: 2009 – Selected in the 7th round (#194 overall) by the Buffalo Sabres

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2005-06	Laurentides, QMAAA	36	13	15	28	138		4	2	1	3	21
2006-07	Shawinigan, QMJHL	55	7	12	19	98	-5	4	0	0	0	4
2007-08	Shawinigan, QMJHL	31	6	4	10	61	-3	--	--	--	--	--
2008-09	Shawinigan, QMJHL	63	28	16	44	66	22	21	10	3	13	23
2009-10	Shawinigan, QMJHL	22	10	10	20	29	7	--	--	--	--	--
	Cape Breton, QMJHL	21	7	12	19	25	14	5	1	0	1	4
	Portland, AHL	5	0	0	0	4	-4	--	--	--	--	--
2010-11	Portland, AHL	67	12	12	24	83	0	9	1	1	2	8
2011-12	Rochester, AHL	62	8	9	17	19	0	3	0	1	1	2
2012-13	Rochester, AHL	60	11	7	18	26	2	1	0	0	0	0
2013-14	Gwinnett, ECHL	66	17	25	42	58	-4	--	--	--	--	--
2014-15	Lausitzer, DEL2	42	20	16	36	86		3	1	0	1	0
2015-16	Norfolk, ECHL	6	1	1	2	0	-8	--	--	--	--	--
	Admirals Totals	6	1	1	2	0	-8	0	0	0	0	0
	ECHL Totals	72	18	26	44	58	-12	0	0	0	0	0
	Pro Totals	307	69	70	139	276	-14	16	2	2	4	10
	QMJHL Totals	192	58	54	112	279	35	30	11	3	14	31

CAREER NOTES

- Signed a one-year contract with Norfolk on October 10, 2015
- Drafted in the 2nd round, #9 overall, by the Trois-Rivières Blizzard CNS in the 2015 LNAH Draft
- Tallied a professional career high three points, all assists, on 02/25/14 against Evansville
- Served as an Alternate Captain for the Gwinnett Gladiators for the 2013-14 season
- Recorded his first professional point, a goal, on 10/11/10 against Charlotte
- Made his professional debut with Portland on 10/10/09 against Providence
- Collected eleven powerplay goals, six shorthanded goals, and twelve game winning goals in his QMJHL career
- Traded on 12/24/09 from Shawinigan, along with two QMJHL draft picks, to the Cape Breton Screaming Eagles for Michael Ward, Maximilien Le Sieur, and two QMJHL draft picks
- Served as Team Captain for Shawinigan for the 2009-10 season
- Registered junior-career highs of six points and four goals on 12/04/08 @ Baie-Comeau
- Drafted in the 2nd round, #26 overall, by the Shawinigan Cataractes in the 2006 QMJHL Entry Draft



Norfolk Admirals 2014-15 Bios



#21 F Steven Whitney (WITT-nee)

SHOOTS: Right

HT: 5.07

WT: 162

DOB: 02/18/91

BORN IN: Reading, MA

Acquired:

Signed a one-year contract with Norfolk in August 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2007-08	USA, WHC-17	6	2	2	4	6						
2008-09	Lawrence Ac., USHS	23	21	34	55			--	--	--	--	--
	Omaha, USHL	12	4	11	15	10	11	3	0	1	1	6
2009-10	Boston College, H-East	42	7	21	28	28						
2010-11	Boston College, H-East	36	6	10	16	56						
2011-12	Boston College, H-East	44	16	23	39	65						
2012-13	Boston College, H-East	38	26	19	45	54						
	Norfolk, AHL	8	3	1	4	2	-2	--	--	--	--	--
2013-14	Norfolk, AHL	65	10	13	23	52	-7	2	0	0	0	0
2014-15	Florida, ECHL	23	8	8	16	22	7	10	2	1	3	2
2015-16	Norfolk, ECHL	22	5	6	11	22	1	--	--	--	--	--
	Admirals Totals	95	18	20	38	76	-8	2	0	0	0	0
	ECHL Totals	42	13	14	27	44	8	10	2	1	3	2
	Pro Totals	118	26	28	54	98	-1	12	2	1	3	2
	Collegiate Totals	160	55	73	128	203						

CAREER NOTES

- Signed a one-year contract with Norfolk on August 14, 2015
- Recorded a career long six game point streak (3g, 4a) from 3/6/15 to 3/14/15 with Florida
- Scored a goal in his professional debut with Norfolk on 4/5/13 against Binghamton
- Awarded the Walter Brown Award in 2012-13 as the top American-born college hockey player
- Named to the NCAA (East) First Team All-American and NCAA (Hockey East) First Team All-Star following the 2012-13 season
- Won an NCAA Championship and was named to the NCAA All-Tournament Team in 2012
- Three Time Hockey-East Conference Champion with Boston College (09-10, 10-11, 11-12)
- Won an NCAA Championship in 2010
- Earned a Silver Medal for Team USA in the 2007-08 World Hockey Championship
- Brother, Joe, was a teammate at Boston College and is currently playing for Albany (AHL)



