

**OTTAWA LADY SENATORS  
HOCKEY CLUB  
OVERVIEW**



**2021-2022**

# Welcome



In partnership with the NHL Ottawa Senators, and as a member of the Kanata Girls Hockey Association (KGHA), the Ottawa Lady Sens Hockey Club strives to offer a first-class program that ensures our athletes are developed both as elite hockey players and exceptional people. We offer three teams within our high-performance program – U22AA, U18AA, and U15AA – comprising over 50 players aged 13-19.

The goal of the Lady Sens Club is to create an environment and culture around our teams that will support and assist all of our players in continuing to excel at the highest levels. We take great pride in icing a competitive program with character players that reflect the beliefs of integrity, good sportsmanship, and the will to win. We work to develop players who strive for championship habits, have a strong work ethic, and embrace failure as a way to improve. At the same time, we provide widespread understanding of the values of fair play and sportsmanship, the learning of life skills through hockey, and the importance of keeping sport in perspective.

The Lady Sens Organization ensures that our athletes are visible to scouts from American NCAA colleges and Canadian U Sport universities as well as Ontario and Canadian high-performance opportunities. Over the past 10 seasons we have had more than 80 players accept scholarships to play at the post-secondary level. In addition, we have had a number of players advance to the Team Canada program, the CWHL, the NWHL, and the more recent PWHPA.

Our U22AA team is an active member of the Provincial Women's Hockey League (PWHL), which is considered the top amateur women's league in Ontario and one of the most competitive leagues in Canada. This season, due to the Covid-19 pandemic, the Lady Sens U22AA team will compete in a temporary Eastern Regional Division of the OWHL while our U18AA and U15AA teams will play in their respective Regional Divisions. All of our teams will be participating in a number of Showcase Tournaments over the season. We have confidence that all of our members will represent the Lady Sens Hockey Club brand with sportsmanship and class, and that our players will show character and leadership traits expected from high performance athletes.

As with most clubs, we are supported by a number of dedicated coaches, managers, trainers, parents, and volunteers. We wish to thank them all, including the KGHA, for providing the players with this special opportunity.

Dana Mulvihill  
Ottawa Lady Sens General Manager/Head Coach

Jacqueline McKenzie  
Ottawa Lady Sens Club Manager

## MEDIA

[www.ladysens.ca](http://www.ladysens.ca)



