



Coming up....

The U22 team will be away next weekend with a three game road trip to Cambridge, Waterloo and Etobicoke.

The games will be livestreamed on our YouTube channel. Subscribe and enable notifications to know whenever the channel goes live. Never miss a game! [www.youtube.com/@OttawaJrLadySens](http://www.youtube.com/@OttawaJrLadySens).

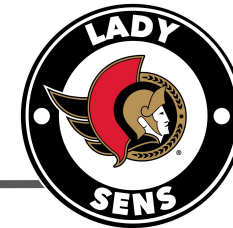
YouTube allows you to join after the start of the stream and rewind to follow from the beginning of the game. You can also rewind for goals and highlights and continue to watch the game afterwards.

TORONTO LEASIDE JUNIOR Wildcats AWAY TEAM

#	First	Last	Pos	YOB	Grad	Committed
3	Tea	Lavallee	D	2006	2024	
7	Sydney	Rasmussen	D	2007	2025	
11	Kaitlyn	Towle	F	2006	2024	
13	Arwen	Lee	F	2007	2025	
16	Siena	Harris	F	2007	2025	
17	Arianna	Vernazza	F	2005	2023	
19	Mackenzie	Mills	F	2006	2024	
27	Niav	Serjeantson	F	2006	2024	
28	Maeryn	Paterson	D	2006	2024	
29	Ava	Fisher	F	2006	2024	
31	Sara	Da Silva	G	2006	2024	
33	Sarah	Gauthier	G	2005	2023	
43	Hannah	Parent	F	2007	2025	
44	Sadie	Lovering	D	2007	2025	
64	Ava	Myers	F	2007	2025	
68	Elaina	Pilkington	D	2006	2024	
77	Riley	Stansfield	F	2006	2024	
88	Lauren	Gilbert	F	2005	2023	
92	Terry	Wang	D	2007	2025	
HC	Michelle	Janus	T	Orlando	Da Silva	



www.ladysens.ca



GAME DAY

Ottawa Lady Senators vs Leaside

1:00 pm Saturday 3rd February TGRC Rink A



#9 Sydney SEMIGA, Forward





# #9 Sydney SEMIGA



**Forward | 5'10" | 145 LBS. |  
Shoots: LEFT | Born: 2008 |  
Kanata ON | Grad: 2026**

**School:** Holy Trinity Catholic High School

**Academic Achievements:** Honour Roll 90% average. Director of Education Award 2021. French Immersion Program

**Post Secondary Interests:** Kinesiology, Law, Engineering

**Athletic Achievements:** OWHA U16 HP Development Camp Attendee 2023. OWHL Eastern U15AA League Champions and Playoff Champions 2022/23. Winner of Bronze Medal with Team O'Neill at Ontario Summer Games 2022.

**Leadership:** U15AA Team Captain 2022-23

**Community Involvement:** Helper with hockey sort-outs, Coach for Gr.7/8 School hockey teams

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

### Favorite Quote:

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

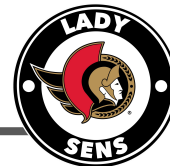
Michael Jordan

### Latest Scores

Date	Time	Home Team	Away Team	Type
20/1/2024	13:00	Ottawa Sens	8 London 1	League
21/1/2024	13:00	Ottawa Sens	9 Southwest 0	League
28/1/2024	12:00	Kingston	2 Ottawa Sens 3	League

### Upcoming Games

Date	Time	Home Team	Away Team	Type
4/2/2024	13:00	Ottawa Sens	Whitby	League
9/2/2024	19:30	Cambridge	Ottawa Sens	League
10/2/2024	13:00	Waterloo	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	Stonehill College
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	Carleton U
23	Keara KILEY	F	2008	Carleton Place	
27	Juliette THIBAULT	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