



# ADAM FOX



## STATS

**Shoots:** Right  
**Height:** 5'11"  
**Weight:** 180  
**Born:** 2/17/1998  
**Birthplace:** Jericho, NY

## POSITION

**DEFENSEMAN**  
**#23**

## BIO

*Adam Fox posted 10 goals and 51 assists for 61 points in 74 games last season. He became the ninth defenseman in NHL history to record four consecutive 50-point seasons and became one of eight defensemen in Rangers history to record four or more seasons with 10 or more goals. This past season, he notched his 300th career assist and became the fourth defenseman in Rangers history to reach the milestone. The Jericho, New York native earned the Norris Trophy as the NHL's best defenseman in 2020-21 and was nominated for the award in 2022-23.*

## ONE-TIMERS

<b>Nickname:</b>	<b>Foxy</b>
<b>Hockey idol growing up:</b>	<b>Nick Lidstrom</b>
<b>Superpower he'd want:</b>	<b>Ability to fly</b>
<b>Actor who'd play him:</b>	<b>Vince Vaughn</b>
<b>Favorite superhero:</b>	<b>Batman</b>
<b>Most listened to artist:</b>	<b>Drake</b>
<b>Favorite meal:</b>	<b>Sushi</b>
<b>Favorite movie:</b>	<b>The Other Guys</b>
<b>Favorite TV show:</b>	<b>Game of Thrones, Family Guy</b>
<b>Favorite place to visit:</b>	<b>West Palm Beach</b>

## LOOSE PUCKS

- Parents are Bruce and Tammy, also has a brother, Andrew
- Married his college sweetheart, Tate, last summer and welcomed their first child, Greer, in February
- Played soccer and lacrosse in high school, in addition to hockey
- Grew up a fan of the Rangers, Knicks, Jets & Mets
- Majored in psychology at Harvard
- First job was working for a driving service on Harvard's campus
- Is the former recipient of the Rod Gilbert "Mr. Ranger" Award, the Steven McDonald "Extra Effort" Award (2020-21), the Rangers MVP Award (2020-21) and the Lars-Erik Sjoberg Award as the top NYR rookie in training camp (2019).