OTTAWA LADY SENATORS U22 AA PLAYER GUIDE 2024-2025



JUNIOR WOMENS HOCKEY TEAM

Sidney BURKITT

#4

Position: Defense Birth year: 2008
Shoots: Right Hometown: Toronto

Height: 5'10" Previous Team: Brampton Canadettes U22AA

Weight: 155 lbs Grad Year: 2026

School: St. Joseph's Catholic High School

Academic Achievements: Honour roll student Post Secondary Interests: English and Science

Athletic Achievements: North American Female Eilte Showcase Champion 2023. Ontario Ball Hockey team member. MVP Defense Award Provincial Championships 2022. Current member of U20 Provincial ball hockey team, competing at Nationals July 2024. Lacrosse Provincial Champion 2019

Future Ambitions: To play post-secondary D1 or U SPORTS hockey. To become a nutritionist or work in sports marketing and management

Goals for the Season:

Work hard to improve my strength and conditioning and increase on-ice speed to help my team succeed throughout the season!

Leadership:

Alternate Captain Varsity Hockey 2023/24 Alternate Captain U15AA 2022/23

Community Involvement:

On-ice skills coach and role model for younger female hockey players in local hockey association

Role Models:

Renata Fast, Morgan Reilly

Favourite Quotation:

"It's not the will to win that matters, everyone has that. It's the will to PREPARE to win that matters the most" - Renata Fast





Position: Forward **Birth year:** 2008

Shoots: Right **Hometown:** Smiths Falls

Height: 5'4" Previous Team: Ottawa Lady Senators U18AA

Weight: 145 lbs Grad Year: 2026

School: Smiths Falls District Collegiate Institute

Academic Achievements: Honour Roll student, Silver honours Gr.9, Gold honours

Gr. 10. 'Character Always' Award

Post Secondary Interests: Health Sciences, Kinesiology

Athletic Achievements: OWHA U16 HP Development Camp Attendee 2023. OWHL Eastern Playoff Finalist U18AA 2024. OWHL Eastern U15AA League Champions and Playoff Champions 2022/23. Best Female Athlete Award Gr. 10. Jr Girls HS Soccer Team Captain Gr. 9/10. Healthy Active Leadership Award Gr 8



Favourite hockey memory:

Winning the OWHL League Championships U15AA with all my best friends

Role Models:

Marie-Philip Poulin, my Dad, my Mom

Future Ambitions:

To play university hockey, to play for Team Canada. To study to be a physiotherapist

Goal for the Season:

To work on my weaknesses and evolve as a player and a teammate by putting in the work



Callie MCLEAN (A)

#10

Position: Forward Shoots: Right Height: 5'6" Weight: 155 lbs

Birth year: 2007 Hometown: Ottawa

Previous Team: Ottawa Lady Senators U22AA

Grad Year: 2025

Committed to University of Connecticut

School: John McCrae Secondary School

Academic Achievements: 85% average 2023, Honour Society 2022

Post Secondary Interests: Health Sciences and Business

Athletic Achievements: Selected for Team Ontario Blue Women's U18 National Championship November 2024. Selected to attend OWHA U18 HP Development Camp July 2024. OWHA 2007 Select Team 2023. OWHA U18 HP Development Camp 2023. OWHL Eastern U18AA League Champions 2022-23. Selected to play for U16 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 2018 & 2019



Community Involvement:

OLS Ambassador Program 2023 Referee at R.I.S.E. Challenge 2023/2022 -Hockey Tournament focused on Diversity & Inclusivity. On-ice helper for Goalie Tryouts 2023

Role Models:

Taylor Heise - PWHL Minnesota Connor Bedard

Future Ambitions:

To win a NCAA D1 National Championship while furthering my education. To play for Team Canada and in the PWHL

Favourite Quotation:

"Pressure is a Privilege" - Billie Jean King



Avery JONES

#11

Position: Defense Birth year: 2009
Shoots: Right Hometown: Kanata

Height: 5'9" Previous Team: Ottawa Lady Senators U18AA

Weight: 145 lbs Grad Year: 2027

School: Earl of March Secondary School

Academic Achievements: Honour roll student. Silver Medalist Academic Award

- Average over 90%

Post Secondary Interests: Sports Psychology, Design and Architecture

Fitness and Nutrition

Athletic Achievements: Invited to "Fuelling the Future" Invitational Camp August 2024. Selected for OWHA U16 Ontario Summer Games August 2024. HS Jr. Female Athlete of the Year 2024. HS Hockey Offensive Player of the Year 2024. OWHA U16 High Performance Camp 2023. OWHL Eastern Playoff Finalist U18AA 2024. OWHL Eastern Championship 2021/22 and 2022/23

