

**OTTAWA LADY SENATORS**  
**U18 AA PLAYER GUIDE**  
**2022-2023**





## #1 Kinsey MORAN

Goalie 2007

**Shoots:** Left  
**Height:** 5'6"  
**Weight:** 160 lbs

**Hometown:** Kanata  
**Previous Team:** Ottawa Lady Senators U15 AA  
**School:** Earl of March SS **Grad Year:** 2025



**Future Ambitions:** To be the best I can be at a difficult skill, get good grades and always work hard

**Academic Interests:** Art, History, Science, Physical Education

**Athletic Achievements:** Selected to attend Ontario Summer Games 2022. School track & field - long distance, relay and shot put. Member of school running club - relay race to Parliament Hill. Ran 2k 3k 5k

**Favourite Hockey Memory:** Being in nets when my team won an 18 round shootout to bring us to the tournament finals

**Role Model:** Marc-André Fleury

**Favourite Quote:** "I just want to go play, go win. What's going to happen is what's going to happen"



## #2 Mia BEAULIEU

Defence 2007

**Shoots:** Left  
**Height:** 5'4"  
**Weight:** 130 lbs

**Hometown:** Stittsville  
**Previous Team:** KGHA U15 A  
**School:** École Secondaire Paul-Desmarais **Grad Year:** 2025



**Future Ambitions:** I wish to continue to play hockey at university and to try and make Team Canada. I would like to become a role model for others

**Academic Achievements:** Honour roll 85% average

**Academic Interests:** Law and Criminology

**Athletic Achievements:** I played U15 A in 2021/22 and I trained very hard both on and off the ice and made the U18 AA team for 2022-23

**Community Involvement:** I volunteer at the Centre Action Bénévole with my grandmother. Referee soccer for OWSC

**Favourite Quote:** "Success is not an activity but a process"



## #3 Kate THOM (A)

**Defense 2007**

**Shoots:** Left  
**Height:** 5'6"  
**Weight:** 135 lbs

**Hometown:** Ottawa  
**Previous Team:** Ottawa Lady 67s U15 AA  
**School:** Ashbury College **Grad Year:** 2025



**Future Ambition:** To play university hockey and study science  
**Academic Achievements:** Scholar Roll 96% average  
Gr. 9 Award for Highest Achievement in Academics & Athletics  
Award for Contribution to School Life

**Athletic Achievements:** Selected for Ontario Summer Games 2022 for Hockey and Soccer. Lady 67s Leadership & Sportmanship Award. OWHL East Silver Medalist 2021. Gold Medal U15 AA Oshawa Lady Generals Tournament. OPDL Soccer Provincial Champion 2021. Played on varsity field hockey, soccer, volleyball teams. Member of School Athletic Council

**Community Involvement:** U11 Boys Spring Hockey Coach  
Volunteer at LPGA Canadian Open. OSU girls soccer camp. Leader in training for sport and drama camps. Tour guide for new students at school. Bronze Cross and CPR



## #5 Cassidy MACINTOSH

**Defense 2005**

**Shoots:** Left  
**Height:** 5'6"  
**Weight:** 126 lbs

**Hometown:** Kanata  
**Previous Team:** Ottawa Lady Senators U18 AA  
**School:** A.Y. Jackson SS **Grad Year:** 2023



**Future Ambition:** To play university hockey while enrolled in my chosen program

**Academic Achievements:** Honour roll student Gr. 10  
Specialist High Skills Major in Health & Wellness. French Immersion  
**Post Secondary Interests:** Health Science & Criminology

**Athletic Achievements:** U18 AA Regular Season Champions, Playoff Silver Medalists and OWHL Provincial Quarter Finalists 2021-22. MVP & Offense Award Touch Football

**Community Involvement:** Over 20 volunteer hours with KGHA

**Role Models:** Bobby Orr for using speed, scoring and playmaking to revolutionise the position of defenceman. My Mom - because she has taught me how to be strong and keep working for what I want