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@OttawaLadySens

# OLS U22AA 2021-22



Sydnee  
**FRANCIS**



Angharad  
**JONES**



Alisha  
**DONOVAN**



Jessica  
**CHEUNG**



Hannah  
**BELTON**



Gracie  
**SACCA**



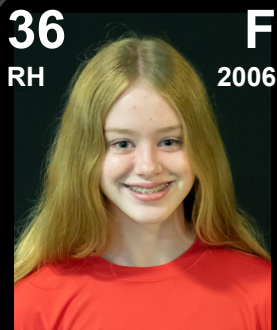
Payton  
**MILLER**



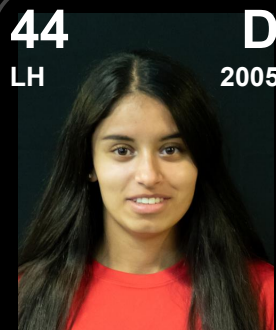
Victoria  
**KAY**



Sophie  
**SCULLY**



Brooke  
**MULVIHILL**



Ani  
**ROBINSON**



Avery  
**SUPRYKA**



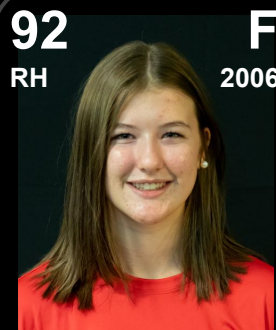
Hayley  
**GLAZER**



Reese  
**COFFEY**



Leigh  
**BURKITT**



Olwen  
**JONES**

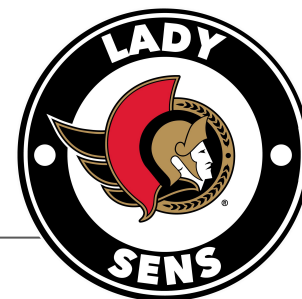


Naomi  
**BAEHLER**



MacKenzie  
**BEGGS**

# OLS U22AA 2021-2022



#	NAME	POS	GRAD	HOMETOWN	LAST TEAM	COMMIT
5	Sydnee Francis	F	2023	Canton NY	Syracuse U16 Tier 1	
7	Angharad Jones (A)	F	2022	Kanata	OLS U22 AA	
9	Alisha Donovan	F	2023	Brockville	OLS U18 AA	
11	Jessica Cheung	D	2024	Ottawa	OLS U15 AA	
12	Hannah Belton	F	2023	Nepean	Nepean U18 AA	
13	Gracie Sacca (A)	F	2022	Manotick	Nepean U22 AA	Stonehill College
19	Peyton Miller	D	2023	Deep River	Lady 67s U18 AA	
22	Victoria Kay	F	2024	Gloucester	OLS U15 AA	
33	Sophie Scully (A)	G	2021	Ottawa	OLS U22 AA	St. Mary's University
36	Brooke Mulvihill	F	2024	Nepean	OLS U15 AA	
44	Ani Robinson	D	2023	Ottawa	Lady 67s U18 AA	
65	Avery Supryka	D	2024	Ottawa	OLS U18 AA	
68	Hayley Glazer (C)	D	2022	Ottawa	OLS U22 AA	Rochester Institute of Technology
77	Reese Coffey (A)	D	2022	Thunder Bay	OLS U22 AA	
91	Leigh Burkitt	F	2023	Nepean	Nepean U18 AA	
92	Olwen Jones	F	2024	Kanata	OLS U15 AA	
94	Naomi Baechler	G	2023	Ottawa	Gloucester Rangers U18 AA	
98	MacKenzie Beggs (A)	F	2021	Kemptville	OLS U22 AA	St. Mary's University

<b>Head Coach</b>	Dana Mulvihill	coach.u22@ladysens.ca
<b>Team Manager</b>	Jacqueline McKenzie	manager.u22@ladysens.ca
<b>Assistant Coach</b>	Blair Supryka	
<b>Assistant Coach</b>	Toby Burkitt	
<b>Assistant Coach</b>	Dominic Cheung	
<b>Trainer</b>	Patrick Scully	

# U22AA Team Staff 2021-2022



## Head Coach



**Dana  
MULVIHILL**

As the Head Coach of the Ottawa Lady Sens flagship team, Dana's playing and coaching experience is second-to-none at the elite level. His impressive player background includes the Nepean Jr A Raiders, NCAA Div I Clarkson University and teams in the ECHL and AHL. He has taken his experience of what it takes to be an elite hockey athlete and developed it into a successful coaching career. Dana was most recently the Head Coach of the OLS u15 AA and the Assistant Coach of the Gloucester Rangers u18 AA teams. At the Pee wee and Novice levels, three of his teams have won Provincial medals (1 gold and 2 silver). Dana is NCCP HP 1 trained and Dev 1 certified.

## Manager



**Jacqueline  
MCKENZIE**

Jacqueline brings a wealth of experience to the Ottawa Lady Sens Hockey Club. She has been involved in hockey since 2003 at the team, league and provincial level. Jacqueline was manager and trainer for many of her children's teams in both the KGHA and boys' programs. Jacqueline volunteered as the Director of Discipline for the ODWHA making many contacts along the way. She has also worked with the OWHA since 2012 both at Provincials and at high performance events, including managing the silver-medal winning team at the 2018 London Summer games.

## Asst. Coach



**Toby  
BURKITT**

Toby's experience as a successful competitive minor hockey coach is built on his playing career, which includes the OHL, winning AUAA's and taking silver at Nationals before winning 3 championships in the WPHL. Toby is HP1 trained and brings 10+ years of coaching experience to the OLS Junior team. His most recent positions included Head Coach of the Nepean u18 AA and u15 AA teams. Toby's impressive background as an elite hockey player and successful minor hockey league coach add to the depth of the coaching staff for the OLS u22 AA team

## Asst. Coach



**Blair  
SUPRYKA**

Blair is a dedicated hockey coach with over 10 years of experience coaching and instructing competitive players from Novice through to Junior levels. His experience playing Junior level hockey in the Belleville area gives him first-hand knowledge of what it takes to be an elite athlete. As an NCCP Dev 1 certified coach, his most recent coaching duties include Assistant Coach with the Lady Sens u18 AA team and Head Coach of the Gloucester Rangers u18 AA teams. This is the fourth time that Blair has worked with Dana and looks forward to continuing the successes their collaboration has achieved.