Community Involvement: OLS Ambassador Program - skills coach and role model for young female hockey players, on ice helper KGHA tryouts. Volunteer with high school Athletics Department

Role Models:

Marie-Philip Poulin Caroline Harvey (Wisconsin & Team USA) My parents

Future Ambitions:

To play NCAA D1 hockey, play for Team Canada, continue to pursue my academic success

Goals for the Season:

Contribute to the success of my team, further develop my on ice skills and improve my strength and conditioning





Annabella SACCA (C) #13

Position: Defense **Birth year:** 2007

Shoots: Left Hometown: Manotick

Height: 5'8" Previous Team: Ottawa Lady Senators U22AA

Weight: 150 lbs Grad Year: 2025

Committed to Stonehill College

School: St Mark Catholic High School

Academic Achievements: Honour roll student

Post Secondary Interests: Sports Journalism, Health Sciences, Sports

Psychology

Athletic Achievements: Selected for Team Ontario Blue Women's U18 National Championship November 2024. Selected to attend OWHA U18 HP Development Camp July 2024. Named to OWHA 2007 Select Team 2023. OWHA U18 HP Development Camp Attendee 2023. Selected to play for U16 Team Maltais at Ontario Summer Games 2022. Invited to "Fuelling the Future" Invitational Camp 2022. Two time OWHA Provincial Gold Medalist 2018 and 2019. OWHA Provincial Bronze Medalist 2017.

Community Involvement: Volunteer with RISE Hockey tournament and Summit on Diversity & Inclusion, PWHL Black History Month, Student Ambassador at Carneige Initiative Summit 2024. KGHA Skills camp counsellor, Heads up Hockey camp counsellor

Role Model: My sister, Gabby Sacca

Future Ambitions:

To contribute to the Stonehill Skyhawks continuing success, building my game to extend through to playing after college

Favourite Quotation:

"Failing to prepare is preparing to fail" Fred Devito





Mackenzie CLARKE (A) #15

Position: Defense Birth year: 2005 Shoots: Left Hometown: Ottawa

Height: 5'9" **Previous Team:** St. Lawrence University

Weight: 150 lbs Graduated High School: 2023

Committed to St. Lawrence University

School: Carleton University

Post Secondary Studies: Biology and Environmental Studies

Athletic Achievements: Going to the ECAC and NCAA Regional Championships with St. Lawrence Women's Hockey 2024. Bronze medal with Team Ontario Red at Canada WInter Games in PEI 2023. Being an alternate for Team Canada for the U18 IIHF Women's World Championship 2023. OWHA U18 High Performance Camp 2022. 2021 Team Ontario Red U18 Central Canada Challenge. OWHA U18 HP Camp

Future Ambitions: To continue to play university hockey, represent Team Canada and play in the PWHL

Goals for the Season:

To be a leader on the team and work on becoming more aggressive in every zone

Role Models:

Brandt and Graeme Clarke - my brothers. Julia Gosling and Mae Batherson former St. Lawrence players now drafted to the PWHL

Favourite Quotation:

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





Chloë MARTINEAU

#16

Position: Forward Birth year: 2009 Shoots: Left Hometown: Ottawa

Height: 5'6" Previous Team: Toronto Aeros U18AA

Weight: 135 lbs Grad Year: 2027

School: École secondaire publique Louis-Riel

Academic Achievements: Honour roll student

Post Secondary Interests: Design - Interior, Graphic, Interactive and Industrial

Athletic Achievements: Selected for OWHA U16 Ontario Summer Games August 2024. LHGL Finalist HS Hockey 2024. OFSAA Track and Field 2024. HS Jr. Athlete of the Year, Track and Field and Hockey Awards 2024. CCM 68 Combine Team Champion 2023. OFSAA Senior Girls HS Basketball 2023. HS Basketball and Volleyball Awards 2023. Podium Finalist in Ontario Youth Road Cycling Stage Race, Hill Climb and Criterium 2022



Community Involvement:

Long term volunteer with Learn to Skate and Hockey Programs for Seaside Hockey League, Blind Canadian Hockey League, Hockey4Youth and First Shift Hockey. Volunteer Youth worker with the Boys & Girls Club. "Prix d' Excellence" Community Award in Jr. Category 2022

Role Models:

Serena and Venus WIlliams My brother

Future Ambitions:

To study and work in the design field and to continue to be an athlete

Goals for the Season:

To take more chances, keep learning and improving while having fun!



