

## EDUCATION

### PRECISION NUTRITION

Certified Level 1 Nutrition Coach

### THE TPH CENTER OF EXCELLENCE Exeter, NH

2021-2022 Valedictorian - Final GPA: 4.5

Advisor: Craig Roderick croderick@seacoastspartans.com

TPH is an NCAA-accredited on-line learning program designed for young athletes. The Rinks at Exeter contains classrooms built specifically for TPH and is home to full-time teachers who help guide the athletes in academics, time-management skills and accountability. I have taken all honors classes.

### US PERFORMANCE ACADEMY (USPA) Exeter, NH

2018 - 2020 - Academic Award for Excellence - Final GPA: 4.0

### TALCOTT MOUNTAIN ACADEMY (TMA) Avon, CT

2015 -2018 6th - 8th Grade

TMA is Connecticut's premier independent school for gifted and talented students, uniquely integrating liberal & fine arts into an unparalleled STEM-based curriculum.

Graduated with Honors each year

Numerous Character awards

Math Award and Math Counts Club

Music Honor Award (8th Grade) - Flute

Invention Convention: Goalie Glove Conditioning System

Led morning Yoga stretching in 8th grade

Volunteered at TMA Summer Camps helping teachers/students

### SOUTHWEST SCHOOL Torrington, CT

2010 - 2015 K - 5th Grade

Selected to attend Talcott Mountain Academy once a month as a TAG student in 4th and 5th grade.

CT Association of Public School Superintendents  
Certificate of Excellence 2014

President's Education Award for Outstanding Academic  
Achievement 2014 & 2015

Torrington Top Athlete Award 2015

## VOLUNTEER

Coaching: Mites and Learn to Skate Exeter, NH

YMCA: Organize food pantry donations Exeter, NH

Riverside Nursing Home: East Hartford, CT

## OTHER INTERESTS

Flute: Weekly private flute lessons in-person and via Skype

Work: ProCrease Goalie Camps CT | Allegiant Physical Therapy

## OTHER SPORTS

Lacrosse (Middie) and Parkour

## HOCKEY

### SEACOAST PERFORMANCE ACADEMY U14-U18 Exeter, NH

2018 - 2022 AAA National Goaltender

Goaltending Coach: Mike Buckley - Mike Buckley's GDS  
mbuckley@gdsgoalies.com 978.869.9188

Mental Coach: TC Cummings tc@tccummings.com | 619.851.9888  
Weekly mental coaching with ex-navy seal via phone since 9/18

Recruited to SPA: Matt Pinchevsky - Maine Nordiques  
954.448.8208

Hockey Advisor: Bobby Gauthier - Puck Agency 401.527.6768

SPA Billet Family: Tom & Ann McDonough  
tmcdfam@gmail.com | 339.927.4742

2018-2019 resulted in great development as a goaltender. For the first time I was given opportunity to play top level AAA hockey around the world as well as develop many intangible life skills. I embraced the challenges of intense training with weekly goaltending coaching, practices, player skills, games, yoga and customized strength and cardio conditioning. I also lead our team in warm-ups. I excelled at time management and adjusted well to living with my billet family.

Shootout win vs. Jokerit (Finland) in Moscow

(2) Strong performances at New England Championships  
vs. Mid Fairfield

Kennedy Memorial Champion (2018)

2-0 Shutout vs. Hill School (2021)

2-1, 43-save Win vs LA Jr. Kings (2022)

### HOCKEY TOURNAMENTS AND SHOWCASES

USA Hockey New England Development Camp 2018, 2019, 2020, 2021 (Canceled)

Team CT 2018, 2019, 2020, 2021

International: Russia, Sweden, Finland, Italy, Czech Republic, Canada

Domestic: Florida, Detroit, Syracuse, Buffalo, Dallas, Boston, New Hampshire, Connecticut

Boston Jr. Whalers Summer AAA Tournament Team 2020

CT Whale Summer AAA Tournament Team 2018 & 2019

### DEVELOPMENT CAMPS

GDS Goaltending 2018-2022

ProCrease 2014-2021

Mitch Korn Goalie Development 2016 & 2017

Tough as Nails Award 2017

Most Competitive Goalie Award 2016

### YOUTH HOCKEY

Avon CT Youth Hockey, Northwestern CT Youth Hockey 2009-2017

## FAMILY

Father - Matt matthewdesmith@sbcglobal.net | 860.830.3007

Mother - Leigha leighade@gmail.com | 860.830.3665

Cousin - Casey Goaltender, Pittsburgh Penguins