

OLS VIDEO CHANNEL

We livestream all our games on our YouTube channel - www.youtube.com/@OttawaJrLadySens. You can also subscribe by hitting the subscribe button, and then enable notifications by selecting the "bell" icon to know whenever the channel goes live.

YouTube allows viewers to join after the start of the stream and rewind to follow from the beginning of the game. You can also rewind for goals and highlights during the stream and continue to watch the game afterwards. Never miss a game!



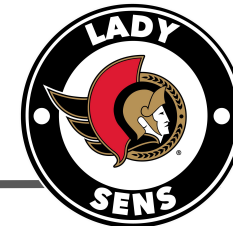
AWAY TEAM

#	First	Last	Pos	YOB	Grad	Committed
7	Claire	Sleeth	D	2006	2024	
8	Maggie	Pereira	F	2006	2024	
9	Caelin	Martin	D	2007	2025	
11	Sarah	Callaghan	F	2005	2023	
12	Claire	Sanford	D	2008	2027	
16	Julia	Stiefeling	D	2006	2024	
17	Jasmine	Comeau	F	2006	2024	
18	Isabella	Franco	F	2007	2025	
19	Avery	McMann	F	2006	2024	
24	Megan	Stock	D	2006	2024	
26	Emilia	Muhar	F	2005	2023	
29	Ava	Wood	F	2007	2025	Colgate
31	Charlotte	Payne	G	2006	2024	
42	Sam	Tingey	F	2007	2025	
47	Addie	Kramer	D	2007	2025	
66	Faith	Bennie	D	2006	2024	
74	Sydney	Sammur	G	2007	2025	
77	Savannah	Hicks	F	2007	2025	
91	Addie	Gutcher	F	2006	2024	
HC	Stacey	McConnell	AC	Darryl		Giancola



www.ladysens.ca

GAME DAY



Ottawa Lady Senators vs Oakville

1:00 pm Sunday 24 September
TGRC Rink A



#19 Sophie LEDAIN, Defense





#19 Sophie LEDAIN



Defense | 5'9" | 160 LBS. |
Shoots: LEFT | Born: 2006 |
Kanata ON | Grad: 2024

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 Invitionals 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

Favourite Quotation:

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

Latest Scores

Date	Time	Home Team		Away Team		Type
16/9/2023	16:00	Pittsburgh Pens Elite 19U	3	Ottawa Sens	2	Tournament
17/9/2023	10:45	North York Storm	0	Ottawa Sens	5	Tournament
23/9/2023	13:00	Ottawa Sens	-	Etobicoke	-	League

Upcoming Games

Date	Time	Home Team	Away Team	Type
30/9/2023	13:00	Ottawa Sens	Toronto Aeros	League
1/10/2023	13:00	Ottawa Sens	Stoney Creek	League
13/10/2023	20:00	Ottawa Sens	Ottawa Sens	League

Ottawa Jr Lady Senators 2023-24



#	NAME	POS	YOB	HOMETOWN	Commitment
3	Michelle GAO	F	2006	Nepean	
8	Kate THOM	D	2007	Ottawa	
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	
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