

ADAM FOX



SHOOTS: RIGHT
HEIGHT: 5'11"
WEIGHT: 182
BORN: FEBRUARY 17, 1998
BIRTHPLACE: JERICHO, NEW YORK

#23
DEFENSEMAN

A New York native, defenseman Adam Fox has already put together a stellar career on the blueline, earning the Norris Trophy as the NHL's top defenseman in 2020-21 and a nomination for the award in 2022-23. Fox established career highs in goals (12), games played (82) and plus/minus (+28) in 2022-23, and finished tied for fourth among NHL d-men in assists (60) and eighth in points (72). In 2020-21, he became the second defenseman in league history to win the Norris Trophy in one of his first two seasons. A Hobey Baker Award finalist in 2018-19 out of Harvard, Fox led the NCAA in assists (39) and ranked fourth in points (48), while also setting single-season school records for assists and points by a defenseman. Fox was named a First Team All-American in each of his three seasons in Harvard and registered 116 points (21 goals, 95 assists) in 97 career games. He was originally a third-round selection (66th overall) of the Calgary Flames in 2016.

ONETIMERS

Hockey nickname: Foxy
Hockey idol growing up: Nick Lidstrom
What he'd be doing for a career if not in hockey: Working in finance
Person he'd trade places with for a day: LeBron James
Superpower he'd most like to have: Ability to fly
What actor would play you in a movie: Vince Vaughn
Favorite superhero: Batman
Most listened to artist: Drake
Game show he'd most like to compete on: Family Feud
Other sport/position he'd most like to play: Basketball/point guard
On his bucket list: Travel to Europe
Most valuable possession: World Junior Championship Gold Medal
Meal: Sushi
Movie: The Other Guys
TV shows: Game of Thrones and The Family Guy
Place to visit: West Palm Beach, Florida

LOOSE PUCKS

- Named an alternate captain to start the 2023-24 season
- Played in the 2023 NHL All Star Game and was named First Team All-Star
- Signed a seven-year contract extension on Nov. 1, 2022
- Was named to the 2020-21 NHL First All-Star Team.
- Parents are Bruce and Tammy. Has a brother, Andrew
- Played soccer and lacrosse in high school, in addition to hockey
- Grew up a fan of the Rangers, Knicks, Jets, and Mets
- Majored in psychology
- His first job was working for a driving service on Harvard's campus

THIS SEASON

- Has recorded 40 assists for the fourth time in his career
- Collected his 238th career assist on March 2 at Toronto, tying Jim Neilson for sixth all-time by a Rangers defenseman
- Scored his 10th goal of the season on Feb. 28 vs. Columbus to reach the 10-goal mark for the third consecutive season. He's the first Rangers defenseman since Brian Leetch (4 from 2000-04) to record three straight 10-goal campaigns
- Recorded his 30th assist of the season on Feb. 9 at Chicago, becoming the sixth skater and second defenseman to record 30 assists in each of his first five seasons with the franchise
- Recorded his 200th career assist on Oct. 12 at Buffalo, becoming the sixth-fastest defenseman in NHL history to accomplish the feat
- Skated in his 300th NHL game on Dec. 9 at Washington

OUT-FOXED

On January 1, 2023 in Florida, Fox recorded his 200th career point, requiring the 15th fewest games (241) all-time among NHL defensemen to reach the milestone.

He was the second Ranger defenseman to do so before 241 games (Leetch - 211).

FASTEST PLAYERS TO 200 POINTS (SORTED BY LEAST AMOUNT OF GAMES PLAYED)

Cale Makar	195
Sergei Zubov	207
Brian Leetch	211
Phil Housley	212
Denis Potvin	212
Mark Howe	216
Bobby Orr	216
Gary Suter	219
Paul Coffey	221
Ray Bourque	226
Al MacInnis	233
Larry Murphy	234
Dave Babych	239
Paul Reinhart	240
Adam Fox	241

BLEEDING BLUE

Growing up in Jericho, New York, Fox was a huge Rangers fan as a kid and attended many games at Madison Square Garden. "My dad is a huge fan and passed it down to me," said Fox. "My first jersey was Brian Leetch, which he gave to me. Any opportunity to play in the NHL is special, but it definitely has more meaning doing it here with my connection to New York."

"QUOTABLE"

"He's unbelievable. The way he plays with the puck, I think everyone can see it. He's so calm. I feel like he makes the right decision all the time."

-Rangers teammate Mika Zibanejad

AWARDED

In 2020-21, Fox was named the recipient of the Steven McDonald "Extra Effort" Award in 2020-21, joining Brian Leetch as just the second defenseman to win the award. The award is presented annually to the Ranger who, as chosen by the fans, "goes above and beyond the call of duty." He also won the Rangers MVP award in 2020-21 and as a rookie in 2019, earned the Lars-Erik Sjöberg Award as the top NYR rookie in training camp.