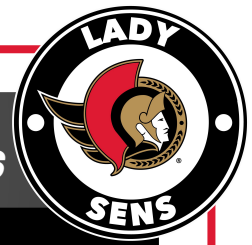


**OTTAWA LADY SENATORS  
U22 AA PLAYER GUIDE  
2022-2023**



**JUNIOR WOMENS HOCKEY TEAM**



# #3 Michelle GAO

Forward 2006

**Shoots:** Left  
**Height:** 5'5"  
**Weight:** 140 lbs

**Hometown:** Nepean  
**Previous Team:** Ottawa Lady Senators U18 AA  
**Grad Year:** 2024

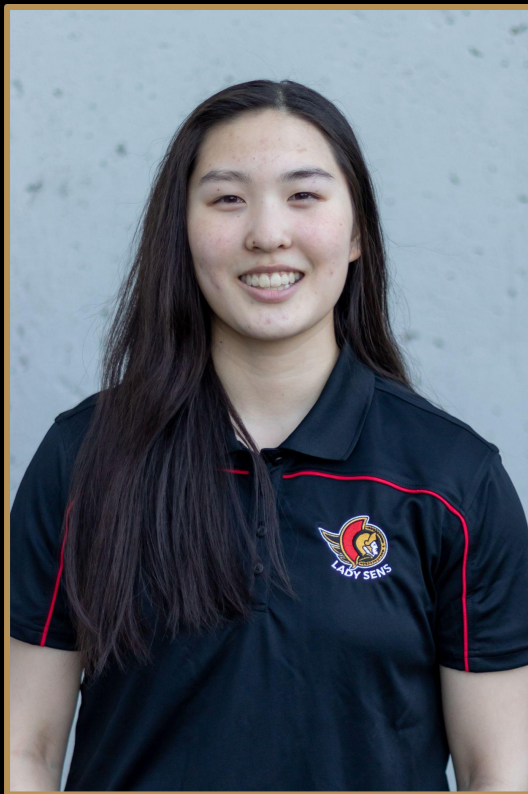
**School:** St. Joseph Catholic High School

**Academic Achievements:** Honour Roll 2018-2022, 92% average  
Top 25% in Waterloo Math Competition. 2018 English Award

**Post Secondary Interests:** Veterinary Science, Physical Education, Mathematics

**Athletic Achievements:** U18 AA Eastern Division 2021-22 Regular Season Champions and Playoff Finalists. Lead the team in overall goals scored  
HS Varsity Hockey OFSAA division Champions 2022. Lead the team in points and goals. Team member inaugural HS Girls Varsity tackle football team 2022

**Hobbies / Interests:** Piano, baseball, badminton, photography, video games



### **Community Involvement:**

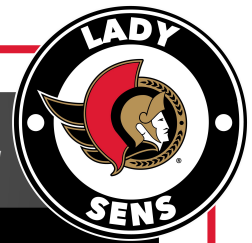
50+ volunteer hours as a camp helper for young skaters. On-ice helper at tryouts  
Raising awareness of Asian Heritage Month

### **Future Ambitions:**

To continue to play hockey at a high level at university. To reach for Team Canada and become a role model for many young female athletes. To study to become a veterinarian

### **Favourite Quotation:**

"The only time success comes before work is in the dictionary"



# #9 Alisha DONOVAN

*Defense 2005*

**Shoots:** Left

**Height:** 5'6"

**Weight:** 135 lbs

**Hometown:** Brockville

**Previous Team:** Ottawa Lady Senators U22 AA

**Grad Year:** 2023

**School:** St. Mary Catholic High School

**Academic Achievements:** Honour roll grade 9 and 10. 87% average

**Post Secondary Interests:** Business and Finance

**Athletic Achievements:** 2022 Bronze Medalist U22 AA OWSA Provincial Championship. Player on Eastern Ontario SS Athletic Association Championship teams for both hockey and volleyball

**Hobbies / Interests:** Wake surfing, downhill skiing, travel, quality time with friends and family

### **Community Involvement:**

Hockey coaching with girls JrFUN program.  
Annual United Way BBQ fundraiser

### **Favourite Hockey Memory:**

Setting my sister up to score her first goal during our only season playing together

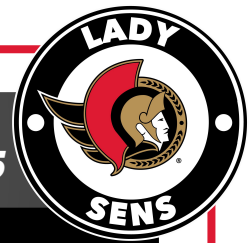
### **Future Ambitions:**

Playing varsity hockey at university, attend university to study business. Graduate and have a good job. Be able to support myself without relying on others

