

**OTTAWA LADY SENATORS
U18 AA PLAYER GUIDE
2023-2024**





#1 Ella Woodtke

Goalie 2006

Shoots: Left
Height: 5'8"
Weight: 146 lbs

Hometown: Ottawa
Previous Team: Kanata Rangers U18 A
School: All Saints HS **Grad Year:** 2024



Future Ambitions: To play university hockey. After university I want to be a firefighter

Academic Interests: Science and Business

Academic Achievements: Honour roll student Gr 9-11

Athletic Achievements: Many gold medals in tournaments in my 13 yrs of minor hockey. Gold in U17 Fastball 2022.

Community Involvement: I volunteer with younger athletes and teach goaltending. Member of HS team building houses in the Dominican Republic.

Goal for the Season: To perform my very best every time I'm on the ice. To use my experience and knowledge to help the team achieve success. Win Provincials!

Favourite Quote: "There is no elevator to success, you must take the stairs!"



#5 Emily VAN SPRONSEN

Defense 2008

Shoots: Left
Height: 5'7"
Weight: 130 lbs

Hometown: Kanata
Previous Team: Ottawa Lady Senators U15 AA
School: Earl of March SS **Grad Year:** 2026



Future Ambitions: To study at university and play hockey

Academic Achievements: Honour roll student

Academic Interests: Technology, Psychology, English

Athletic Achievements: OWHL Eastern U15AA League Champions and Playoff Champions 2022/23

Goals for the Season: To improve strength and offensive awareness

Hobbies and Interests: Fitness, track & field, piano, cooking

Role Model: Jamie Lee Rattray



#6 Isabelle MARION (A)

Defense 2006

Shoots: Left
Height: 5'7"
Weight: 138 lbs

Hometown: Ottawa
Previous Team: Ottawa Lady 67s U18 AA
School: École Secondaire Catholique Garneau **Grad Year:** 2024



Future Ambition: To play university hockey, focus on my studies and start my own business

Academic Interests: Health Science, Business
Academic Achievements: Honour Roll 85% + average Gr 7-11

Athletic Achievements: I have always played for the Tier 1 hockey in my association. Winner of the U18 67 Award 2022/23 voted for by my teammates as "the player who showed the most heart and dedication to the team and worked hard to make themselves and their teammates better every day".

Role Model: Claire Thompson - Defence Team Canada
Favourite Quote: "Every opportunity is out there for you, you've just got to go out and get it"



#7 Tatum COLTART

Defense 2006

Shoots: Left
Height: 5'5"
Weight: 137 lbs

Hometown: Kanata
Previous Team: Kanata Rangers U18 A
School: A.Y. Jackson SS **Grad Year:** 2024



Future Ambition: To go to university and study my chosen program

Academic Interests: To study Business or Criminology
Academic Achievements: Honour roll student

Athletic Achievements: My 13 years of minor hockey

Goals for the Season: To use my experience for the benefit of the team in my senior year. To improve as a player but also as a person. And win provincials!

Role Model: Marie-Philip Poulin
Favourite Quote: "You never lose. You either win or you learn"



#8 Olivia WALLACE

Forward 2008

Shoots: Right
Height: 5'4"
Weight: 134 lbs

Hometown: Smiths Falls
Previous Team: Ottawa Lady Senators U15 AA
School: Smiths Falls District Collegiate Institute **Grad Year:** 2026



Future Ambition: To play university hockey and play for Team Canada

Academic Interests: Physical Education, French and Math
Academic Achievements: OWHA U16 HP Development Camp Attendee 2023. Honour Roll student, Character Award

Athletic Achievements: OWHL Eastern U15AA League Champions and Playoff Champions 2022/23. Athletic Award 2022

Goals for the Season: To be stronger, faster and assist in leading the team to Provincials 2024!

Role Model: Sarah Nurse - Team Canada



#9 Grace STEWART

Forward 2007

Shoots: Left
Height: 5'4"
Weight: 130 lbs

Hometown: Kanata
Previous Team: Kanata Rangers U18 A
School: Earl of March SS **Grad Year:** 2025



Future Ambition: I would like to be a radiologist. I would love to play hockey at university too!

Academic Interests: Math and Science
Academic Achievements: Silver Medalist 90%+ av.

Athletic Achievements: I am a multi-sport athlete. I play lacrosse, touch football, track & field, field hockey and cross country

Goals for the Season: I am always looking to improve every part of my game. I aim to be the hardest working player on the ice

Community Involvement: OWHA certified referee. Helper for House League sort outs with KGHA

Role Model: My brother John - one of my biggest competitors & motivators in life. He is a leader on & off the ice, a person who sets goals and works hard to achieve them....being so close in age, I see what he has done & it motivates me to do the same, if not better!



