

19 Sophie LEDAIN

Defense 2006



Shoots: Left
Height: 5'9"
Weight: 160 lbs

Hometown: Kanata
Previous Team: Ottawa Lady Senators U18 AA
Grad Year: 2024

Committed to Université de Montréal

School: École secondaire catholique Paul-Desmarais

Academic Achievements: Honour roll every year. Academic Award 2021

Post Secondary Interests: Business and Entrepreneurship

Athletic Achievements: OWHL Eastern U18AA League Champions 2022-23
HS Female Athlete of the Year 2021-22. HS Badminton Finalist and Athlete of the Year 2021-22. Regional Competitive Soccer 2022. Competed in City HS Track & Field Invationals at 800m & 1500m. Runner in Cross Country, HS West Conference 2021

Community Involvement:

Referee for girls minor hockey
Volunteer with Kanata minor hockey,
CHEO Children's Hospital and the
Canadian Cancer Society

Leadership:

Voted an Alternate Captain U18AA

Future Ambitions:

To study Business while playing high level
hockey

Favourite Quotation:

"If it were easy, everyone would do it"
Tom Hanks