Norfolk Admirals 2014-15 Bios



#23 C Michael Pelech (PEHL-ick)

SHOOTS: Right

HT: 6.03

WT: 220

DOB: 10/07/91

BORN IN: Prince Albert, Sask

Acquired:

Signed a one-year contract with Norfolk in August 2015

Draft:

2009 – Selected in the 6th round (#156 overall) by the Los Angeles Kings

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2004-05	St. Michael's, OPJHL	47	12	25	37	22		--	--	--	--	--
2005-06	Kitchener, OHL	48	3	6	9	32	-4	2	0	0	0	0
	Canada On., WHC-17	5	0	4	4	6						
2006-07	Toronto St. M's, OHL	65	12	35	47	54	-24	--	--	--	--	--
2007-08	Mississauga, OHL	68	17	32	49	72	-10	4	1	1	2	6
2008-09	Mississauga, OHL	68	19	46	65	121	7	11	4	9	13	23
2009-10	Ontario, ECHL	72	10	25	35	133	-21	--	--	--	--	--
2010-11	Ontario, ECHL	63	10	18	28	127	-10	--	--	--	--	--
	Manchester, AHL	5	0	0	0	6	0	--	--	--	--	--
2011-12	Toledo, ECHL	10	0	5	5	11	-6	--	--	--	--	--
	Cincinnati, ECHL	60	16	44	60	98	17	--	--	--	--	--
	Norfolk, AHL	1	0	0	0	0	0	--	--	--	--	--
2012-13	Cincinnati, ECHL	50	13	33	46	74	2	17	4	7	11	48
	Worcester, AHL	3	0	1	1	2	1	--	--	--	--	--
	Connecticut, AHL	7	0	0	0	8	0	--	--	--	--	--
	Peoria, AHL	8	1	0	1	2	-2	--	--	--	--	--
2013-14	Utah, ECHL	63	13	31	44	97	3	5	1	0	1	8
2014-15	Utah, ECHL	56	25	34	59	109	-7	11	5	8	13	12
	Rochester, AHL	10	1	3	4	21	4	--	--	--	--	--
2015-16	Norfolk, ECHL	22	3	9	12	28	-7	--	--	--	--	--
	Admirals Totals	23	3	9	12	28	-7	0	0	0	0	0
	ECHL Totals	396	89	200	289	677	-29	33	10	15	25	68
	Pro Totals	430	91	204	295	716	-26	33	10	15	25	68
	OHL Totals	249	51	119	170	279	-31	17	5	10	15	29

CAREER NOTES

- Signed a one-year contract with Norfolk on August 17, 2015
- Finished second on Utah in goals, points, and penalty minutes in 2014-15
- Scored his first AHL goal against Grand Rapids on 03/19/13 while playing for Peoria
- Recorded his first AHL point, an assist, with Worcester on 01/19/13
- Served as an Alternate Captain for the Cincinnati Cyclones during the 2012-13 season
- Made his Admirals debut on 01/24/12 against Charlotte
- Registered his first professional goal on 11/18/09 at BAK and his first pro point on 10/28/09 at BAK
- Made his professional debut on 10/16/09 at Bakersfield as a member of the Ontario Reign
- Drafted in the 6th round, #156 overall, by the Los Angeles Kings in 2009
- Led Mississauga in points and finished second on the team in assists and penalty minutes in 2008-09
- Represented Team Canada Ontario in the 2005-06 World Hockey Championships
- Drafted in the 1st round, #18 overall, by the Kitchener Rangers in the 2005 OHL Priority Selection
- Skated in the 2004-05 Dudley Hewitt Cup with the St. Michael's Buzzers (5 GP, 0g 3a 3p, 8 PIM)
- Has two brothers that play professional hockey; Adam (Bridgeport, AHL) and Matt (Schwenninger, DEL)



Norfolk Admirals 2014-15 Bios



#24 C Radoslav Illo

SHOOTS: Left **HT:** 5.11 **WT:** 199 **DOB:** 01/21/90 **BORN IN:** Povazska Bystrica, SVK
Acquired: Signed a contract with Norfolk in November 2015
Draft: 2009 – Selected in the 5th round (#136 overall) by the Anaheim Ducks

