

**OTTAWA LADY SENATORS
U22 AA PLAYER GUIDE
2023-2024**



JUNIOR WOMENS HOCKEY TEAM

3 Michelle GAO

Forward 2006



Shoots: Left
Height: 5'6"
Weight: 145 lbs

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

Committed to the University of Guelph

School: St. Joseph Catholic High School

Academic Achievements: Honour Roll 2018-2022, 92% average
Awards for Technology and Photography 2022. Top 25% in Waterloo Math Competition

Post Secondary Interests: Veterinary Medicine, Science, Mathematics

Athletic Achievements: OWHA U22 Elite Provincial Silver Medalist 2023
Stoney Creek University Showcase Champions 2022. U18AA Eastern Division 2021-22 Regular Season Champions and Playoff Finalists. HS Girls Varsity tackle football team 2022 - scored a touchdown in the inaugural game. Varsity Girls' Field Hockey MVP 2022-23.

Hobbies / Interests: Piano, baseball, badminton, photography, video games



Community Involvement:

50+ hours as an on-ice assistant for new and young skaters. Asian hockey game ambassador, raising awareness of Asian Heritage Month

Future Ambitions:

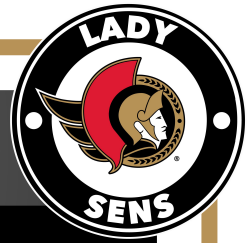
To continue to play high level hockey in university and study to become a veterinarian. To become a role model and introduce hockey to young Asian children

Favourite Quotation:

"The only time success comes before work is in the dictionary"

9 Sydney SEMIGA

Forward 2008



Shoots: Left
Height: 5'10"
Weight: 145 lbs

Hometown: Kanata
Previous Team: Ottawa Lady Senators U15 AA
Grad Year: 2026

School: Holy Trinity Catholic High School

Academic Achievements: Honour Roll 90% average
Director of Education Award 2021. French Immersion Program

Post Secondary Interests: Kinesiology, Law, Engineering

Athletic Achievements: OWHA U16 HP Development Camp Attendee 2023.
OWHL Eastern U15AA League Champions and Playoff Champions 2022/23.
Winner of Bronze Medal with Team O'Neill at Ontario Summer Games 2022.

Community Involvement: Helper with hockey sort-outs, Coach for Gr.7/8 School hockey teams



Leadership:
U15AA Team Captain 2022-23

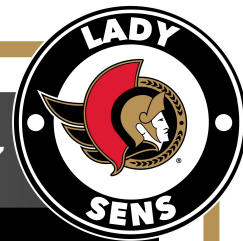
Role Models:
Emily Clark because she is a hard working player for Team Canada. Brooke Henderson who is a resilient athlete at the top of her field.

Future Ambitions:
To play university hockey and play for Team Canada.

Favourite Quotation:
"Some people want it to happen, some people wish it would happen, others make it happen"
Michael Jordan

10 Callie MCLEAN

Forward 2007



Shoots: Right
Height: 5'7"
Weight: 150 lbs

Hometown: Nepean
Previous Team: Ottawa Lady Senators U18 AA
Grad Year: 2025

Committed to University of Connecticut

School: John McCrae Secondary School

Academic Achievements: Honour Society 2022. Named to Lady 67s All Academic Team 2021 av. > 86%. Principal's Award 2019.

Post Secondary Interests: Health Science and Business

Athletic Achievements: Named to OWHA 2007 Select Team 2023. OWHA U18 HP Development Camp Attendee 2023. OWHL Eastern U18AA League Champions 2022-23. Selected to play for Team Ambrose at Ontario Summer Games 2022. Invited to "Fuelling the Future" Invitational Camp 2022. MVP of HS Varsity Hockey Team 2022. Winner of two OWHA Provincial Gold medals for girls competitive hockey 2018 & 2019. Provincial Silver for Box Lacrosse 2019



Community Involvement:

On-ice hockey coach for Jr. FUN 2022
Referee at R.I.S.E. Challenge 2023 - Hockey
Tournament focused on Diversity & Inclusivity
On-ice helper for Goalie Tryouts 2023

Hobbies / Interests:

Lacrosse, Golf, Fitness, Running

Role Models:

Marie-Phillip Poulin, Connor Bedard

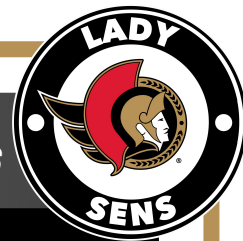
Future Ambitions:

To play a high level of hockey at
university while furthering my education
and to play for Team Canada