Kenzington LEHMAN

Position: Forward Birth year: 2007 Shoots: Left Hometown: Ottawa Height: 5'9"

Previous Team: Central York Panthers U22AA

Weight: 130 lbs **Grad Year: 2025**

Committed to Dartmouth College

School: Sir Robert Borden High School

Academic Achievements: Honour roll every year, 96% average

Completed courses in advance of my grade level

Post Secondary Interests: Neuroscience, Cognitive Science, Law, Economics

Athletic Achievements: OWHA U18 High Performance Camp 2023. OWHA 2007 Select Team 2023. Gold Medal with U16 Team Bach, Ontario Summer Games. OFSAA HS Hockey 2023. Female Athlete of the Year



Community Involvement:

Blow the Whistle on Racism Advocate and Representative, Do It for Daron tournament helper, volunteered for the Eastern Ontario Potcake Dog Rescue

Role Models:

Auston Matthews. Michael Phelps

Future Ambitions:

To achieve excellence as an Ivy League student athlete. To play professional hockey

Favourite Quotation:

"Don't care, work harder"



Mallea MCMULLIN

#22

Position: Forward Birth Year: 2009 Shoots: Left Hometown: Ottawa

Height: 5'4" Previous Team: Ottawa Lady Senators U15AA

Weight: 130 lbs Grad Year: 2027

School: École secondaire publique Louis-Riel

Academic Achievements: HS >90% Average. Sports Études program (bball)

Post Secondary Interests: Health Sciences, Kinesiology

Athletic Achievements: 2024 Silver medal with Team Howe at OWHA U16 Ontario Summer Games (Hockey), Gold AAA OFSAA Provincials HS (Hockey), Gold OFSAA Provincials HS T&F (Javelin), 3 HS Meet Records (Javelin), HS Junior Athlete of the year. 2023 Silver OVA Provincials and Ottawa Sports Award Winner (Beach vball), Team Ontario Regional Program selection (vball), Gold East Ontario Soccer League Regional championship (club Soccer), Gold East OBA (club bball), Gr 8 Athlete of the Year. 2022 U13 AA Boys HEO Playoff Champs, Silver OVA Provincials (Beach vball). 2019 Bronze OWHA provincials. 2017 Silver OWHA provincials



Favourite Hockey Memory:

Scoring the gold winning shootout goal at AAA OFSAA Hockey Provincial Championship

Role Models:

Caitlin Clark, Cale Makar

Future Ambitions:

To play D1 university hockey

Goals for the Season:

To learn from the veterans on the team, develop even better time management skills, continue to improve and broaden my hockey skills



Keara KILEY

Position: Forward **Birth year:** 2008

Shoots: Left Hometown: Carleton Place

Height: 5'5" Previous Team: Ottawa Lady Senators U22AA

Weight: 150 lbs Grad Year: 2026

School: Notre Dame Catholic High School

Academic Achievements: Honour roll student Gr. 8-10

Post Secondary Interests: Law and Psychology

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

Community Involvement: Volunteer with Almonte/Carleton Place Power Skating Club 2020-22. Volunteer KGHA U11 Development camp. Assistant Coach with OVK Girls U13 Spring hockey. U14 Soccer tournament referee



Leadership:

Alternate Captain U15AA 2022-23

Role Models:

Hazel McCallion Taylor Heise - PWHL Minnesota

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



Position: Forward **Birth year:** 2007

Shoots: Left Hometown: Stittsville

Height: 5'8" Previous Team: London Devilettes U22AA

Weight: 155 lbs Grad Year: 2025

Committed to Ontario Tech University

School: South Carleton High School

Academic Achievements: Gr.9 & 10 Academic Honours

Post Secondary Interests: Kinesiology

Athletic Achievements: Selected to attend OWHA U18 HP Development Camp July 2024. Silver Medallist with U16 Team Fillier at Ontario Summer Games 2022. OWHL Eastern U18AA League Champions 2022-23. Silver Medal U18 Quebec WInter Showcase 2022. U18 Champions Best of the Nest Showcase 2022. U15 Barrie Sharkfest Finalists