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2005-06	HK 95 Povazska Byst., U18	4	1	1	2	2		--	--	--	--	--
2006-07	HC Slovan Bratislava, U18	26	9	14	23	12		--	--	--	--	--
2007-08	Hampton Roads, US Jr-A	36	48	38	86			--	--	--	--	--
2008-09	Tri-City, USHL	47	21	12	33	37	-23	--	--	--	--	--
2009-10	Tri-City, USHL	50	24	19	43	56	-7	1	1	0	1	0
	Slovakia, WJC-20	6	2	3	5	6	-1	--	--	--	--	--
2010-11	Bemidji State U., WCHA	37	4	2	6	20	4	--	--	--	--	--
2011-12	Bemidji State U., WCHA	30	7	10	17	21	-8	--	--	--	--	--
2012-13	Bemidji State U., WCHA	34	4	10	14	16	-5	--	--	--	--	--
2013-14	Bemidji State U., WCHA	31	10	7	17	20	-6	--	--	--	--	--
	Norfolk, AHL	3	0	0	0	2	-3	1	0	0	0	2
2014-15	MHC Martin, Slovakia	37	5	8	13	44	-7	--	--	--	--	--
2015-16	Tulsa, ECHL	1	0	0	0	0	0	--	--	--	--	--
	Norfolk, ECHL	7	1	1	2	4	0	--	--	--	--	--
	Admirals Totals	10	1	1	2	6	-3	1	0	0	0	2
	ECHL Totals	8	1	1	2	4	0	--	--	--	--	--
	Pro Totals	48	6	9	15	50	-10	1	0	0	0	2
	Collegiate Totals	132	25	29	54	77	-15	--	--	--	--	--

CAREER NOTES

- Made his professional debut with Norfolk (AHL) on 03/29/14 vs. WBS
- Named to the NCAA (WCHA) All-Academic Team in 2012-13
- Ranked tied for fourth on the team in assists (14) for Bemidji State (WCHA) during the 2012-13 season
- Recorded three multi-point games for the Beavers and ended his junior (2012-13) season with an assist in both WCHA Tournament games (Mar. 15-16 vs. Minnesota)
- Ranked sixth in scoring (17 pts) with Bemidji State in 2011-12
- Made his collegiate debut in 2010-11 with Bemidji State
- Ranked second on the club in goals (24) and third in points (43) with Tri-City (USHL) in 2009-10 while his 11 PPG also ranked second among team leaders
- Represented Slovakia in 2010 IIHF World Junior Championship, collecting 2-3=5 points in 6 games
- Skated in the 2009-10 USHL All-Star Game
- In 2008-09, led Tri-City (USHL) in goals (21) and finished second in points (33)
- First played in North America with the Hampton Roads Whalers Junior-A team in 2007-08, leading the team in scoring (86 points in 36 games for an average of 2.39 points per game)



Norfolk Admirals 2014-15 Bios



#25 RW Ryan Jasinsky

SHOOTS: Right

HT: 6.02

WT: 205

DOB: 01/13/90

BORN IN: Midlothian, VA

Acquired:

Signed a contract with Norfolk in November 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2007-08	Cornwall, CCHL	19	2	3	5	21		4	0	0	0	0
	Victoriaville, QMJHL	22	1	0	1	36	-3	--	--	--	--	--
2008-09	Victoriaville, QMJHL	42	0	5	5	60	-1	--	--	--	--	--
2009-10	Youngstown, USHL	45	5	6	11	133	-7	--	--	--	--	--
2014-15	Norfolk, ECHL	3	0	0	0	24	-3	--	--	--	--	--
	Admirals Totals	3	0	0	0	24	-3	0	0	0	0	0
	ECHL Totals	3	0	0	0	24	-3	0	0	0	0	0
	Pro Totals	3	0	0	0	24	-3	0	0	0	0	0
	QMJHL Totals	64	1	5	6	96	-4	0	0	0	0	0



Norfolk Admirals 2014-15 Bios



#26 F Quinn Smith

SHOOTS: Left

HT: 5.08

WT: 165

DOB: 01/11/92

BORN IN: Fairfield, CT

Acquired:

Signed a contract with Norfolk in November 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2009-10	Avon Old Farms, USHS	26	21	25	46			--	--	--	--	--
2010-11	Youngstown, USHL	52	9	8	17	53	-10	--	--	--	--	--
2011-12	Boston College, NCAA	32	1	3	4	8	1	--	--	--	--	--
2012-13	Boston College, NCAA	38	8	5	13	14	-1	--	--	--	--	--
2013-14	Boston College, NCAA	40	2	9	11	25	-3	--	--	--	--	--
2014-15	Boston College, NCAA	38	7	7	14	26	-10	--	--	--	--	--
2015-16	Norfolk, ECHL	4	1	0	1	4	1	--	--	--	--	--
	Admirals Totals	4	1	0	1	4	1	0	0	0	0	0
	ECHL Totals	4	1	0	1	4	1	0	0	0	0	0
	Pro Totals	4	1	0	1	4	1	0	0	0	0	0
	NCAA Totals	148	18	24	42	73	-13	0	0	0	0	0

