

**OTTAWA LADY SENATORS
U18 AA PLAYER GUIDE
2024-2025**



#5 Emily VAN SPRONSEN

Defence 2008



Shoots: Left

Hometown: Kanata

Height: 5'7"

Previous Team: Ottawa Lady Senators U18AA

Grad Year: 2026 **School:** Earl of March Secondary School

Future Ambitions: To play D1 hockey at university

Academic Interests: Science and Technology, English

Academic Achievements: Honour Roll student

Athletic Achievements: OWHL Eastern Playoff Finalist U18AA 2024.

OWHL Eastern U15AA League and Playoff Champs 2022/23

Community Involvement: On ice coach with KGHA U11

Goals for the Season: To improve strength and offensive awareness

Role Model: Christine Sinclair, Team Canada soccer

#6 Abigail SNIDER

Defense 2008



Shoots: Left

Hometown: Kanata

Height: 5'6"

Previous Team: Kanata Rangers U18A

Grad Year: 2026 **School:** Earl of March Secondary School

Future Ambitions: To attend university and continue to play hockey

Academic Interests: Health Sciences, Physical Education

Academic Achievements: Silver medal 90%+ average

Athletic Achievements: Athlete of the Year nominee 2022/23. Field Hockey All Star. HS Varsity athlete in field hockey, cross country, track and field, hockey and flag football

Community Involvement: OWHA Certified referee, volunteer for KGHA/KMHA tryouts, volunteer at school and regional cross country

Favourite Hockey Memory: My two sisters and I all winning gold medals with our respective teams in back to back to back games at a tournament



#7 Megan HAYES

Defence 2009



Shoots: Left

Hometown: Ottawa

Height: 5'4"

Previous Team: Ottawa Lady Senators U15AA

Grad Year: 2027 **School:** St. Joseph Catholic High School

Future Ambitions: To play NCAA hockey, to study business administration and economics

Academic Interests: Business and Mathematics

Academic Achievements: Honour Roll student

Athletic Achievements: Bronze medal with Team J.Gosling at OWHA U16 Ontario Summer Games August 2024. Oakville Best of the Nest and Silver Stick Champions U15AA 2023/24. Qualifying for Provincials in U15AA and at U13AA. Winning multiple Play Junior Golf Tour Tournaments

Role Model: Christine Sinclair because of her work ethic and commitment to excellence over a long period of time

Goals for the Season: Help my team make it to the Esso Cup

#8 Avery WOJTYK

Forward 2009



Shoots: Left

Hometown: Ottawa

Height: 5'5"

Previous Team: Ottawa Lady Senators U15AA

Grad Year: 2027 **School:** Glebe Collegiate Institute

Future Ambitions: To play hockey in university and pursue a career in Engineering

Academic Interests: Science and Math

Academic Achievements: Honour roll student, highest marks in Science, Math, French and Social Sciences

Athletic Achievements: Selected for OWHA U16 Ontario Summer Games August 2024. Oakville Best of the Nest and Silver Stick Champions U15AA 2023/24. Physical Education Award. School Female Athlete of the Year 2022

Role Models: Marie-Philip Poulin and Sidney Crosby

Favourite Hockey Memory: Winning the Silver Stick last season with one minute left in regulation time!



#9 Grace STEWART (A)

Forward 2007



Shoots: Left **Hometown:** Kanata
Height: 5'5" **Previous Team:** Ottawa Lady Senators U18AA
Grad Year: 2025 **School:** Earl of March Secondary School

Future Ambitions: To go to university to study Mechanical Engineering and to continue to play hockey

Academic Interests: Math and Fitness

Academic Achievements: Honour Roll student

Athletic Achievements: 12 years of minor hockey entirely with KGHA from Jr.Fun to my senior year with the Lady Sens. OWHL Eastern Playoff Finalist U18AA 2024. Multi-sport athlete - lacrosse, touch football, track & field, field hockey and cross country. OWHA certified referee

Favourite Hockey Memory: Scoring the game winning goal in a shoot out against Nepean in the KGHA tournament

Goals for the Season: To work hard from start to finish this hockey season and be a role model for the younger girls on the team

#10 Madison MCKAY

Forward 2009



Shoots: Left **Hometown:** Braeside ON
Height: 5'10" **Previous Team:** Ottawa Lady Senators U15AA
Grad Year: 2027 **School:** École secondaire catholique Paul-Desmarais

Future Ambitions: To play hockey at university and pursue a career in medical sciences

Academic Interests: Science and Math

Academic Achievements: 90%+ avg. Sports Études Program Fully bilingual

Athletic Achievements: Selected for OWHA U16 Ontario Summer Games August 2024. Oakville Best of the Nest and Silver Stick Champions U15AA 2023/24

