A sixth round draft choice of the Rangers in 2010, hard-working Jesper Fast has solidified himself as a reliable two-way forward and one of the team's best penalty killers during his time in New York. The consummate team player, Fast has served as an alternate captain since 2018-19 and was voted by his teammates as the recipient of the team’s Players' Player Award in each of the last five campaigns (2015-16 - 2019-20).

**One Timers**

- Nickname: Quickie
- Favorite music: Country
- Player growing up: Daniel Alfredsson
- Actor: Liam Neeson
- Meal: Steak
- Movie: Dumb and Dumber
- Guilty pleasure TV show: Vampire Diaries
- Most listened to artist: Luke Bryan
- First jersey bought: Peter Forsberg Colorado Avalanche
- NYC restaurant: Nobu
- Animal his teammates would compare him to: Panda bear
- Superhero: Spiderman
- Athlete he’d like to practice with: Zlatan Ibrahimovich

**Quotable**

"I think what you appreciate the most with him is he pays the price every night...He makes a lot of good plays out there that I don't think he gets credit for, but I definitely see the way he is around the blue lines, the critical plays. He’s always a smart guy there. Very important player to have on your team."

-Rangers teammate Henrik Lundqvist

**The Fast Lane**

Fast finished t-16th among all NHL forwards in 2019-20 in shorthanded ice time per game (2:21).