



Remembrance Day

Today we will remember and honour those who have served in times of war, military conflict, and peace by dropping a commemorative puck before our game and wearing pins of remembrance that symbolize unity and strength in times of war and peace. This initiative was made possible through a Veterans Affairs Canada program that partners with hockey associations to honour those who have served and sacrificed for our country.

We are joined for the puck drop by current CAF member Lt. Samuel Jones, based in CFB Petawawa. Lt. Jones is the brother of U22 Team Captain Olwen Jones and Sens Alum Harrie Jones (2022).



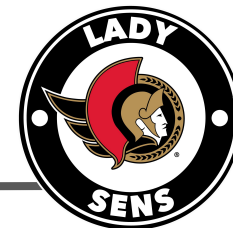
AWAY TEAM

#	First	Last	Pos	YOB	Grad	Committed
3	Rhaea	Flint	D	2007	2025	
6	Avery	Johnston	F	2007	2025	
7	Li	Zoe	F	2007	2025	
10	Clements	Amy	D	2007	2025	
11	Lore	Jade	D	2005	2023	UConn
13	Kenzie	Lehman	F	2007	2025	
22	Keira	Johnson	F	2007	2025	Union
24	Amber	Esterbrooks	F	2006	2024	Windsor
65	Hannah	Clarke	D	2005	2023	Providence
87	Cheyenne	Degeer	F	2007	2025	St Lawrence
88	Ella	Newman-Mixon	D	2007	2025	
91	Clara	Williams	F	2007	2025	
93	Klaire	Essex	F	2006	2024	
94	Hannah	Franz	D	2005	2023	
96	Alessia	Stoikos	F	2007	2025	
97	Hailey	Maguire	D	2006	2024	Dartmouth
98	Erica	Buckley	F	2006	2024	
29	Samantha	Whittle	G	2007	2025	
70	Izzy	Whynot	G	2007	2025	
HC	Steve	Dempsey				



www.ladysens.ca

GAME DAY



Ottawa Lady Senators vs Central York

1:00 pm Saturday 11th November
TGRC Rink A



#92 Olwen JONES, Forward





#92 Olwen JONES



Forward | 5'8" | 155 LBS. |
Shoots: RIGHT | Born: 2006 |
Kanata ON | Grad: 2024

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

Role Models:

My sister Harrie Jones
 and Canadian lawyer Marie Heinen

Latest Scores

Latest Scores						
Date	Time	Home Team		Away Team		Type
29/10/2023	12:30	Stoney Creek	0	Ottawa Sens	3	League
4/11/2023	13:00	Ottawa Sens	2	Durham West	3	League
5/11/2023	13:00	Ottawa Sens	4	Ridley	0	League

Upcoming Games

Upcoming Games						
Date	Time	Home Team		Away Team		Type
12/11/2023	12:00	OHA		Ottawa Sens		League
17/11/2023	19:30	London		Ottawa Sens		League
18/11/2023	14:40	Stoney Creek		Ottawa Sens		League

Ottawa Jr Lady Senators 2023-24



#	NAME	POS	YOB	HOMETOWN	Commitment
3	Michelle GAO	F	2006	Nepean	U. of Guelph
9	Sydney SEMIGA	F	2008	Kanata	
10	Callie MCLEAN	F	2007	Nepean	UCONN
11	Jessica CHEUNG (A)	D	2006	Ottawa	Syracuse U
13	Annabella SACCA	D	2007	Manotick	
16	Lexie HATOUM	F	2008	Ottawa	
18	Grace OUTWATER (A)	F	2006	Ottawa	Penn State U
19	Sophie LEDAIN	D	2006	Kanata	
22	Victoria KAY	F	2006	Gloucester	
27	Juliette THIBAUT	D	2008	Rockland	
28	Dominique RIOUX	G	2007	Ottawa	
36	Brooke MULVIHILL	F	2006	Nepean	St. Lawrence U
65	Avery SUPRYKA (A)	D	2006	Ottawa	Boston University
66	Francesca BARRESI	F	2007	Manotick	
77	Kate VIEL	D	2008	Kanata	
88	Alysse WILKINSON	G	2006	Ottawa	U. of Guelph
92	Olwen JONES (C)	F	2006	Kanata	Carleton U
98	Jordan MULVIHILL	F/D	2009	Ottawa	

Head Coach

Hanna-Riikka Turpeinen

General Manager

Dana Mulvihill