Favourite Quote:

"Pressure is a Privilege"
Billie Jean King

11 Jessica CHEUNG (A) Defense 2006



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

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

Committed to Syracuse University

School: Holy Trinity Catholic High School

Academic Achievements: Honour roll grades 7-11. 90% average
Award of Excellence 2020 to 2023. Achievement of Merit Physical Education 2019
French Immersion Program

Post Secondary Interests: Health Sciences

Athletic Achievements: 2024 IIHF U18 Women's World Championship Team
Canada Bronze Medalist. Named to Team Canada U18 for Series vs USA 2023.
2023 U18 Women's National Championship OWHa Team Red Gold Medalist.
OWHA U22 Elite Provincial Silver Medalist 2023. Stoney Creek University
Showcase Champions 2022. Selected to play on OWHa Team 2006 as part of Team
Ontario's Winter Games preparation. 2022 Bronze Medalist OWHa Provincial
Championship U22AA. 2019 OWHa
Provincial Champs U13 AA

Leadership:

U22AA Alternate Captain 2023-24

Community Involvement:

Lady Sen Ambassador Program coach for
U11 KGHA. Shooting volunteer at goalie
training sessions

Role Model:

Erin Ambrose, defense for Team Canada

Future Ambitions:

To play on a women's hockey team at
university, be a role model for younger
female hockey players. To achieve high
marks in school and graduate with a
university degree



13 Annabella SACCA

Defense 2007



Shoots: Left
Height: 5'8"
Weight: 140 lbs

Hometown: Manotick
Previous Team: Etobicoke Jr. Dolphins U22 AA
Grad Year: 2025

Committed to Stonehill College

School: John McCrae Secondary School

Academic Achievements: Honour roll student

Post Secondary Interests: Sports Journalism, Health Sciences, Sports Psychology

Athletic Achievements: Named to OWSA 2007 Select Team 2023. OWSA U18 HP Development Camp Attendee 2023. Selected to play for Team Maltais at Ontario Summer Games 2022. Invited to "Fuelling the Future" Invitational Camp 2022. Two time OWSA Provincial Gold Medalist 2018 and 2019. OWSA Provincial Bronze Medalist 2017.

Community Involvement:
Volunteered at CHEO Children's Hospital Gala

Hobbies / Interests:
Golf and Working out

Role Model:
My sister, Gabby Sacca

Future Ambitions:
To play with a NCAA Div1 women's hockey program.

Favourite Quotation:
"Failing to prepare is preparing to fail"
Fred Devito



16 Lexie HATOUM

Forward 2008



Shoots: Right
Height: 5'5"
Weight: 160 lbs

Hometown: Ottawa
Previous Team: Ottawa Lady Senators U18 AA
Grad Year: 2026

School: Merivale High School

Post Secondary Interests: Fitness and Sports Medicine

Athletic Achievements: OWHA U16 HP Development Camp Attendee 2023. OWHL Eastern U18AA League Champions 2022-23. HEO U14AAA League Champions Upper Canada Cyclones 2021-22 MVP and three time Player of the Game at "War for The Roses" 2020

Future Ambitions: To play for a nationally ranked NCAA Div1 womens hockey program. To play in the Frozen Four and win the National Championships - then one day play Team Canada ! To get a Degree to have a good future and good job



Role Model:

Hayley Wickenheiser - because she worked so hard and never gave up when times were tough, until her hard work paid off

Hobbies / Interests:

Working out. Practicing my shot, Spending time with friends and family

Favourite Quotation:

"You miss 100% of the shots you don't take"
Wayne Gretzky



18 Grace OUTWATER (A) *Forward 2006*

Shoots: Right
Height: 5'8"
Weight: 155 lbs

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

Committed to Penn State University

School: Louis-Riel High School
Academic Achievements: 90% average

Post Secondary Interests: Sports Physiotherapy, Law, Psychology

Athletic Achievements: Hockey Canada National Women's U18 Summer Selection Camp Attendee 2023. Named to OWHA Team Red U18 National Championships 2023. OWHA U22 Elite Provincial Silver Medalist 2023. Stoney Creek University Showcase Champions 2022. U22AA Champions at UOttawa Showcase 2023, Tournoi Hockey Feminin de Quebec City 2023. Selected to attend OWHA U18 High Performance Camp July 2022.



