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There is more information on the Ottawa Senators Women's Hockey Club at www.ladysens.ca

There you will find our Roster and Player Guides, game schedule, results and league standings with links to our Youtube channel. Be sure to check out the News section to find out the latest on the teams.

Did you know.....more than 100 of our players have continued their hockey careers at a post secondary level? Check out the Alumni section on our website for the complete list.



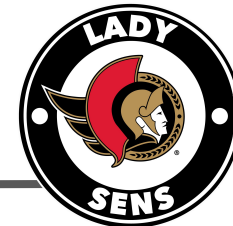
AWAY TEAM

#	First	Last	Pos	YOB	Grad	Committed
1	Presley	Daschuk	G	2006	2024	
3	Claire	Carson	F	2006	2024	
6	Cassidy	Blanchard	D/F	2006	2024	
8	Tiffany	Lasher	D	2007	2026	
10	Jessie	Coccimiglio	F	2006	2024	
12	Avery	Falardeau	D	2006	2024	
16	Reese	Mason	F	2007	2025	
17	Maddy	Fillier	D	2006	2024	
18	Demi	Dai	F	2008	2026	
19	Jade	LeBlanc	F	2007	2025	
23	Kali	Boychuk	F	2006	2024	
24	Laura	Piroli	G	2007	2025	
28	Jaylee	Mackinnon	F	2008	2026	
29	Jessica	Mackinnon	F	2006	2024	Clarkson
36	Taylor	Insley	F	2007	2025	
44	Easton	McComber	D	2006	2024	
57	Sydney	Swick	F	2007	2025	
68	Maria	Shea	D	2006	2024	
76	Jules	Lefaive	D	2006	2024	
77	Maria	Groves	F	2007	2025	
HC	Amanda	Benoit-Wark				



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GAME DAY



Ottawa Lady Senators vs Ridley College

1:00 pm Sunday 5th November
TGRC Rink A



#65 Avery SUPRYKA, Defense





#65 Avery SUPRYKA



Defense | 5'9" | 145 LBS. |
Shoots: LEFT | Born: 2006 |
Ottawa ON | Grad: 2024

School: St. Francis Xavier Catholic High School

Academic Achievements: Honour roll. 86% average

Post Secondary Interests: Health Sciences

Athletic Achievements: Hockey Canada National Women's U18 Summer Selection Camp Attendee 2023. OWSA U18 HP Development Camp Attendee 2023. OWSA U22 Elite Provincial Silver Medalist 2023. Stoney Creek University Showcase Champions 2022. Selected to attend OWSA U18 High Performance Camp July 2022. 2022 OWSA Provincial Bronze medalist U22AA. 2019 OWSA Provincial Gold medalist U13AA

Leadership: U22AA Alternate Captain 2022-23 & 2023-24

Community Involvement: Lady Sens Ambassador Program Leader and coach for U13AA KGHA. DIFD Day Committee 2022. U15AA on-ice helper

Favourite Quotation:

"Dreams don't work unless you do"

John Maxwell

Latest Scores

Date	Time	Home Team		Away Team		Type
28/10/2023	20:00	Burlington	4	Ottawa Sens	2	League
29/10/2023	12:30	Stoney Creek	0	Ottawa Sens	3	League
4/11/2023	13:00	Ottawa Sens	2	Durham West	3	League

Upcoming Games

Date	Time	Home Team		Away Team		Type
11/11/2023	13:00	Ottawa Sens		Central York		League
12/11/2023	12:00	OHA		Ottawa Sens		League
17/11/2023	19:30	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