

65 Avery SUPRYKA (A) *Defense 2006*



Shoots: Left
Height: 5'9"
Weight: 145 lbs

Hometown: Ottawa
Previous Team: Ottawa Lady Senators U22 AA
Grad Year: 2024

Committed to Boston University

School: St. Francis Xavier Catholic High School

Academic Achievements: Honour roll. 86% average
Post Secondary Interests: Health Sciences

Athletic Achievements: Hockey Canada National Women's U18 Summer Selection Camp Attendee 2023. OWHA U18 HP Development Camp Attendee 2023. OWHA U22 Elite Provincial Silver Medalist 2023. Stoney Creek University Showcase Champions 2022. Selected to attend OWHA U18 High Performance Camp July 2022. 2022 OWHA Provincial Bronze medalist U22AA. 2019 OWHA Provincial Gold medalist U13AA

Leadership:

U22AA Alternate Captain
2022-2023 & 2023-24

Community Involvement:

Lady Sens Ambassador Program Leader and coach for U13AA KGHA. DIFD Day Committee 2022. U15AA on-ice helper

Hobbies / Interests:

Strength training and golfing

Future Ambitions:

To play for Team Canada

Role Models:

Natalie Spooner, Rebecca Leslie

Favourite Quotation:

"Dreams don't work unless you do."
John Maxwell