CAREER NOTES

- Scored his first professional goal on 11/22/15 @ Manchester
- Skated in his first professional game on 11/21/15 @ Manchester
- Served as an Alternate Captain for Boston College in 2014-15
- Won an NCAA Championship with Boston College in 2011-12
- Helped Boston College to the best record in Hockey East in 2011-12 and in 2013-14
- Captained Avon Old Farms School in 2009-10



Norfolk Admirals 2014-15 Bios



#27 D Gabriel Verpaelst (vuhr-PASS)

SHOOTS: Left

HT: 6.00

WT: 191

DOB: 09/16/93

BORN IN: Sherbrooke, QC

Acquired:

Signed one-year contract with Norfolk in August 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2008-09	Magog, QMAAA	23	1	3	4	20		7	0	1	1	2
2009-10	Magog, QMAAA	37	3	15	18	89		10	2	1	3	6
2010-11	Baie-Comeau, QMJHL	66	3	7	10	159	-20	--	--	--	--	--
2011-12	Baie-Comeau, QMJHL	66	4	12	16	173	-20	8	1	1	2	37
2012-13	Baie-Comeau, QMJHL	63	5	7	12	115	14	17	2	5	7	34
2013-14	Baie-Comeau, QMJHL	67	9	19	28	80	30	22	3	6	9	18
2014-15	Bakersfield, ECHL	66	3	7	10	141	-20	--	--	--	--	--
2015-16	Norfolk, ECHL	22	2	9	11	53	-9	--	--	--	--	--
	Admirals Totals	22	2	9	11	53	-9	0	0	0	0	0
	ECHL Totals	88	5	16	21	194	-29	0	0	0	0	0
	Pro Totals	88	5	16	21	194	-29	0	0	0	0	0
	QMJHL Totals	262	21	45	66	527	4	47	6	12	18	89

CAREER NOTES

- Recorded a Gordie-Howe Hat-trick on 12/02/15 vs. South Carolina
- Signed a one-year contract with Norfolk on August 19, 2015
- Led Bakersfield in penalty minutes in 2014-15, finishing with 59 more PIM than any other skater
- Registered a point in three straight games (1g 2a) from 12/20/14 to 01/02/15
- Scored his first professional goal on 12/06/14 @ Idaho
- Recorded his first professional point, an assist, in his second game on 10/19/14 @ Stockton
- Made his professional debut with Bakersfield on 10/17/14 against Stockton
- Drafted in the 8th round, #60 overall, by Rivière-du-Loup 3L in the 2014 LNAH Draft
- Served as an Alternate Captain for Baie-Comeau in 2013-14
- Led Drakkar in penalty minutes during three of his four seasons with a high of 173 over 66 games in 2011-12 when he finished second in the entire QMJHL in PIM
- Helped lead Baie-Comeau to the QMJHL's President Cup Final each of the last two seasons, appearing in 39 playoff games with five goals and 11 assists for 16 points
- Drafted in the 4th round, #57 overall, by Baie-Comeau Drakkar in the 2009 QMJHL Entry Draft



Norfolk Admirals 2014-15 Bios



#28 D Ben Betker

SHOOTS: Left **HT:** 6.06 **WT:** 220 **DOB:** 09/24/94 **BORN IN:** Cranbrook, BC
Acquired: Assigned to Norfolk from Bakersfield on October 5, 2015
Draft: 2013 – Selected in the 6th round (#158 overall) by the Edmonton Oilers

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2010-11	Kootenay M.AAA, BCMML	38	1	12	13	56		--	--	--	--	--
2011-12	Westside, BCHL	59	5	13	18	52		--	--	--	--	--
	Portland, WHL	1	0	0	0	0	1	--	--	--	--	--
2012-13	Everett, WHL	68	1	5	6	100	-21	6	0	1	1	8
2013-14	Everett, WHL	68	7	14	21	102	-3	5	0	1	1	8
2014-15	Everett, WHL	64	6	25	31	63	19	9	1	2	3	16
2015-16	Norfolk, ECHL	22	1	7	8	17	2	--	--	--	--	--
	Admirals Totals	22	1	7	8	17	2	0	0	0	0	0
	ECHL Totals	22	1	7	8	17	2	0	0	0	0	0
	Pro Totals	22	1	7	8	17	2	0	0	0	0	0
	WHL Totals	201	14	44	58	265	-4	20	1	4	5	32

CAREER NOTES

- Picked up his first professional point, an assist, on 11/07/15 vs. Wheeling
- Made his professional debut with Norfolk on 10/16/15 vs. Wheeling
- Signed a three-year entry level contract with Edmonton on March 26, 2015
- Finished the 2014-15 season third among Silvertip defensemen in points and assists and second among Everett blueliners in plus/minus (+19)
- Recorded a junior career high four assists on 01/20/15 against Spokane
- Served as an Alternate Captain for Everett for the 2014-15 season
- Scored two goals on 12/15/13 against Kamloops
- Paced Everett in penalty minutes in 2013-14 and finished second on the team in PIM in 2012-13
- Registered the first two points of his junior career on 10/26/12 against Spokane, including the game winning goal
- Traded on 05/08/12 alongside Reece Wilcox, Tyler Sandhu, and Mitch Skapski from Portland to Everett for the rights to Seth Jones
- Led Westside defensemen in goals in 2011-12 and finished third in assists and points among Warrior blueliners