Goals for the Season: To improve my individual skills and strength to contribute to our team's success

Role Models: Marie-Philip Poulin. My family



#11 Delia CASSELL

Forward 2008



Shoots: Right **Hometown:** Smiths Falls
Height: 5'3" **Previous Team:** Kanata Rangers U18A
Grad Year: 2026 **School:** Smiths Falls & District Collegiate Institute

Future Ambitions: To study criminology and become a police officer
Academic Interests: Criminology, Physical Education

Academic Achievements: Honour Roll student for every semester

Athletic Achievements: I play high school and club rugby, where I'm one of the top points leaders. Tier 1 Soccer player for my school and club

Favorite Hockey Memory: All the friends I've made over the years playing hockey

Goals for the Season: To be a better player on the ice and continue to be a positive and supportive teammate

#12 Morgan DONALDSON

Defense 2009



Shoots: Left **Hometown:** Stittsville
Height: 5'7" **Previous Team:** Ottawa Lady Senators U15AA
Grad Year: 2027 **School:** Sacred Heart Catholic High School

Future Ambitions: To play university hockey

Academic Interests: Business and Design

Academic Achievements: Honour roll student

Athletic Achievements: Selected for OWHA U16 Ontario Summer Games August 2024. OWHL Eastern U15AA League and Playoff Champions 2022/23. OWHA Provincial Bronze medal Oakville Best of the Nest and Silver Stick Champions U15AA 2023/24

Role Models: Cale Makar

Favourite Hockey Memory: Winning the Pacific Coast Tournament in Vancouver with U15AA 2022/23



#14 Brooke GLYNN

Forward 2009



Shoots: Left **Hometown:** Kanata
Height: 5'7" **Previous Team:** Ottawa Lady Senators U15AA
Grad Year: 2027 **School:** A.Y. Jackson Secondary School

Future Ambitions: To play NCAA D1 hockey, study Human Kinetics
Academic Interests: Science and Physical Education

Academic Achievements: Honour Roll student
Athletic Achievements: Selected for OWHA U16 Ontario Summer Games August 2024. OWHL Eastern Champions back to back seasons 2021/22, 2022/23. Oakville Best of the Nest and Silver Stick Champions U15AA 2023/24

Community Involvement: KGHA volunteer for tryouts/sort outs and various special events

Goals for the Season: To work to be faster and stronger and to help the team have a successful season

Role Models: Sarah Nurse, Nikita Kucherov

#16 Samantha LEWIS

Forward 2009



Shoots: Right **Hometown:** Stittsville
Height: 5'6" **Previous Team:** Ottawa Lady Senators U15AA
Grad Year: 2027 **School:** Sacred Heart Catholic High School

Future Ambitions: To study my chosen program and continue my love for hockey at the university level

Academic interests: Sports Medicine, Physical Education, Math

Academic Achievements: Honour roll student

Athletic Achievements: Selected for OWHA U16 Ontario Summer Games August 2024. Intermediate School Female Athlete of the Year. OWHL Eastern Champions U15A 2023, Oakville Best of the Nest and Silver Stick Champions U15AA 2023/24

Role Models: My family

Favourite Hockey Memory: Travelling to hockey tournaments, especially Pittsburgh and Detroit



#17 Jordana HUNTER

Forward 2009



Shoots: Right **Hometown:** Ottawa
Height: 5'6" **Previous Team:** Ottawa Lady Senators U15AA
Grad Year: 2027 **School:** Immaculata High School

Future Ambitions: To play university hockey
Academic Interests: English, Phys. Education and nutrition

Academic Achievements: Honour Roll

Athletic Achievements: Bronze medal with Team J.Gosling at OWHA U16 Ontario Summer Games August 2024. Oakville Best of the Nest and Silver Stick Champions U15AA 2023/24. OWHL Eastern U15AA League and Playoff Champs 2022/23

Goals for the Season: To support my team by continuing to improve and to have fun

#18 Clare CASSELL

Forward 2008



Shoots: Left **Hometown:** Smiths Falls
Height: 5'2" **Previous Team:** Ottawa Lady Senators U18AA
Grad Year: 2026 **School:** Smiths Falls & District Collegiate Institute

Future Ambitions: Become a veterinarian and help animals
Academic Interests: Math, Biology, Chemistry and Phys. Education

Academic Achievements: Honour roll every semester

Athletic Achievements: OWHL Eastern Playoff Finalist U18AA 2024. Club and HS Varsity athlete for tier 1 soccer and rugby. One of points leaders for club and varsity rugby

Role Models: My two older sisters

Goals for the Season: To become a great player and teammate off and on the ice, improve on my weaknesses and succeed in my goals



#19 Grace GRECO (A)

Defense 2007



Shoots: Left

Hometown: Kanata

Height: 5'5"