## Asst. Coach



**Dominic  
CHEUNG**

Dominic is an NCCP Development 1 rated ice hockey coach and is entering into his 10th year as a team goalie coach. In addition to his 3 years serving as a competitive goalie coach with the Kanata Minor Hockey Association, he has also assisted in coaching girl's competitive hockey at the A/AA level for the last 8 years including the KGHA. Dominic's experience and expertise adds depth and character to the Ottawa Lady Sens Hockey Club.

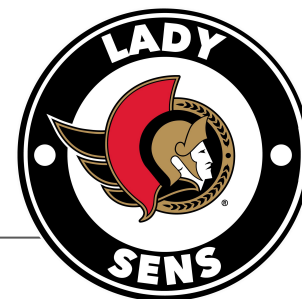
## Trainer



**Patrick  
SCULLY**

Patrick has been involved in hockey for many years, from playing competitive hockey as a youth to working with minor hockey teams (boys and girls) for the past 14 years. Still playing recreationally, Patrick holds an HTCP Level 2 trainer certification and has been trainer on competitive teams for the past 10 years.

# U22AA 2021-2022 Schedule



**LEAGUE\*** - Livestream on Twitch, VOD on YouTube

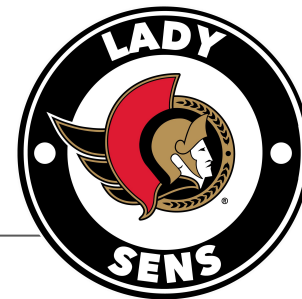
Game	Home/Away	Opponent	Date	Start	Arena
1	Home	Nepean	3rd Oct 2021	2:15 PM	Cardel Rec Centre B
2	Away	OHA Junior	9th Oct 2021	12:00 PM	Cornwall Civic Complex
3	Home	OHA Tardiff	23rd Oct 2021	12:15 PM	Cardel Rec Centre B
4	Away	Kingston Jr Ice Wolves	24th Oct 2021	12:30 PM	Invista Centre
5	Home	Lady 67s	30th Oct 2021	12:15 PM	Cardel Rec Centre B
6	Home	OHA Junior	31st Oct 2021	2:15 PM	Cardel Rec Centre B
7	Home	OHA Tardiff	13th Nov 2021	12:15 PM	Cardel Rec Centre B
8	Home	Kingston	14th Nov 2021	2:15 PM	Cardel Rec Centre B
9	Away	Lady 67s	20th Nov 2021	6:30 PM	TD Place Lansdowne
10	Home	OHA Junior	21st Nov 2021	2:15 PM	Cardel Rec Centre B
11	Home	Nepean	28th Nov 2021	2:15 PM	Cardel Rec Centre B
12	Away	Lady Grads	29th Nov 2021	8:15 PM	Ray Friel #2
13	Away	Kingston Jr Ice Wolves	10th Dec 2021	7:30 PM	Invista Centre
14	Away	Lady Grads	11th Dec 2021	6:15 PM	CIHA Rockland
15	Away	Nepean	18th Dec 2021	4:30 PM	Nepean Sportsplex #3
16	Home	Nepean	19th Dec 2021	3:00 PM	Bell Sensplex - CT

\* 2022 schedule TBC

## TOURNAMENTS

Date	Tournament
October 15th - 17th 2021	Stoney Creek Showcase
November 5th - 7th 2021	North York Stormfest
December 3rd - 5th 2021	Waterloo USA Canada Cup
January 2022	U of Ottawa Invitational
February 4th - 6th 2022	Quebec City
April 7th - 10th 2022	Provincial Championships

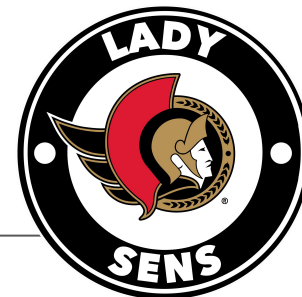
# OLS U18AA 2021-2022



JERSEY	NAME	POSITION	YOB	GRAD YEAR
1	Alysse Wilkinson	G	2006	2024
2	Hannah Greer	D	2005	2023
3	Michelle Gao	F	2006	2024
4	Mia Mulvihill	D	2004	2022
5	Cassidy MacIntosh	D	2005	2023
6	Jill Imeson	F	2006	2024
7	Abby Tate	F	2005	2023
9	Emmerson Gormley	D	2005	2023
12	Abby Glandon	F	2005	2023
14	Cara Hicks	F	2005	2023
16	Emma Cassell	F	2005	2023
17	Siara Mehdi	F	2005	2023
18	Emily Grace Wallace	D	2005	2023
19	Sophie LeDain	D	2006	2024
20	Cailyn Pethick	F	2006	2024
21	Emily Brennan	F	2004	2022
31	Ella Hogan	G	2006	2024