Norfolk Admirals 2014-15 Bios



#30 G Philippe Cadorette (kah-duh-REHT)

CATCHES: Left

HT: 5.11

WT: 193

DOB: 04/07/95

BORN IN: St-Hyacinthe, QC

Acquired:

Signed a one-year contract with Norfolk in August 2015

Season	Team	Regular Season							Playoffs						
		GP	W	L	OT	MIN	GA	SO	GAA	GP	W	L	MIN	SO	GAA
2011-12	Baie-Comeau, QMJHL	19	8	10	0	1003	51	1	3.05	8	4	4	443	0	4.60
2012-13	Baie-Comeau, QMJHL	50	29	15	2	2782	127	2	2.74	18	12	6	1030	2	2.27
2013-14	Baie-Comeau, QMJHL	52	36	13	3	3032	119	7	2.35	22	15	5	1344	3	2.28
2014-15	Baie-Comeau, QMJHL	63	34	20	8	3677	196	6	3.20	12	7	3	772	0	2.87
2015-16	Norfolk, ECHL	2	0	0	0	21	4	0	11.3	--	--	--	--	--	--
	Admirals Totals	2	0	0	0	21	4	0	11.3	0	0	0	0	0	--
	ECHL Totals	2	0	0	0	21	4	0	11.3	0	0	0	0	0	--
	Pro Totals	2	0	0	0	21	4	0	11.3	0	0	0	0	0	--
	QMJHL Totals	184	107	58	13	10494	493	16	2.82	60	38	18	3589	5	3.01

CAREER NOTES

- Made his professional debut with Norfolk on 10/21/15 @ Florida
- Signed a one-year contract with Norfolk on August 6, 2015
- Named the CHL Goaltender of the Week 4 times (04/12/15, 10/24/13, 11/04/12, 01/22/12)
- Recorded Regular Season Career Highs in Shots Against (53) and Saves (48) on 02/12/15 vs. MON
- Registered 42 Saves in a 1-0 shutout win @ Rou on 01/12/14, his most saves in any career shutout
- Stopped 61 of 63 Shots in a 3-2 Playoff win @ VdO on 4/10/15
- Named a QMJHL Second Team All-Star following the 2014-15 season
- Named a QMJHL First Team All-Star and Led the QMJHL in Save Percentage in 2013-14
- Recorded career-high 11-game win streak from 10/19/12 – 11/17/12
- Drafted in the 2nd round (#20 overall) by Baie-Comeau Drakkar in the 2011 QMJHL Entry Draft



Norfolk Admirals 2014-15 Bios



#33 G Adam Courchaine

CATCHES: Left

HT: 6.02

WT: 200

DOB: 02/20/89

BORN IN: Kanata, ON

Acquired:

Signed a contract with Norfolk in December 2015

Season	Team	Regular Season								Playoffs					
		GP	W	L	OT	MIN	GA	SO	GAA	GP	W	L	MIN	SO	GAA
2006-07	Orleans, CJHL	39	19	11	2	2285	119	1	3.12	--	--	--	--	--	--
2007-08	Ottawa, OHL	48	17	25	2	2813	152	2	3.24	4	0	4	158	0	4.55
	Providence, AHL	3	2	0	0	144	4	0	1.67	--	--	--	--	--	--
2008-09	Ottawa, OHL	30	13	11	2	1520	83	2	3.28	5	2	3	280	1	3.00
	Providence, AHL	1	0	1	0	60	3	0	3.00	--	--	--	--	--	--
2009-10	Sarnia, OHL	27	8	16	1	1520	89	1	3.51	--	--	--	--	--	--
	Erie, OHL	21	12	8	0	1200	58	2	2.90	2	0	2	120	0	4.50
2010-11	Reading, ECHL	1	0	0	0	7	4	0	33.3	--	--	--	--	--	--
	Alaska, ECHL	28	17	7	2	1584	63	4	2.39	1	1	0	60	0	2.00
2011-12	Alaska, ECHL	34	19	10	5	2022	80	3	2.37	--	--	--	--	--	--
	Providence, AHL	3	0	1	0	97	6	0	3.72	--	--	--	--	--	--
2012-13	Greenville, ECHL	3	2	1	0	181	8	0	2.65	--	--	--	--	--	--
2013-14	Ryerson Univ., OUAA	9	6	2	0	453	29	0	3.84	--	--	--	--	--	--
2014-15	Mississippi, SPHL	31	14	13	2	1684	70	0	2.49	--	--	--	--	--	--
2015-16	Louisiana, SPHL	13	5	6	2	750	34	1	2.72	--	--	--	--	--	--
	Norfolk, ECHL	0	0	0	0	0	0	0	--	--	--	--	--	--	--
	Admirals Totals	0	0	0	0	0	0	0	--	0	0	0	0	0	--
	ECHL Totals	66	38	18	7	3794	155	7	2.45	1	1	0	60	0	2.00
	Pro Totals	117	65	39	11	6529	272	8	2.50	1	1	0	60	0	2.00
	OHL Totals	126	50	60	8	7053	382	7	3.25	11	2	9	558	1	3.76