Leadership:

U22AA Alternate Captain 2023-24

Hobbies / Interests:

Wake skating, skiing, nutrition, fitness

Role Model:

Hayley Wickenheiser

Favourite Hockey Memory:

Playing in a tournament in Vermont with my hockey team

Future Ambitions:

To play high level hockey at university
To play for Team Canada

Favourite Quotation:

"Don't let success go to your head and don't let failure go to your heart"

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

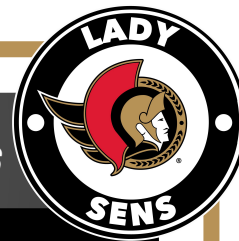
Favourite Quotation:

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



22 Victoria KAY

Forward 2006



Shoots: Left
Height: 5'7"
Weight: 150 lbs

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

Committed to Carleton University

School: Lester B. Pearson Catholic High School

Academic Achievements: Honour roll. 80% average. 2018 Valedictorian
Physical Education award

Post Secondary Interests: Recreation and Leisure Studies

Athletic Achievements: Named to OWHA Team Ontario Blue U18 National Championships 2023. OWHA U22 Elite Provincial Silver Medalist 2023. Stoney Creek University Showcase Champions 2022. 2022 Bronze Medalist OWHA Provincial Championship U22AA. Female Athlete of the Year 2018-2021. Ontario Soccer Cup Champion 2021



Hobbies / Interests:
Weight lifting, school sports

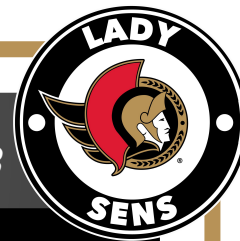
Role Model:
Christine Sinclair

Future Ambitions:
To play hockey at university, to play professional women's hockey, to play for Team Canada.

Favourite Quotation:
"I don't need easy. I just need possible"

23 Keara Kiley

Forward 2008



Shoots: Left
Height: 5'4"
Weight: 148 lbs

Hometown: Carleton Place
Previous Team: Ottawa Lady Senators U18 AA
Grad Year: 2026

School: Notre Dame Catholic HS

Academic Achievements: Honour roll student, 86% average.

Post Secondary Interests: Business, Communications.

Athletic Achievements: OWHA U16 HP Development Camp Attendee 2023. OWHL Eastern U15AA League Champions and Playoff Champions 2022/23. Silver with Team Fillier at Ontario Summer Games 2022. Alternate Captain U15AA 2022-23

Community Involvement: Volunteer with KGHA U11 development camp, Referee for U14 soccer tournament



Hobbies / Interests:

Soccer, basketball, softball, golf, skiing

Role Model:

Hazel McCallion, Cristiano Ronaldo

Future Ambitions:

To play university hockey while enrolled in my chosen program.

Favourite Quotation:

"Some may have more talent, but there is no excuse for someone working harder than you."
John Tavares

27 Juliette THIBAUT

Defense 2008



Shoots: Left

Height: 5'9"

Weight: 145 lbs

Hometown: Rockland

Previous Team: Nepean Wildcats U15 AA

Grad Year: 2025

School: Louis-Riel High School. Grad year 2025. 2026 Eligibility with gap year in 2025-26.

Academic Achievements: Honour roll student, 94% average. Excellence Certificate in Sport Study Program 2023. Excellence Certificate for Highest Mark in Math - 97%, 2023. 2nd Place in Regional Math Competition. Finalist French Public Speaking Competition

Post Secondary Interests: Engineering and Business

Athletic Achievements: OWHA U16 HP Development Camp Attendee 2023. OWHL Eastern Playoff Silver Medalist 2023. Selected to Team Maltais Ontario Summer Games 2022. Varsity Hockey Champions Franco- Ontarian Schools 2023. Varsity Hockey Regional Champions 2022. OWHA Provincial Gold 2018.

Community Involvement:

Cut my hair and raised 1.5K+
for the Ottawa Regional Cancer Foundation
Timekeeper for hockey tournament

Leadership:

U15AA Alternate Captain 2022-23

Role Model:

Claire Thompson
Defence Team Canada

Future Ambitions:

To be a student-athlete at the university
level. Play for Team Canada

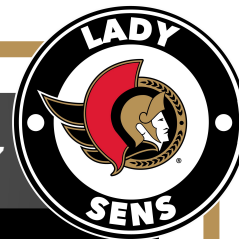
Favourite Quotation:

"Hard work beats talent when talent
doesn't work hard"



28 Dominique RIOUX

Goalie 2007



Shoots: Left
Height: 5'8"
Weight: 140 lbs

Hometown: Ottawa
Previous Team: Nepean Wildcats U18 AA
Grad Year: 2025



School: St. Peter Catholic High School

Academic Achievements:

Honour Roll Student Gr. 7-10 > 90% av.
Selected to program for Gifted Learners

Post Secondary Interests: Engineering,
Forensic Science, Criminology, Firefighting

Hobbies / Interests: LifeSaving Society
Certified Lifeguard, volleyball, football,
paddleboarding

Community Involvement:

Goalie and soccer coaching for youth
Involved in organising hockey tryouts

Future Ambition: To play university
hockey and play for the Canadian
National Women's Team

Athletic Achievements: OWHL Eastern Playoff Champions U18AA 2022-23.
Selected to play for Team Ambrose at Ontario Summer Games 2022.
OWHA Provincial Gold 2018 & 2019, OWHA Provincial Bronze Medalist 2017 &
2022, 4 OWHL Eastern Division League Championships for Girls Competitive
Hockey 2017-2022. OPDL Soccer 2019-2022

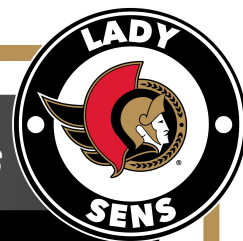
Role Model: Michael Jordan, I admire his mindset, determination work ethic and
passion for his sport

Favourite Quotation:

"Take the risk or lose the chance"

36 Brooke MULVIHILL

Forward 2006



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

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

Committed to St. Lawrence University

School: St. Joseph Catholic High School

Academic Achievements: Honour roll Gr.7-Present. 87% average
Selected for HS Leadership Camp. Member School Athletic Council

Post Secondary Interests: Athletic Therapy, Kinesiology, Teaching

Athletic Achievements: OWHA U18 HP Development Camp Attendee 2023.
OWHA U22 Elite Provincial Silver Medalist 2023. Stoney Creek University Showcase
Champions 2022. Selected to play on OWHA Team 2006 as part of Team Ontario's
Winter Games preparation. 2022 Bronze medalist OWHA Provincial Championship
U22 AA. Gold medalist 2019 OWHA Provincial Championship U13 AA. 2020 Rideau
View Golf Club Girls' Club Champion



Leadership:

HS Varsity Hockey Alternate Captain 2023
Lady Sens Ambassador Program Coach

Community Involvement:

Volunteered at OWHL Eastern Division
Championship Weekend.

Role Models:

Sarah Fillier, Emma Maltais

Future Ambitions:

To continue to push myself at the NCAA
Div1 level, to represent my country on
the international stage

Favourite Quotation:

"Courage is being yourself no matter what
anyone else thinks"

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:

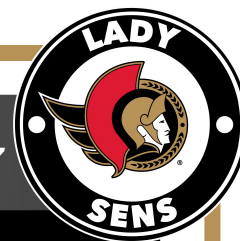
"Dreams don't work unless you do."

John Maxwell



66 Francesca BARRESI

Forward 2007



Shoots: Left

Height: 5'6"

Weight: 150 lbs

Hometown: Manotick

Previous Team: Ottawa Lady Senators U18 AA

Grad Year: 2025

School: St Joseph Catholic High School

Academic Achievements: Honour roll through high school, currently 91% av. Highest grade in Science and English 2021. Highest grade in Fitness Gr. 9

Post Secondary Interests: Law, Business - Finance and Marketing, Sports Management

Athletic Achievements: OWHL Eastern League U18AA Champions 2022-23, team finished in Top 5 in Ontario. Selected for Team Maltais, Ontario Summer Games 2022
Fitness record holder in class 2022

Hobbies / Interests:

Learning new sports and skills, working out, spending time with friends and family

Role Model:

My Dad, everything I know and everything I am is because of him. He's helped me become the person and player I am today.

Future Ambitions:

To continue to achieve academic success and to play collegiate hockey

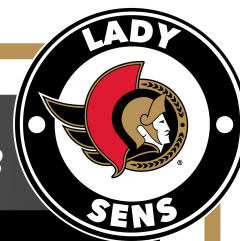
Favourite Quotation:

"Every day is a great day for hockey"
Mario Lemieux



77 Kate VIEL

Defense 2008



Shoots: Left
Height: 5'6"
Weight: 140 lbs

Hometown: Kanata
Previous Team: Ottawa Lady Senators U15 AA
Grad Year: 2026

School: École secondaire catholique Paul-Desmarais

Academic Achievements: Honour roll student, 80% average.

Post Secondary Interests: Health Sciences, Sports Management, Business

Athletic Achievements: OWHA U16 HP Development Camp Attendee 2023.
OWHL Eastern U15AA League Champions and Playoff Champions 2022/23.
Selected to play for Team Ambrose at Ontario Summer Games 2022.