<b>Head Coach</b>	Adam Tate
<b>Team Manager</b>	Tracey MacIntosh
<b>Assistant Coach</b>	Emma McFarlane
<b>Assistant Coach</b>	Tatyana Trovato

# OLS U15AA 2021-2022



JERSEY	NAME	POSITION	YOB	GRAD YEAR
4	Chloe Davis	D	2007	2025
6	Daron Donovan	D	2007	2025
10	Keara Kiley	F	2008	2026
13	Annabella Sacca	D	2007	2025
17	Alexa Kocourek	F	2007	2025
19	Kate Viel	D	2008	2026
21	Erica Burke-Terreau	F	2007	2025
22	Amy Hermer	F	2007	2025
24	Zoe Wilson	F	2007	2025
30	Charlotte McDonough	G	2008	2026
34	Kinsey Moran	G	2007	2025
65	Grace Greco	D	2007	2025
66	Isabelle Janveaux	F	2008	2026
76	Kenzington Lehman	F	2007	2025
82	Ava Telfer	F	2008	2026
92	Ella Malloy	D	2007	2025
97	Francesca Barresi	F	2007	2025

<b>Head Coach</b>	Anthony Barresi
<b>Team Manager</b>	Francine Massicotte
<b>Assistant Coach</b>	Vince Sacca
<b>Assistant Coach</b>	Hannah O'Brien
<b>Assistant Coach</b>	Owen Terreau



# OLS U22AA 2020-2021



## ***Congratulations to our Graduating Players!***

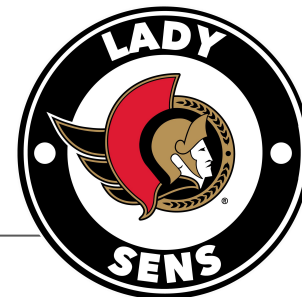
### **Back Row**

Left-Right : Gord Milligan, Kiara Laberge, Angharad Jones, Caroline Alexander, Ashley Allard, Hayley Glazer, Reese Coffey, Lauren White, Julianna Parks, MacKenzie Beggs, Karina Hagelthorn, Mollie Grabe, Patrick Scully, Eliot Spencer.

### **Front Row**

Left-Right : Hannah Saunders, Craig Bowditch, Jade Maisonneuve, Kamdyn Switzer, Bill Courchaine, Elle Spencer, Brooklyn Dolter, Mary Coughlin, Sophie Scully.

# OLS Alumni 2021-2016



## 2020-2021

Brooklyn Dolter - *Wilfred Laurier*  
Mollie Grabe - *Mount Allison*  
Jade Maisonneuve - *Mercyhurst*  
Julianna Parks - *Brock*  
Elle Spencer - *Wilfred Laurier*  
Kamdyn Switzer - *St FX*

## 2019-2020

Vanessa Bueti - *Guelph*  
Gabi Jones - *St Lawrence*  
Chloe McNeil - *Providence*  
Kayle Osbourne - *Colgate*  
Stephanie Peladeau - *Moncton*  
Taylor Scott - *Ottawa*  
Jayden Stitt - *Dalhousie*  
Claire Tyo - *Providence*  
Kate Villeneuve - *Quinnipiac*  
Lily Yovetich - *Northeastern*

## 2018-2019

Lauren Ball - *U of T*  
Ariana Bowditch - *Laurentian*  
Olivia Groulx - *Union*  
Ally Hebert - *Robert Morris*  
Kylie Lalonde - *RIT*  
Justine Larkin - *RIT*  
Emma Michalicka - *Union*  
Angelique Page - *Laurentian*  
Gigi Pora - *Lindenwood*  
Meara Ryan - *Lindenwood*  
Caitlin Whitehead - *St. Lawrence*

## 2017-2018

Katherine Chadwick - *UNB*  
Laura Cook - *Mount Royal*  
Abby Davies - *RIT*  
Sydney Lyndon - *UPEI*  
Cassidy Michalicka - *Union*  
Taylor Sims - *RIT*  
Maddison Stitt - *Lindenwood*