## #6 Callie MCLEAN

**Forward 2007**

**Shoots:** Right  
**Height:** 5'6"  
**Weight:** 147 lbs

**Hometown:** Nepean  
**Previous Team:** Ottawa Lady 67s U15 AA  
**School:** John McCrae SS **Grad Year:** 2025



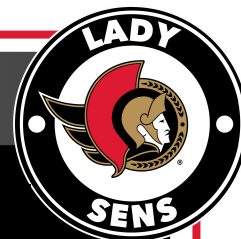
**Future Ambitions:** To commit to play hockey at university, to play for Team Canada. To be a physiotherapist

**Academic Achievements:** All Academic Team Lady 67s 2022  
OCDSB Principals Award 2019

**Academic Interests:** Physical Education, Science, English

**Athletic Achievements:** Selected to attend Ontario Summer Games 2022. Two time Gold Medalist OWHA Provincial Championships 2018 & 2017. OWHA Provincial Bronze Medalist 2016. Ontario Lacrosse Provincial Finalist 2019. 200m Champion OCEAA Regional Track 2019. MVP HS Varsity Hockey 2021-2022

**Community Involvement:** Assisted with the creation of PWHPA player cards with proceeds to address inequality and support women's hockey. On-ice hockey coach JrFUN 2021-22



## #7 Abby TATE (C)

**Forward 2005**

**Shoots:** Left  
**Height:** 5'6"  
**Weight:** 155 lbs

**Hometown:** Stittsville  
**Previous Team:** Ottawa Lady Senators U18 AA  
**School:** Sacred Heart HS **Grad Year:** 2023



**Future Ambitions:** Play hockey at the U22 AA and university level. Maintain Honour Roll and work in Marketing and Real Estate

**Academic Achievements:** Honour Roll. French Immersion

**Academic Interests:** Business and Marketing

**Athletic Achievements:** U18 AA Regular Season Champions and playoff Silver Medalists in 2021-22. Winning a playdown spot at the OWHA Provincial Championship and reaching the quarter finals

**Community Involvement:** Camp Counsellor. Volunteer at cancer charity fundraisers and provide local flooding crisis support

**Favourite Hockey Memory:** The tying goal that sent us to Provincials because many of the team had not been before and we had worked incredibly hard to get to that point



## #8 Amy HERMER

**Forward 2007**

**Shoots:** Right  
**Height:** 5'6"  
**Weight:** 132 lbs

**Hometown:** Stittsville  
**Previous Team:** Ottawa Lady Senators U15 AA  
**School:** École Secondaire Paul-Desmarais **Grad Year:** 2025

**Future Ambition:** To play university hockey

**Academic Achievements:** Honour Roll - 90% average  
**Academic Interests:** Nutrition, Psychology, Business

**Athletic Achievements:** Selected to attend Ontario Summer Games 2022. MVP HS Hockey 2021-22. I am proud of making the All Star game as a minor at the Rush Hockey Rising Stars Showcase  
**Community Involvement:** Keen volunteer in the hockey community - helper with HS hockey teams and KGHA tryouts

**Favourite Hockey Memory:** Playing at the Rink of Dreams on Parliament Hill to celebrate Canada's 150th Birthday

**Role Models:** Jamie Lee Rattray, Marie-Philip Poulin



## #9 Emmerson GORMLEY

**Defense 2005**

**Shoots:** Left  
**Height:** 5'11"  
**Weight:** 145 lbs

**Hometown:** Carleton Place  
**Previous Team:** Ottawa Lady Senators U18 AA  
**School:** Carleton Place HS **Grad Year:** 2023

**Future Ambitions:** To study Health Sciences and pursue a career in medicine as a family physician while playing varsity hockey at university

**Academic Achievements:** 96% cumulative average. Honour roll all semesters. Specialist High Skills Major - Health & Wellness  
**Athletic Achievements:** Making the U18 AA Lady Sens team in 2021 - 2022 after playing House League the season before

**Community Involvement:** COVID Screener at the local hospital, Member of Student Council, Coach at Tec Tac International Hockey School