CAREER NOTES

- Signed a contract with Norfolk on December 8, 2015
- Traded from Mississippi to Louisiana On August 19, 2015 for forward Benjamin Rubin
- Made a professional career high 41 saves on 11/23/11 @ Stockton
- Named ECHL Goaltender of the Week on 01/16/12, going 3-0 with a 1.00 GAA, a .964 save%, and 1 SO
- Helped lead Alaska to a Kelly Cup Championship in 2010-11
- Named the ECHL Goaltender of the Month in February 2011
- Recorded his first professional shutout (33 saves) on 10/30/10 @ Bakersfield
- Won his first professional game with Providence on 04/06/08 against Manchester
- Stopped a junior-career high 47 shots on 02/04/10 @ Brampton
- Traded from Sarnia to Erie in January 2010
- Signed a free agent contract with the Boston Bruins on September 30, 2007
- Drafted in the 8th round (#155 overall) by the Barrie Colts in the 2005 OHL Priority Selection



Norfolk Admirals 2014-15 Bios



#33 G Nicola Riopel

CATCHES: Left **HT:** 6.00 **WT:** 185 **DOB:** 02/20/89 **BORN IN:** Beloit, PQ
Acquired: Signed a contract with Norfolk in November 2015
Draft: 2009 – Selected in the 5th round (#142 overall) by the Philadelphia Flyers

		Regular Season								Playoffs					
Season	Team	GP	W	L	OT	MIN	GA	SO	GAA	GP	W	L	MIN	SO	GAA
2006-07	Moncton, QMJHL	37	17	12	0	1914	107	1	3.35	4	1	3	185	0	5.19
2007-08	Moncton, QMJHL	47	15	19	10	2662	135	1	3.04	--	--	--	--	--	--
2008-09	Moncton, QMJHL	59	43	11	4	3487	119	5	2.05	10	5	5	620	2	2.03
2009-10	Moncton, QMJHL	25	19	5	0	1455	50	3	2.06	21	16	4	1291	3	2.14
	Adirondack, AHL	10	4	6	0	573	32	0	3.35	--	--	--	--	--	--
2010-11	Greenville, ECHL	38	24	12	2	2301	107	2	2.79	7	4	3	436	0	2.48
	Adirondack, AHL	11	3	7	0	591	35	1	3.55	--	--	--	--	--	--
2011-12	Greenville, ECHL	25	14	9	2	1453	74	0	3.06	2	0	2	119	0	4.03
2012-13	Dundee, EIHL	51	19	28	3	3012	174	0	3.47	--	--	--	--	--	--
2013-14	Frederiksh., Denmark	26	--	--	--	--	--	--	2.92	--	--	--	--	--	--
2014-15	Rouen, France	17	14	3	0	956	40	2	2.51	3	2	1	198	1	2.11
2015-16	Rapid City, ECHL	2	0	2	0	119	8	0	4.03	--	--	--	--	--	--
	Norfolk, ECHL	2	1	1	0	105	3	0	1.71	--	--	--	--	--	--
	Admirals Totals	2	1	1	0	105	3	0	1.71	0	0	0	0	0	--
	ECHL Totals	67	39	24	4	3978	192	2	2.90	9	4	5	555	0	2.81
	Pro Totals	156	79	68	7	9110	473	5	3.12	12	6	6	753	1	2.63
	QMJHL Totals	168	94	47	14	9518	411	10	2.59	35	22	12	2096	5	2.38

CAREER NOTES

- Signed a contract with Norfolk on November 5, 2015
- Won a French Cup Championship with Rouen in 2014-15
- Named to the EIHL All-Star Second Team in 2012-13
- Recorded his first professional shutout on 11/13/10 vs. Florida
- Picked up his first professional win on 11/14/09 Bridgeport
- Made his professional debut with Adirondack on 10/13/09 vs. Worcester
- Three time ECHL Goaltender of the Week (10/31/10, 02/27/11, 11/13/12)
- Won a QMJHL Championship with Moncton in 2009-10
- Five time CHL Goaltender of the Week (09/30/07, 02/10/08, 10/28/08, 03/17/09, 01/10/10)
- Won the Michel Briere Trophy in 2008-09 as the QMJHL's most valuable player
- Named a QMJHL First Team All-Star and a CHL Second Team All-Star in 2008-09
- Led the QMJHL in GAA and Save Percentage (.931) in 2008-09
- Won a Gold Medal in 2005-06 for Team Canada Quebec in the Under-17 World Hockey Championships
- Drafted in the 1st round, #14 overall, by the Moncton Wildcats in the 2005 QMJHL Entry Draft