Future Ambitions:

To play university hockey and to become a physiotherapist

Community Involvement:

Volunteered at tryouts and tournaments

Goals for the Season:

To win the league championships, win tournaments and continue to improve

Role Models:

Christine Sinclair

Favourite Quotation:

"Great moments are born from great opportunity" - Herb Brooks



Dominique RIOUX

#28

Position: Goalie Birth Year: 2007 Shoots: Left Hometown: Ottawa

Height: 5'8" Previous Team: Ottawa Lady Senators U22AA

Weight: 140 lbs Grad Year: 2025

School: St. Peter Catholic High School

Academic Achievements: Honour Roll Student Gr. 7-11 > 86% av.

Selected to program for Gifted Learners

Post Secondary Interests: Sport and Event Management, Marketing,

Engineering, Firefighting

Athletic Achievements: Selected to attend OWHA U18 HP Development Camp July 2024. OWHL Eastern Playoff Champions U18AA 2022-23. Selected to play for U16 Team Ambrose at Ontario Summer Games 2022. OWHA Provincial Gold 2018 & 2019, OWHA Provincial Bronze Medalist 2017 & 2022, 5 OWHL Eastern Division League Championships 2017-2022. OPDL Soccer 2019-2022. HS Basketball MVP 2023

Community Involvement:

Goalie and soccer coaching for youth Involved in organising hockey tryouts Volunteering at the PWHL Ottawa opening game with my team

Role Models:

Erica Howe - Goalie PWHL Toronto

Future Ambitions:

To play university hockey and play for the Canadian National Women's team

Favourite Quotation:

"Feel the fear and do it anyway"





Jaylee MACKINNON

#29

Position: Forward **Birth year:** 2008

Shoots: Right Hometown: Clark's Harbour, NS

Height: 5'3" **Previous Team:** Ridley College Tigers U22AA

Weight: 115 lbs Grad Year: 2026

Committed to St. Lawrence University

School: All Saints High School

Academic Achievements: Academic Tie, above 90% average

Post Secondary Interests: Health Science

Athletic Achievements: Selected for Team Atlantic Women's U18 National Championship November 2024. Member of Team Nova Scotia 2022, 2023 and 2024 Atlantic Challenge Cup Champions for three years in a row. Winner of Hannah Connolly Award for Female Player of the Year

Future Ambitions: To play hockey at university and play in the PWHL



Community Involvement: Hockey school skills demonstrator and on-ice helper

Goals for the Season:

To be an effective team player while working hard on and off the ice

Role Models:

Connor McDavid and Nathan MacKinnon Blayre Turnbull

Favourite Quotation:

"Don't let anyone tell you what you can and cannot achieve. Prove them wrong" Jonathan Toews



Brooke MULVIHILL (A) #36

Position: Forward **Birth year:** 2006 **Shoots:** Right **Hometown:** Ottawa

Height: 5'4" Previous Team: Ottawa Lady Senators U22AA

Weight: 135 lbs Graduated High School: 2024

Committed to St. Lawrence University

School: Attended 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: 6th in scoring OWHL U22 Elite League 2023-24. OWHA U22 Elite Provincial Silver Medalist 2023. Stoney Creek University Showcase Champions 2022. Selected to OWHA Team 2006 in 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

Community Involvement:

Lady Sens Ambassador Program Coach Volunteered at OWHL Eastern Division Championship Weekend

Role Models:

Sarah Fillier, Emma Maltais

Future Ambitions:

To continue to push myself at the NCAA D1 level, to represent my country on the international stage, play in the PWHL

Favourite Quotation:

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



Cameron GARCIA

#41

Position: Goalie Birth Year: 2008 Shoots: Left Hometown: Ottawa

Height: 5'5" Previous Team: Ottawa Lady Senators U18AA

Weight: 130 lbs Grad Year: 2026

School: St. Mother Theresa High School

Academic Achievements: Honour roll student 2021-23

Post Secondary Interests: Science and Mathematics

Athletic Achievements: OWHL Eastern Playoff Finalist U18AA 2024. OWHL Eastern Playoff Champions U15AA 2023. Female Athlete of the Year 2019. Goaltender for OWHA Provincial Silver (U9) and Bronze (U11) medal teams

