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 is in his second season as an alternate captain and was voted by his teammates as the recipient of the team's Players' Player Award in each of the last four campaigns.

**Nicknames:** 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

- Married to his wife, Amanda
- Is the only child of Niklas and Eva. Niklas works in sales while Eva works in a clothing shop
- Was voted by his teammates as the recipient of the Rangers Players' Player Award in each of the last four seasons. The honor is given out annually to the player that best exemplifies what it means to be a team player. He is just the third Ranger to win the award in at least four straight seasons, along with Jean Ratelle and Brian Leetch
- Is an avid fan of horse racing

**THE FAST LANE**

Fast ranks 9th among all NHL forwards in 2019-20 in short-handed ice time per game (2:46).

**“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