

Stage One Goaltending:

Stage One Goaltending is run by Harry Fredeman. Harry played his hockey in the Lower Mainland for the Mission Icebreakers, Squamish Wolf Pack, and North Delta Devils of the PJHL (Jr. B) before earning a scholarship to play at Trinity Western University. Harry has also played professional hockey in Sweden, as well as college hockey for the University of Alberta-Augustana, before founding Stage One in 2018. Harry and Stage One Goaltending conducted LMHA's Association goalie development this past season, working with goalies of all levels and ages.