Norfolk Admirals 2014-15 Bios



#41 D Jordan Hill

SHOOTS: Left

HT: 6.02

WT: 195

DOB: 03/08/89

BORN IN: Sarnia, ON

Acquired:

Signed a one-year contract with Norfolk in August 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2007-08	Sarnia, OHL	65	2	3	5	49	-1	7	0	0	0	4
2008-09	Sarnia, OHL	67	7	15	22	49	-5	5	0	0	0	4
2009-10	Sarnia, OHL	41	4	15	19	55	-14	--	--	--	--	--
	Saginaw, OHL	28	3	16	19	18	9	6	2	1	3	4
	Manitoba, AHL	2	0	0	0	2	-3	--	--	--	--	--
2010-11	Manchester, AHL	17	1	1	2	29	-2	2	0	1	1	0
	Ontario, ECHL	28	3	6	9	26	-10	--	--	--	--	--
2011-12	Manchester, AHL	41	1	2	3	35	-6	1	0	0	0	2
2012-13	Ontario, ECHL	6	0	1	1	9	-2	--	--	--	--	--
	Bridgeport, AHL	33	5	7	12	44	-5	--	--	--	--	--
2013-14	St. John's, AHL	68	0	12	12	54	2	18	2	1	3	7
2014-15	St. John's, AHL	36	1	3	4	27	-15	--	--	--	--	--
2015-16	Norfolk, ECHL	22	1	6	7	10	-12	--	--	--	--	--
	Admirals Totals	22	1	6	7	10	-12	0	0	0	0	0
	ECHL Totals	56	4	13	17	45	-24	0	0	0	0	0
	Pro Totals	253	14	56	69	236	-53	21	2	2	4	9
	OHL Totals	201	16	49	65	171	-11	18	2	1	3	12

CAREER NOTES

- Signed a one-year contract with Norfolk on August 20, 2015
- Helped lead St. John's to the Calder Cup Finals in 2014, scoring two goals in the series against Texas
- Scored a career high two goals, including the game-winner, on 03/24/13 against Albany
- Maintained a five-game point streak (3g 3a) from 02/23 to 03/04/11 while playing for Ontario
- Recorded his first professional goal on 02/26/11 against Idaho (ECHL), his first of three consecutive games with a goal
- Collected his first professional point, an assist, for Ontario (ECHL) on 12/03/10 @ Utah
- Made his professional debut with the Manitoba Moose (AHL) on 04/04/10 @ Hamilton
- Named an Alternate Captain for Saginaw just a week after arriving via trade
- Traded from Sarnia to the Saginaw Spirit on 01/09/10 for J. Pleckaitis, K. Flemington, and two OHL Draft Picks
- Served as Captain of the Sarnia Sting in 2009-10
- Hosts an annual Hockey School during the offseason



Norfolk Admirals 2014-15 Bios



#77 C Chase Schaber (SHAY-buhr)

SHOOTS: Left

HT: 6.00

WT: 194

DOB: 01/03/91

BORN IN: Red Deer, AB

Acquired:

Signed a one-year contract with Norfolk in July 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2006-07	Red Deer M. AAA, AMHL	33	10	8	18	18		4	3	2	5	2
2007-08	Calgary, WHL	49	3	1	4	30	-5	10	0	1	1	2
	Canada Pac., WHC-17	6	4	3	7	10						
2008-09	Calgary, WHL	53	8	12	20	24	7	16	0	3	3	4
2009-10	Calgary, WHL	40	8	19	27	24	-6	--	--	--	--	--
	Kamloops, WHL	28	10	12	22	37	-13	4	0	1	1	2
2010-11	Kamloops, WHL	46	16	29	45	87	3	--	--	--	--	--
2011-12	Kamloops, WHL	61	23	29	52	71	22	3	2	2	4	0
2012-13	Lethbridge Univ., CIS	19	8	10	18	40	-20	--	--	--	--	--
	Idaho, ECHL	11	2	0	2	11	2	17	2	8	10	6
2013-14	Bakersfield, ECHL	64	18	26	44	63	-1	16	4	6	10	10
2014-15	Bakersfield, ECHL	51	15	18	33	49	-12	--	--	--	--	--
	Oklahoma City, AHL	13	1	0	1	2	-1	--	--	--	--	--
2015-16	Norfolk, ECHL	2	0	0	0	6	-2	--	--	--	--	--
	Admirals Totals	2	0	0	0	6	-2	0	0	0	0	0
	ECHL Totals	128	35	44	79	129	-13	33	6	14	20	16
	Pro Totals	141	36	44	80	131	-14	33	6	14	20	16
	Junior Totals	277	68	102	170	273	8	33	2	7	9	8