**Hobbies & Interests:** Wake surfing, crossfit, puzzles





## #12 Alexa KOCOUREK

**Forward 2007**

**Shoots:** Left  
**Height:** 5'6"  
**Weight:** 125 lbs

**Hometown:** Stittsville  
**Previous Team:** Ottawa Lady Senators U15 AA  
**School:** Sacred Heart HS **Grad Year:** 2025



**Future Ambitions:** To become a nurse or physiotherapist

**Academic Interests:** Healthcare field or Interior Design

**Athletic Achievements:** HS All Round Athlete Award 2021  
1000m Regional Track Champion 2019. 100m HS Track Champion 2019. Member of HS Varsity volleyball and touch football teams

**Community Involvement:** Junior Camp Counsellor at sports and hockey camps. Volunteered with the KGHA and school functions

**Hobbies & Interests:** Exercising, downhill skiing, swimming, soccer, baking.



## #14 Emma CASSELL (A)

**Forward 2005**

**Shoots:** Right  
**Height:** 5'9"  
**Weight:** 155 lbs

**Hometown:** Smiths Falls  
**Previous Team:** Ottawa Lady Senators U18 AA  
**School:** Smiths Falls District Collegiate Inst. **Grad Year:** 2023



**Future Ambitions:** To play hockey at university and obtain a degree in medicine

**Academic Achievements:** Honour Roll Student every semester 2021-22. Academic Award for Top Student in graduating year 2019  
Academic Award of Excellence 2019  
Recipient of Parents Council Award for graduate who is role model at school and in the community 2019

**Academic Interests:** Health Science

**Athletic Achievements:** Tier 1 soccer. Eastern Ontario SSA Finalist with HS Basketball team. HS soccer and rugby.

**Community Involvement:** I volunteer with youth soccer and in a kindergarten classroom.



## #15 Lexie HATOUM

Forward 2008

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

**Hometown:** Ottawa  
**Previous Team:** Upper Canada Cyclones U14 AAA  
**School:** Merivale HS **Grad Year:** 2026



**Future Ambitions:** I would like to become a Doctor of Sports Medicine

**Academic Interests:** Physical Education

**Athletic Achievements:** I was MVP of the Wars of the Roses Tournament

**Favourite Hockey Memory:** Making the U14 AAA team

**Role Model:** Grace Parker - #4 Boston U, Hometown Nepean

**Favourite Hockey Quote:** "People would say, "Girls don't play hockey. Girls don't skate." I would say, "Watch this."  
Hayley Wickenheiser



## #16 Shannon HICKS

Forward 2006

**Shoots:** Left  
**Height:** 5'6"  
**Weight:** 125 lbs

**Hometown:** Kanata  
**Previous Team:** KGHA U18 A  
**School:** Earl of March SS **Grad Year:** 2024



**Future Ambitions:** To study at university to become either a dentist or a pharmacist and to continue to play hockey

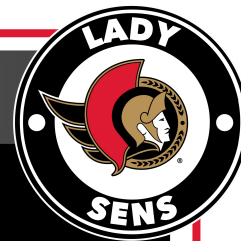
**Academic Achievements:** Silver Medalist 90+ average

**Academic Interests:** Biological Sciences

**Athletic Achievements:** High School Varsity athlete in cross-country, track, soccer, hockey and field hockey - OFSAA division finalist

**Community Involvement/Leadership:** I volunteer with a local skating program

**Favourite Hockey Memory:** Scoring my first ever hat trick in Novice!



## #17 Siara MEHDI

**Defense 2005**

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

**Hometown:** Kanata  
**Previous Team:** Ottawa Lady Senators U18 AA  
**School:** Earl of March SS **Grad Year:** 2023



**Future Ambitions:** To enroll in the sciences, leading to research or medicine and play university hockey

**Post Secondary Interests:** Health Sciences, French

**Academic Achievements:** Honour Roll Student  
Silver Medalist 94+ average. DELF B2 Certificate. Executive Board Member HS chapter of MEDLIFE charity

**Athletic Achievements:** U18 AA League Champions and Playoff finalists 2021-22. Captain / MVP girls varsity field hockey - OFSAA division finalists. Recipient of "Girls Standout Athletes" Winner of multiple MVP awards for school sports teams