#11 Avery JONES

Defense 2009

Shoots: Right
Height: 5'9"
Weight: 142 lbs

Hometown: Kanata
Previous Team: Ottawa Lady Senators U15 AA
School: Earl of March SS **Grad Year:** 2027



Future Ambition: To play college hockey
Academic Achievements: Honour Roll student
Academic Interests: Business, Design and Architecture, Fitness and Nutrition

Athletic Achievements: OWHA U16 HP Development Camp Attendee 2023. OWHL Eastern U15AA League Champions and Playoff Champions 2022/23. U13AA Eastern Champions. Played on touch football, volleyball and basketball HS Champion teams 2022-23

Goals for the Season: Help my team make it to provincials, improve my strength and skills. Make life-lasting memories

Role Models: Hayley Wickenheiser, Marie-Philip Poulin



#12 Alexa KOCOUREK

Forward 2007

Shoots: Left
Height: 5'7"
Weight: 120 lbs

Hometown: Stittsville
Previous Team: Ottawa Lady Senators U18 AA
School: Sacred Heart HS **Grad Year:** 2025



Future Ambitions: To study Health Science at university and become a nurse

Athletic Achievements: OWHL Eastern U18AA League Champions 2022-23. HS All Round Athlete Award 2021 1000m Regional Track Champion 2019. 100m HS Track Champion 2019. HS Varsity volleyball and touch football teams 2021-23

Goals for the Season: To be the best hockey player I can be and make it to Provincials

Favourite Hockey Memory: Traveling to hockey tournaments, especially in the US

Favourite Quote: "What doesn't kill you makes you stronger"



#14 Shannon HICKS (C)

Forward 2006

Shoots: Left
Height: 5'6"
Weight: 125 lbs

Hometown: Kanata
Previous Team: Ottawa Lady Senators U18 AA
School: Earl of March SS **Grad Year:** 2024



Future Ambitions: To study at university to become a Sports Physiotherapist and to continue to play hockey

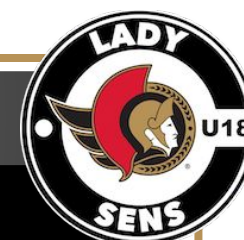
Academic Achievements: Silver Medal 90%+ av. Gr 9-11

Academic Interests: Health Sciences, Kinesiology

Athletic Achievements: OWHL Eastern U18AA League Champions 2022-23. High School Varsity athlete in hockey and field hockey, soccer, track and cross-country. Athlete of the Year Runner Up 2021-22. U18AA player +/- : +39

Favourite Hockey Memory: Winning the 2023 U18AA Lady Sens Showcase

Goals for the Season: To step up as a Senior on the team and set an example of working hard and having fun



#16 Ava TELFER

Forward 2008

Shoots: Right
Height: 5'4"
Weight: 135 lbs

Hometown: Carp
Previous Team: Ottawa Lady Senators U15 AA
School: West Carleton SS **Grad Year:** 2026



Future Ambitions: To study at university and play hockey

Academic Achievements: Honour roll student

Academic Interests: Law and Business

Athletic Achievements: OWHA U16 HP Development Camp Attendee 2023. Gold Medalist with Team Bach at the OWHA Summer Games 2022. OWHL Eastern U15AA League Champions and Playoff Champions 2022/23.

Favourite Hockey Memories: Winning Gold at the Ontario Summer Games. Coming back from a 5-0 deficit to clinch a spot at the 2023 OWHA Provincial Championships

Role Models: Sarah Nurse and Kendall Coyne Schofield

Favourite Quote: "It's not how big you are, it's how big you play"
John Wooden

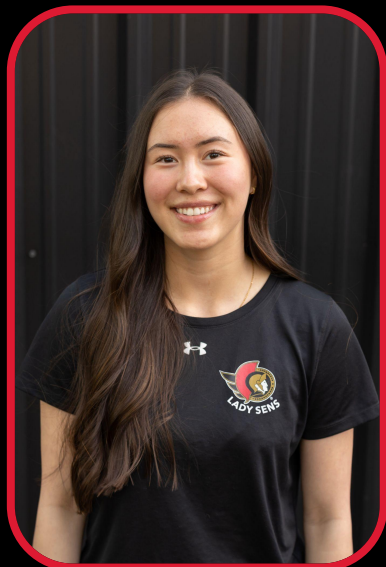


#17 Piper COCHRANE

Forward 2007

Shoots: Left
Height: 5'6"
Weight: 135 lbs

Hometown: Ottawa
Previous Team: Ottawa Lady 67s U18 AA
School: St. Francis Xavier HS **Grad Year:** 2025



Future Ambition: Play NCAA D1 hockey & go to medical school

Academic Interests: Medicine, Kinesiology & Veterinary Science
Academic Achievements: Honour Roll student. 92% average

Athletic Achievements: Gold with Team Ontario National Aboriginal Hockey Championships 2023. Team Ambrose at Ontario Summer Games 2022. Played at 2021 USA Nationals with Team Colorado U14AAA after winning the state championship and 5 tournament championships