CAREER NOTES

- Signed a one-year contract with Norfolk on July 2, 2015
- Served as an Alternate Captain for Bakersfield in 2014-15
- Registered his first AHL point, a goal, on 03/10/15 against Milwaukee
- Received his first call-up to the AHL on 02/12/15 and made his AHL debut with OKC on 02/13/15 @ CHI
- Finished the 2013-14 season tied for second on Bakersfield in points, third in goals, and fourth in assists
- Scored his first professional goal in his pro debut with Idaho on 03/08/13 against GWT
- Led University of Lethbridge in goals and points and finished second on the team in assists in 2012-13
- Was an Alternate Captain for the University of Lethbridge for the 2012-13 season
- Served as Team Captain for the Kamloops Blazers from 2010-12
- Involved in a large trade at deadline in 2010 in which Calgary traded him and A. Madaisky to Kamloops for T. Shattock, J. Bubnick, and Z. Stebner
- Skated in the 2006-07 Telus Cup as a member of the Red Deer Rebels Midget AAA
- Drafted in the 1st round, #20 overall, by the Calgary Hitmen in the 2006 WHL Bantam Draft



Norfolk Admirals 2014-15 Bios



#91 RW Jonathan Lessard (leh-SABRD)

SHOOTS: Left

HT: 6.01

WT: 190

DOB: 02/22/91

BORN IN: St. Eustache, QC

Acquired:

Signed a one-year contract with Norfolk in August 2015

Season	Team	Regular Season						Playoffs				
		GP	G	A	Pts	PIM	+/-	GP	G	A	Pts	PIM
2006-07	Laurentides, QMAAA	42	10	15	25	53		15	6	3	9	12
2007-08	Laurentides, QMAAA	45	28	26	54	48		4	4	1	5	4
	Drummondville, QMJHL	6	1	1	2	2	1	--	--	--	--	--
2008-09	Acadie-Bath, QMJHL	68	14	16	30	55	-14	5	0	1	1	14
2009-10	Acadie-Bath, QMJHL	68	36	28	64	62	5	5	3	4	7	8
2010-11	Acadie-Bath, QMJHL	62	37	29	66	70	7	4	0	2	2	0
2011-12	Baie-Comeau, QMJHL	50	27	11	38	64	-11	8	6	2	8	6
2012-13	Saint-Georges, LNAH	11	0	3	3	4	-9	--	--	--	--	--
	Trois Rivières, LNAH	5	0	0	0	2	1	--	--	--	--	--
	San Francisco, ECHL	23	1	4	5	24	-4	--	--	--	--	--
	Utah, ECHL	8	0	2	2	2	-2	--	--	--	--	--
2013-14	Allen, CHL	62	28	29	57	104	3	17	9	6	15	14
2014-15	Bakersfield, ECHL	60	19	22	41	80	-26	--	--	--	--	--
2015-16	Norfolk, ECHL	19	2	5	7	34	-12	--	--	--	--	--
	Admirals Totals	19	2	5	7	34	-12	0	0	0	0	0
	ECHL Totals	110	22	33	55	140	-44	0	0	0	0	0
	Pro Totals	188	50	65	115	250	-49	17	9	6	15	14
	QMJHL Totals	254	115	85	200	253	-12	22	9	9	18	28

CAREER NOTES

- Signed a one-year contract with Norfolk on August 19, 2015
- Finished the 2014-15 season second on Bakersfield in goals, and third on the team in assists and points
- Maintained three separate four-game point streaks during the 2014-15 season including a career long five-game point streak from 11/26/14 to 12/06/15 (4g 3a)
- Won a CHL (USA) Championship with the Allen Americans in 2013-14
- Paced Allen in goals in 2013-14 and finished second on the team in points
- Scored his first ECHL goal on 01/19/13 against Stockton
- Registered his first ECHL point, an assist, in just his second game on 01/13/13 against Bakersfield
- Made his ECHL debut with the San Francisco Bulls on 01/10/13 against Idaho
- Involved in a seven player trade that sent him from San Francisco to Utah at the deadline in 2013
- Traded from Acadie-Bathurst to Baie-Comeau along with Olivier Roy for several QMJHL draft picks
- Served as an Alternate Captain for the Acadie-Bathurst Titan from 2009-2011
- Drafted in the 3rd round (#38 overall) by the Drummondville Voltigeurs in the 2007 QMJHL Entry Draft