**Community Involvement:** Tutor in mentorship program  
Lifeguard, swim instructor, on-ice coach for young hockey team  
Volunteered in community raising donations for the food cupboard  
Assisted with Dunrobin tornado clean up



## #18 Francesca BARRESI

**Forward 2007**

**Shoots:** Left  
**Height:** 5'6"  
**Weight:** 135 lbs

**Hometown:** Manotick  
**Previous Team:** Ottawa Lady Senators U15 AA  
**School:** South Carleton HS **Grad Year:** 2025



**Future Ambitions:** To study medicine and play university hockey  
I'd also love to give back to the game that gives me so much

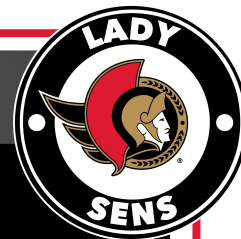
**Academic Achievements:** Honour roll student 90+ average  
Highest mark in Science and English 2021

**Athletic Achievements:** Selected to attend Ontario Summer Games 2022. Tier 1 Hockey player in all major years. Top in my class for fitness records

**Hobbies and Interests:** Going to the gym. I can clear my head and made a real change for impact on the ice

**Role Model:** My dad taught me how to skate ... how to be a good person and a good teammate. Everything I know is because of my Dad, he's helped me grow into the person I am today





## #19 Sophie LEDAIN (A)

Defense 2006

**Shoots:** Left  
**Height:** 5'8"  
**Weight:** 145 lbs

**Hometown:** Kanata  
**Previous Team:** Ottawa Lady Senators U18 AA  
**School:** École Secondaire Paul-Desmarais **Grad Year:** 2024



**Future Ambition:** To get a Business degree while playing high level hockey and then attend Law School

**Academic Achievements:** Honour Roll 2020-22  
Academic Award 2021 and 2017. School Involvement Award 2017  
Physical Education Academic Award 2019

**Athletic Achievements:** HS City track finals Invitational 800m & 1500m 2022. Regional competitive soccer 2022. Badminton finalist 2022. Cross-country West Conference 2021

**Community Involvement:** Referee girls minor hockey. Volunteer in the community - Kanata MHA, CHEO and Canadian Cancer Society

**Favourite Quote:** "If it was easy everyone would do it"



## #20 Zoe WILSON

Forward 2007

**Shoots:** Left  
**Height:** 5'8"  
**Weight:** 145 lbs

**Hometown:** Stittsville  
**Previous Team:** Ottawa Lady Senators U15 AA  
**School:** South Carleton HS **Grad Year:** 2025



**Future Ambitions:** To play university hockey and study Psychology

**Academic Achievements:** Maintains a high academic average across all curriculum areas

**Athletic Achievements:** Selected to attend Ontario Summer Games 2022. 1st place in Regional cross-country meet  
Tier 1 hockey player since U11

**Community Involvement:** I have volunteered as a helper with tryouts, community clean-ups and summer camps

**Favourite Hockey Memory:** Winning gold in 2017 OWHA Provincial Championships

**Role Model:** Christine Sinclair

**Favourite Quote:** "The day I stop learning is the day I stop growing"



## #31 Ella HOGAN

**Goalie 2006**

**Shoots:** Left  
**Height:** 5'5"  
**Weight:** 120 lbs

**Hometown:** Stittsville  
**Previous Team:** Ottawa Lady Senators U18 AA  
**School:** Sacred Heart HS **Grad Year:** 2024



**Future Ambitions:** To travel the world

**Academic Interests:** Law

**Athletic Achievements:** OWHA Eastern League Champions and Playdown Champions in the 2021-22 season

**Community Involvement:** Volunteer at the Stittsville Food Bank  
Goalie Evaluator for the Stittsville Rams Hockey Association  
Scorekeeper for intermediate school hockey tournaments

**Role Model:** Tia Trovato - Tia is dedicated and has worked hard to achieve her goals in both hockey and education. She has been an amazing role model and goalie coach, and I'm excited to continue to learn from her!

**Favourite Quote:** "You will face many defeats in life, but never let yourself be defeated" Maya Angelou