Community Involvement: On-ice helper for KGHA. Volunteer at Jr.A Showcase

Future Ambitions: To play NCAA Div1 hockey and to play for Team Canada

Hobbies / Interests:
Fitness, Volleyball, Golf

Leadership:
U15AA Alternate Captain
2022-23

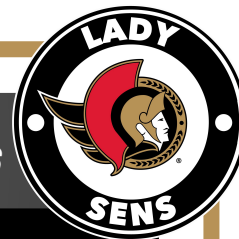
Role Model:
Hayley Wickenheiser

Favourite Quotation:
"You get what you work for,
not what you wish for"
Howard A. Tullman, Entrepreneur



88 Alysse WILKINSON

Goalie 2006



Shoots: Left
Height: 5'7"
Weight: 128 lbs

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

**Committed to the
University of Guelph**



School: Immaculata High School

Academic Achievements:
Honour Roll

Post Secondary Interests:
Animal Science especially Equine
Management

Future Ambitions: To play hockey at the
highest level possible and work with horses

Community Involvement: I have 100+
hours of volunteer work at a riding stable.
Member of School Athletic Council 2022-23

Athletic Achievements: Named to OWSA Team Ontario Blue U18 National Championships 2023. OWSA U22 Elite Provincial Silver Medalist 2023. Stoney Creek University Showcase Champions 2022. Selected to play on OWSA Team 2006 as part of Team Ontario's Winter Games preparation. Selected to attend OWSA U18 High Performance Camp July 2022. HS Junior Female Athlete of the Year 2021-22. Goaltender for Boys HS Hockey Championship winning teams - qualified for OFSAA 2023.

Role Models: Goaltenders Marc-André Fleury and Andrei Vasilevskiy - #88!

Favourite Quotation:

"The one brave player willing to have pucks chucked at their face all in the name of hockey and enjoys it!"
All Goaltenders

92 Olwen JONES (C)

Forward 2006



Shoots: Right
Height: 5'8"
Weight: 155 lbs

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

Committed to Carleton University

School: Earl of March Secondary School

Academic Achievements: Honour Society / Silver Medallist 2021, 2022
Average 93%.

Post Secondary Interests: Political Science, Economics, History, Law

Athletic Achievements: OWHA U22 Elite Provincial Silver Medalist 2023
Stoney Creek University Showcase Champions 2022. Bronze medalist U22AA
OWHA Provincial Championship. Nominated for HS Junior Female Athlete of the
Year 2021-22

Community Involvement: Lady Sens Ambassador Program coach for U11AA
KGHA. Lady Sens DIFD Day and HS Relay for Life Event Committees 2022-23



Leadership:

U22AA Captain 2023-24
U22AA Alternate Captain 2022-23
HS Hockey Team Captain 2022-23

Future Ambitions:

To play university and international hockey
To go to Law School and become a lawyer

Role Models:

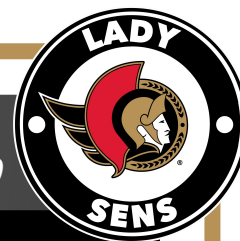
My sister, Harrie Jones and Canadian
lawyer Marie Heinen

Favourite Quotation:

"Peak performance begins with you taking
complete responsibility for your life and
everything that happens to you"
Dan Blank, The Soccer Poet

98 Jordan MULVIHILL

Defense 2009



Shoots: Left

Height: 5'5"

Weight: 120 lbs

Hometown: Ottawa

Previous Team: Myers Automotive U14 AAA

Grad Year: 2027

School: St. Joseph High School

Academic Achievements: Honour roll student. Selected to attend university enrichment course

Post Secondary Interests: Sports Journalism, Entrepreneur, Physiotherapy

Athletic Achievements: Played U13/U14 Myers AAA Boys Hockey. HEO U14AAA League and Playoff Champions 2022-23. Team qualified for Ontario Winter Games 2023 and OHL Cup 2023. Gold Medal at "War For The Roses" Edmonton. Selected for CCM 68 Showcase. OC School Board Cross Country Runner Up 2021, School Rugby MVP 2022. Participant in multiple school sports

Community Involvement: Planned, organised and led school fundraiser for the Do It For Daron (DIFD) foundation, raising over \$1k



Role Models:

Erin Ambrose, Hayley Wickenheiser,
Connor McDavid
My parents

Future Ambitions:

To play NCAA D1 women's hockey and professional hockey. To compete at the national and international level.
To be a sports broadcaster.

Favourite Quotation:

"There's no magic pill,
you've got to put in the work"
Georges St-Pierre