



MEDIA RELEASE

For Immediate Release

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Belleville Senators hire full-time Strength and Conditioning Coach

The new Belleville Senators franchise in the American Hockey League (AHL) is pleased to announce the hiring of Jeremy Benoit as their new full-time Strength and Conditioning Coach.

A native of Kemptville, Ontario, the 25-year-old Benoit worked the past two seasons as an Assistant Strength and Conditioning Coach for both the Ottawa Senators and the Binghamton Senators. His responsibilities included assisting with in-season and off-season programming for both clubs, right through to the end of the Stanley Cup playoffs.

Benoit was also responsible for player development for the Wichita Thunder and Evansville Icemen of the East Coast Hockey League, along with monitoring the in-season off-ice conditioning and rehabilitation of Ottawa's Junior and AHL players as well.

An honours graduate of Laurentian University's Bachelor of Science in Kinesiology program, Benoit successfully completed a research thesis in biomechanics and injury prevention. He is a certified strength and conditioning coach through the NSCA, and has also worked with NFL, CFL and NCAA athletes, and with nationally and provincially ranked athletes in basketball, volleyball and figure skating.

"I am really looking forward to coming to Belleville," Benoit says. "This role is all about providing accountability for the players and support for the coaching staff, and I am very familiar with the organization and very thankful for the opportunity."

"Jeremy certainly knows our organization and it will be a seamless transition for him to come to Belleville," Belleville Senators General manager Randy Lee says. "We're a team that is built around the development of our own draft picks and having Jeremy here full-time will be great for us."

Season Tickets are the best way to enjoy the American Hockey League's debut in Belleville at the best possible price, and great seats are still available for the inaugural 2017-18 AHL season.

About the Belleville Senators

The Belleville Senators are an American Hockey League franchise with their inaugural season in 2017-18. The Senators are the AHL affiliate of the Ottawa Senators of the NHL and will play their home games in the remodeled Yardman Arena. You can follow the Belleville Senators on Twitter @bellevillesen, on Instagram @bellevillesens and on the team's official Facebook page. For more information on how to purchase season tickets, visit www.bellevillesens.com

For more information:

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