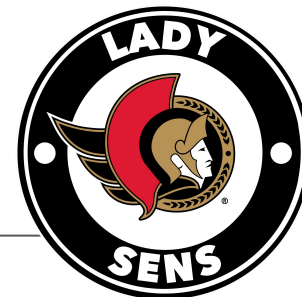
## 2016-2017

Katarina Bukolska - *Merrimack*  
Chantal Gudbranson - *Guelph*  
Autumn Moors - *Dalhousie*  
Jordyn Pimm - *Lindenwood*  
Jensen Smigelsky - *Regina*

## 2015-2016

Tasza Tarnowski - *Boston University*  
Anonda Hoppner - *Colgate*  
Sophie Rodenberg - *Guelph*  
Maggie Knott - *Mercyhurst*  
Shana Alexander - *Western*  
Kassidy Ford - *UOIT*  
Sophie Veronneau - *Yale*  
Jenny Walker - *Carleton*

# OLS Alumni 2015-2009



## 2014-2015

Cassidy Herman - *University of Maine*  
Amanda Leradi - *Brock*  
Leah Scott - *Carleton*  
Kimiko Mainacci - *Princeton*  
2013-2014

Katelyn Fournier - *Clarkson*  
Rebecca Leslie - *Boston University*  
Amanda Titus - *Clarkson*  
Caitlyn McLaren - *Union College*  
Natalie Fraser - *Robert Morris*

## 2012-2013

Sarah McGill - *Lindenwood*  
Mackenzie Coney - *Carleton*  
Kayla Carter - *Nipissing*  
Meghan Carty - *Nipissing*  
Samantha Morell - *Laurentian*

## 2011-2012

Jessica Harvey - *Harvard*  
Amanda Leveille - *University of Minnesota*  
Page Belair - *St.FX*  
Mackenzie Lalonde - *Mount Allison*  
Cassie Charette - *UOIT*  
Alanna Grossutti - *St.FX*  
Cristin Shanahan - *Princeton*  
Karen MacDonald - *Princeton*  
Cydney Roesler - *Quinnipiac*  
Morgan Richardson - *Cornell*

## 2010-2011

Monika Leck - *Cornell*  
Katie Milligan - *Dartmouth*  
Victoria Head - *Guelph*  
Kelsey Gunn - *Robert Morris*  
Samantha Coates - *Carleton*

## 2009-2010

Jamie Lee Rattray - *Clarkson*  
Erica Howe - *Clarkson*  
Jeanna Ciotti - *Yale*  
Katie Dods - *Niagara University*  
Amanda Lucky - *Potsdam State*  
Brittany Lucky - *Potsdam State*  
Jennifer Nedow - *Brown*  
Emma Fillman - *Potsdam State*  
Asha Kauffeldt - *University of Ottawa*

## 2008-2009

Stefanie McKeough - *University of Wisconsin*  
Bryanna Farris - *University of New Hampshire*  
Jenna Hendrix - *Mercyhurst*  
Isabel Menard - *Syracuse*  
Talia Menard - *Syracuse*  
Mackenzie Thurston - *Bemidji State University*  
Margaux Sharp - *Dartmouth*  
Stephanie Plourde - *Carleton*  
Cobina Delaney - *Robert Morris*  
Mel Dodd-Mohr - *Queens*  
Cassie Sequin - *Princeton*  
Brittney Perkins - *St.FX*

# 10TH ANNUAL DIFD IN OTTAWA



## DECEMBER 19TH, 2021

**BELL SENSPLEX, Canadian Tire Pad**

**1565 Maple Grove Rd, Kanata, ON**

Join us for a fun-filled day of women's hockey with an emphasis on youth mental health.

### **Ottawa Lady Senators vs Nepean Wildcats Schedule**

12:00 - 12:15 pm Welcome

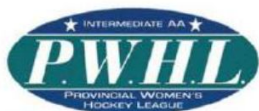
12:15 - 1:15 pm Alumni Game

1:30 - 3:00 pm U15 AA Game

3:00 - 5:00 pm U22 AA Game

5:30 - 7:00 pm U18 AA Game

Every dollar raised from fundraising activities at this event is donated directly to the DIFD Fund at the Royal Ottawa Hospital (registered charity #11912 9178 RR0001)



**Raising awareness, inspiring conversations  
and transforming youth mental health**