Goals for the Season: To give my team a chance to win every game, and to medal at OWHA Provincials

Favorite Hockey Memory:

Winning the U15AA Pacific Coast tournament in Vancouver

Role Models:

My Mom

Emerance Maschmeyer - PWHL Ottawa

Future Ambitions:

To play NCAA or U SPORTS hockey

Favourite Quotation:

"Never let success go to your head. Never let failure go to your heart"



Francesca BARRESI(C) #66

Position: Forward Birth year: 2007
Shoots: Left Hometown: Nepean

Height: 5'6" Previous Team: Ottawa Lady Senators U22AA

Weight: 140 lbs Grad Year: 2025

Committed to University of Delaware

School: St. Joseph Catholic High School

Academic Achievements: Honour roll through high school, 94% average **Post Secondary Interests:** Business Management, Law, Sports Marketing

Athletic Achievements: Selected for Team Ontario Blue Women's U18 National Championship November 2024. Selected to attend OWHA U18 HP Development Camp July 2024. Selected for U16 Team Maltais, Ontario Summer Games 2022. OWHL Eastern League U18AA Champions 2022-23. Fitness record holder in class 2022

Future Ambitions: To achieve excellence as a student and an athlete at the University of Delaware. To play in the PWHL post-graduation



Role Models:

My Dad who has taught me everything I know, and has helped me grow into the person and the player I am today. My mom because I wouldn't be where I am without all of her support

Community Involvement:

Volunteered with many local initiatives that promote female participation in sport, 3+ years coaching and mentoring with younger KGHA teams, to grow the love of the sport and give back to the game that has given me so much

Favourite Quotation:

"Every day is a great day for hockey"

- Mario Lemieux



Kate VIEL

#77

Position: Defense Birth Year: 2008 Shoots: Left Hometown: Kanata

Height: 5'6" Previous Team: Ottawa Lady Senators U22AA

Weight: 150 lbs Grad Year: 2026

Committed to Ohio State University

School: École secondaire catholique Paul-Desmarais

Academic Achievements: Honour Roll Student, 80% average

Sport Études program. Fully bilingual

Post Secondary Interests: Health Sciences, Nutrition and Fitness

Athletic Achievements: Gold Medalist with Team Ontario Red Women's U18 National Championship November 2024. Named to Team Canada U18 for Series vs USA August 2024. Selected to attend OWHA U18 HP Development Camp July 2024. Invited to "Fuelling the Future" Invitational Camp 2024. OWHA U16 HP Development Camp Attendee 2023. OWHL Eastern U15AA League Champions and Playoff Champions 2022/23. Selected to play for U16 Team Ambrose at Ontario Summer Games 2022

Community Involvement:

OLS Ambassaor Program, skills coach and role model for young female hockey players

Leadership:

U15AA Alternate Captain 2022-23

Role Models:

Hayley Wickenheiser and Renata Fast

Future Ambitions:

To play NCAA D1 hockey, to play for Team Canada and in the PWHL

Favourite Quotation:

"You get what you work for, not what you wish for" - Howard A. Tullman





Jordan MULVIHILL

#98

Position: Defense Birth Year: 2009
Shoots: Left Hometown: Ottawa

Height: 5'5" Previous Team: Ottawa Lady Senators U22AA

Weight: 125 lbs Grad Year: 2027

School: St. Joseph High School

Academic Achievements: Honour roll student. School Letter for community

involvement

Post Secondary Interests: Sports Journalism, Entrepreneur, Psychology

Athletic Achievements: Invited to "Fuelling the Future" Invitational Camp August 2024. Selected for OWHA U16 Ontario Summer Games August 2024. 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, Football MVP 2023. Participant in multiple school sports

Community Involvement:

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

Future Ambitions:

To play NCAA D1 hockey and then in the PWHL. To compete at the national and international level. To become a sports broadcaster

Role Models:

Hayley Wickenheiser, Renata Fast, Connor McDavid and Kenzie Lalonde. My parents

Favourite Quotation:

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



