

Knights rally to claim U15 GMAA girls hockey title



PHOTO COURTESY ST. THOMAS KNIGHTS

The St. Thomas Knights GMAA U15 girls' hockey champions 2025-26

Habs' Veleno visits former elementary school

By Mark Lidbetter
The Suburban

During the Olympic break for NHL teams, the Canadiens' Joe Veleno took the opportunity to pay a visit to his former elementary school in Riviere des Prairies. The visit was made during School Perseverance Week and Veleno once again walked the halls of RDP's East Hill Elementary. "It was pretty unique and special," Joe Veleno said. "Walking into the hallways and driving up the hill, it brings back a lot of memories. Walking through the doors

the hallways and seeing some familiar faces, saying hi to everyone, and having, you know, a lot of people coming up and greeting me and introducing themselves, I love these kinds of things. I love to give back, and these people have obviously helped me, and they've had a positive impact on my life. It feels great to just be here and see these kids and the teachers."

The NHL veteran in his sixth campaign attended East Hill from kindergarten to grade six as his family moved to Kirkland on the West Island. Veleno was greeted with loud cheers at a full school assembly, plus invited guests from



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Joe Veleno took time to sit for a class photo with each class of East Hill Elementary.

What's the score

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LHGM U15 AA Sud Ouest Mustangs 4-4 CHA Grizzlies

It was a back and forth battle that ended in a 4-4 draw in Ligue Hockey du Grand Montreal (LHGM) U 15 AA action between the Sud Ouest Mustangs and the CHA Grizzlies. Benjamin Liboiron figured in on all four Sud Ouest goals scoring three and assisting on one. Nicolas Karelus had the other Mustang marker plus a pair of helpers. Frederick Genzardi Jr. paced the Grizzlies' attack with a pair of goals. Luka Lutsyk and Hendrix Pun had the other goals for the Grizzlies.

EHL U13 A St. Laurent Spartans 4-2 MRO Diablos

The St. Laurent Spartans doubled-up on the MRO Diablos for a 4-2 win in EHL U13 A play at the Ray Bourque Arena. Vassili Antonopoulos had a hat trick performance for the Spartans with his second and third goals being the game winner and insurance marker. St. Laurent's Adamo Di Re's second period tally levelled the score at 2-2. The Diablos potted a pair in the first frame off the sticks of Maxence Popovici and Rafael Papineau.

CHL U11 B Dollard Centennials 4-3 West Island Knights

The visiting Dollard Centennials edged the West Island Knights 4-3 in CHL U11 B action at Dorval's Edgar Rouleau Arena. Four different Dollard shooters contributed to the win. Mateo Estrada-Larocque, Jordan Belley, Elias Guinard and Daniel He rippled the twine for the Centennials. Charles St. Louis accounted for two of the Knights' tallies with Esme Picciola scoring one and assisting on one.

LQHF U12 B Westluc Knights 2-0 Rockettes

A pair of third period goals delivered a 2-0 win to the Westluc Knights over the Rockettes in U12 B Ligue Quebecoise de Hockey Feminin (LQHF) play at Centre Sportif Regional des Copains in Sainte Martine. It was a goaltenders' battle between Knight Deborah Oladapo and Isabella Cross of the Rockettes. The game remained deadlocked at 0-0 heading into the third but 1:24 in Xhaoyu Yu bested Cross for the ice-breaker. Olivia Vihn added an insurance marker and Oladapo recorded the clean sheet. ■



ROB TAUSSIG/THE SUBURBAN

the Lester B Pearson High School Sports Etudes hockey program. During the visit he accepted the offer to become a special ambassador for EMSB Nutrition Month in March.

Speaking to the assembled students, Veleno wanted them to have a takeaway from his appearance when it comes to pursuing their future goals. "I think you've got to know what you want and anything you want to pursue in life," Veleno said. "I think you've got to have the right mindset. Give one hundred percent focus towards that goal. Mine was to play hockey and play in the NHL at a certain point in my life. Once I realized that, and that's what I wanted, and made sure I wanted it, I committed myself and did everything possible to attain that goal."

During the visit Veleno reconnected with Kristina Provost, a classmate back in the day who is now a Grade 4 teacher there and hasn't seen him since graduation. "It's incredible," Kristina Provost said. "When he was selected for the Canadiens, I couldn't believe it. It's very exciting, we used to be sitting next to each other in class, and now he's playing in the Bell Centre for the Canadiens, which is awesome."

The Lakeshore Minor Hockey Federation alumnus was drafted 30th overall in the first round of the 2018 NHL Entry Draft by the Detroit Red Wings. As a junior, he played in the Quebec Major Junior Hockey League (QMJHL), where he became the first player from Quebec granted exceptional player status, which allowed him to enter major junior hockey at age 15. Veleno was drafted first overall in the 2015 QMJHL draft by the Saint John Sea Dogs and later played with the Drummondville Voltigeurs. The Canadiens signed him as a free-agent last summer. ■