Community Involvement: Ottawa Humane Society volunteer and summer camp leader

Role Models: My Mum and Dad, Sarah Nurse



#18 Clare CASSELL

Forward 2008

Shoots: Left
Height: 5'2"
Weight: 110 lbs

Hometown: Smiths Falls
Previous Team: Kanata Rangers U18 A
School: Smiths Falls District CI **Grad Year:** 2026



Future Ambition: To go to university and become a veterinarian or an architect

Academic Interests: Veterinary science, architecture
Academic Achievements: Honour roll student

Athletic Achievements: Points Leader on U18 A. Points leader on HS Varsity rugby team. Play HS Varsity basketball and soccer

Community Involvement: Volunteer at a youth horse camp as a counsellor, serve at local community dinners

Hobbies and Interests: Rugby, Horseback riding, four wheeling

Role Models: My sisters and family, and barrel racer Hailey Kinsel



#19 Grace GRECO (A)

Defense 2007

Shoots: Left
Height: 5'5"
Weight: 138 lbs

Hometown: Kanata
Previous Team: Kanata Rangers U18 A
School: All Saints Catholic High School **Grad Year:** 2025



Future Ambition: To study Criminal Psychology in university and continue my love of hockey as a varsity athlete

Academic Achievements: Honour Roll student. Invited to attend high school leadership course

Athletic Achievements: Winning gold in many hockey tournaments over my minor hockey career and qualifying for provincials in U11 and U13

Goals for the Season: To represent myself and the Lady Sens Program well in showcase tournaments, improve the offensive aspect of my game - and qualify for provincials

Community Involvement: Volunteered with KGHA tryouts, assisted with U9 development sessions, helper at local Jr.A showcase, volunteer at school track and field events



#20 Kira WHELAN

Defense 2007

Shoots: Left
Height: 5'5"
Weight: 130 lbs

Hometown: Ottawa
Previous Team: Ottawa Lady 67s U18 AA
School: John McCrae SS **Grad Year:** 2025



Future Ambition: To play U22 Elite hockey and play in university

Academic Interests: Science and Medicine

Academic Achievements: Gr.9 90% average

Athletic Achievements: John McCrae High Performance Athlete Program. MVP Varsity Touch Football Award. Sportsmanship Award Track & Field Athlete of the Year

Community Involvement: Instructor in FUNdamentals and First Shift Hockey Programs. Instructor with Lady 67s Strength and Conditioning. Outdoor rink volunteer skating coach

Favourite hockey memory: Learning to skate with my Dad on an outdoor rink in Edmonton



#21 Catherine LEWIS

Forward 2007

Shoots: Left
Height: 5'4"
Weight: 130 lbs

Hometown: Stittsville
Previous Team: Kanata Rangers U18 A
School: Sacred Heart High School **Grad Year:** 2025



Future Ambition: To study Design and Architecture

Academic Interests: Design, Maths, Physical Education

Academic Achievements: Honour Roll student
Top Mark Excellence in Healthy Active Living 2022

Athletic Achievements: Played HS Varsity hockey and attended OFSAA 2023. OWHL Eastern U15A League Champions 2022

Goals for the Season: To continue to improve my overall hockey skills

Role Models: My family

Favourite Quote: "Confidence without arrogance"



#27 Macyn DRIVER

Forward 2008

Shoots: Left
Height: 5'4"
Weight: 140 lbs

Hometown: Stittsville
Previous Team: Ottawa Lady Senators U15 AA
School: Sacred Heart HS **Grad Year:** 2026



Future Ambition: To play hockey and softball to the highest level possible

Academic Interests: Science, Sports Medicine, Psychology, Law

Academic Achievements: Honour roll. Leadership Award Gr. 8

Athletic Achievements: OWHL Eastern U15AA League and Playoff Champions 2022/23. Female Athlete of the Year 2021-22. MVP HS Hockey 2022. MVP HS Hockey Tournament. Touch Football Erica Weibe Award

Community Involvement: Volunteer with Stittsville Softball. On-ice helper with KGHA U11 tryouts and practices

Role Models: Hayley Wickenheiser, Cole Caufield, Kobe Bryant



#31 Cameron GARCIA

Goalie 2008

Shoots: Left
Height: 5'5"
Weight: 117 lbs

Hometown: Ottawa
Previous Team: Ottawa Lady Senators U15 AA
School: St. Mother Theresa HS **Grad Year:** 2026



Future Ambitions: To play NCAA or U-SPORTS hockey

Academic Achievements: Honour roll student

Athletic Achievements: OWHL Eastern U15AA League Champions and Playoff Champions 2022/23. Female Athlete of the Year 2020. Provincial Silver U11AA and Bronze Medalist U9A

Goals for the Season: For our team to be in the top 5 ranked in the province and to win a provincial medal

Role Model: My Mom

Favourite Quote: "Never let success go to your head and never let failure go to your heart"