Acquired in a trade with the Carolina Hurricanes in 2019, talented rookie defenseman Adam Fox has emerged as one of the NHL’s top young players and finished 2019-20 ranked third among rookie defensemen in points (42). Fox amassed 48 points (9 goals, 39 assists) in 33 games for Harvard in 2018-19 and was named a finalist for the Hobey Baker Award as the top player in college hockey. The Jericho, NY, native led the NCAA in assists and ranked fourth in points, while also setting school single season records for assists and points by a defenseman. Fox was named a first team All American in each of his three seasons in Hartford, and registered 116 points (21 goals, 95 assists) in 97 career games. He was originally a third round selection of the Calgary Flames in 2016.

ONE TIMERS

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 Juniors 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

- Won the Lars-Erik Sjoberg Award as the top NYR rookie in training camp in 2019
- 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
- People talk about all these Rookie of the Year candidates and I don't hear his name enough. You'd be hard-pressed to find a rookie as good as this guy in the NHL. And you talk to players throughout the league, they notice this guy -- not just because of what he does offensively. Just watch the little things he does defensively. He's having one hell of a year.”

-Rangers head coach David Quinn
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."

Fox’s 57 takeaways this season were the 2nd-most a NHL rookie defenseman recorded since the league began tracking the statistic in 2005-06.

Fox finished t-2nd among all NHL rookie d-men in goals (8), 3rd in points (42), assists (34) and PPP (13). The Rangers posted a 22-8-2 record in games he tallied a point.

Since 12/31/19, Fox led all NHL rookies in assists (22) and t-2nd in points (22).

Fox became the fifth rookie defenseman in franchise history to post at least 40 points in a season (Ron Greschner, Reijo Ruotsalainen, Brian Leetch, Mike McEwen).