Previous Team: Ottawa Lady Senators U18AA

Grad Year: 2025 **School:** All Saints Catholic High School

Future Ambitions: To study psychology at university and to continue to my love of hockey as a varsity athlete

Academic Interests: Psychology, science and medicine

Academic Achievements: Honour roll student. Invited to take part in Leadership Course

Athletic Achievements: Being selected Alternate Captain U18AA last season. I have been with KGHA for my whole career, starting in Atom HL and finishing my senior year with the Lady Sens. OWHL Eastern Playoff Finalist U18AA 2024. Winning gold in many minor hockey tournaments and qualifying for provincials in U18, U13 and U11

Favourite Hockey Memory: Becoming a member of the Lady Sens

Goals for the Season: To continue be a leader for my teammates

#20 Kira WHELAN-DEFAZIO

Defense 2007



Shoots: Left

Hometown: Ottawa

Height: 5'5"

Previous Team: Ottawa Lady Senators U18AA

Grad Year: 2025 **School:** John McCrae Secondary School

Future Ambitions: To be a student athlete at university

Academic Interests: Health Sciences

Academic Achievements: 90% average

Athletic Achievements: Started playing hockey at the Novice level and will conclude minor hockey proudly with the Lady Sens U18AA after two fantastic years with Coach Greco. John McCrae HP Athlete Program. MVP Varsity Touch Football Award. Sportsmanship Award Track & Field Athlete of the Year. OWHL Eastern Playoff Finalist U18AA 2024

Community Involvement: Instructor in FUNdamentals and First Shift Hockey Programs

Role Models: My Mom

Favourite Hockey Memory: Learning to skate on an outdoor rink in Alberta



#21 Camryn CHEVRIER

Forward 2009



Shoots: Right **Hometown:** Stittsville
Height: 5'5" **Previous Team:** Kanata Rangers U15A
Grad Year: 2027 **School:** South Carleton High School

Future Ambitions: To play university hockey

Academic Interests: Science, Food and Nutrition

Academic Achievements: Honour Roll

Athletic Achievements: 2023/24 OWHA Provincial Championship with KGHA U15A. 1st 200m regional track 2024, 4th in HS regional cross country

Favourite Hockey Memory: Winning my first hockey tournament with KGHA in U13AA

Role Model: Connor Bedard

#90 Alessia LONGO

Forward 2010



Shoots: Right **Hometown:** Ottawa
Height: 5'4" **Previous Team:** Ottawa Lady Senators U15AA
Grad Year: 2028 **School:** St. Francis Xavier High School

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

Academic interests: Health Sciences and Architecture

Academic Achievements: Honour roll student

Athletic Achievements: Bronze medal with Team J.Gosling at OWHA U16 Ontario Summer Games August 2024. U15AA Oakville and Silver Stick tournament Champions 2023/24. Played AA/AAA boys hockey for 4 seasons, AAA Silver Stick tournament Finalists. Played OPDL soccer

Role Models: Jessie Fleming - Team Canada Soccer, Hayley Wickenheiser. My family

Favourite Hockey Memory: Playing hockey on my backyard rink with friends



#30 Isabelle GOODWIN

Goalie 2009



Shoots: Right **Hometown:** Carleton Place
Height: 5'6" **Previous Team:** Ottawa Lady Senators U15AA
Grad Year: 2027 **School:** Carleton Place High School

Future Ambitions: To play NCAA or U SPORTS. To work in the sports industry

Academic Interests: Sports Medicine

Academic Achievements: Honour Roll. French immersion

Athletic Achievements: Selected for OWHA U16 Ontario Summer Games August 2024. Voted MVP for HS volleyball. League champions for soccer. U15AA Oakville and Silver Stick tournament Champions 2023/24

Role Models: Gwyneth Philips - PWHL Ottawa. My billet brothers from the CP Canadians Jr.A team

Goals for the Season: Play controlled and confident, get better everyday

#31 Gabrielle CLARKE

Goalie 2009



Shoots: Left **Hometown:** Almonte
Height: 5'7" **Previous Team:** Silver Seven U15AA
Grad Year: 2027 **School:** Almonte District High School

Future Ambitions: Play university hockey and go to medical school

Academic Interests: Math, Science and Physical Education

Academic Achievements: Honour roll student. French immersion

Athletic Achievements: Gold medal tournaments in 2023/24 - Capital Fall Classic, Best of the Best Halton Hills, MLK on the Beach in Florida. EOSSA Tennis Gold 2024. HS Jr. Female Athlete of the Year 2023/24

Community Involvement: HEO Certified referee and coach to young goalies

Role Models: Trevor Choffe and Chris Neil, coaches who always believed in me and taught me hockey is more than a sport, it's about community and character