### **Favourite Quotation:**

"Pressure makes diamonds"





# #10 Taylor GARCIA

*Forward 2005*

**Shoots:** Right  
**Height:** 5'4"  
**Weight:** 125 lbs

**Hometown:** Nepean  
**Previous Team:** Nepean Jr. Wildcats U22 AA  
**Grad Year:** 2023

**School:** St. Mother Teresa High School

**Academic Achievements:** Honour Roll Grades 9-11. 90% average  
French immersion program. Member of the Student Council

**Post Secondary Interests:** Science and Mathematics

**Athletic Achievements:** Top Scorer on U15 AA and U18 AA teams. Played on five ODWHA Championship teams. OWSA Provincial Gold Medalist 2017  
St. Mother Theresa Female Athlete of the Year 2020. HS Girls Hockey MVP 2020

**Community Involvement:** On-ice helper for girls' minor hockey teams



**Hobbies / Interests:**  
Fitness, cooking, running

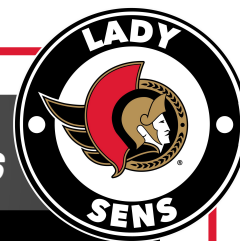
**Role Models:**  
My parents

**Future Ambitions:**  
For hockey I want to attend a university where I can continue my hockey career

**Favourite Quotation:**  
"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you"  
Derek Jeter

# #11 Jessica CHEUNG

Defense 2006



**Shoots:** Left

**Height:** 5'7"

**Weight:** 126 lbs

**Hometown:** Ottawa

**Previous Team:** Ottawa Lady Senators U22 AA

**Grad Year:** 2024

**School:** Holy Trinity Catholic High School

**Academic Achievements:** Honour roll grades 7-9. 90% average  
2020-21 Award of Excellence. Achievement of Merit Physical Education 2019  
French Immersion Program

**Academic Interests:** Health Sciences

**Athletic Achievements:** 2022 Bronze Medalist OWHA Provincial Championship  
U22 AA. 2019 OWHA Provincial Champions U13 AA

**Community Involvement:** Volunteered as an on-ice helper with hockey tryouts

## **Hobbies / Interests:**

Working out, skateboarding, music, friends

## **Role Model:**

Erin Ambrose, defense for Team Canada

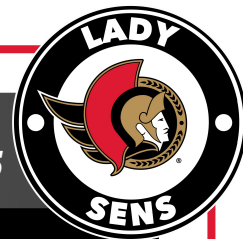
## **Future Ambitions:**

To play on a women's hockey team at university, be a role model for younger female hockey players. To achieve high marks in school and graduate with a university degree

## **Favourite Quotation:**

"If it doesn't challenge you it won't change you"  
Fred Devito





# #12 Katelyn SCOTT

Forward 2005

**Shoots:** Right  
**Height:** 5'3"  
**Weight:** 130 lbs

**Hometown:** Almonte  
**Previous Team:** Nepean Jr. Wildcats U22 AA  
**Grad Year:** 2023

**School:** Notre Dame Catholic High School

**Academic Achievements:** Honour Roll Student. 89% average

**Post Secondary Interests:** Business Studies

**Athletic Achievements:** Selected for OWHA U18 High Performance Camp July 2022. Top scorer U15 AA ODWHA. U22 AA Champions Rush High Performance Hockey. MVP for HS hockey, volleyball, basketball and 3-pitch HS Female Athlete of the Year

**Community Involvement:** Officiating for school sports. Helping to coach hockey



## **Hobbies / Interests:**

Fitness, soccer, spending time with friends and family

## **Role Models:**

Sarah Nurse. Nikita Kucherov

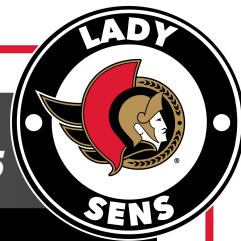
## **Future Ambitions:**

I want to attend a university where I can continue my hockey career

## **Favourite Quotation:**

"Every shift is your last shift. That's the way hockey is played."

# #15 Mackenzie CLARKE *Defense 2005*



**Shoots:** Left  
**Height:** 5'9"  
**Weight:** 145 lbs

**Hometown:** Nepean  
**Previous Team:** Nepean Jr. Wildcats U22 AA  
**Grad Year:** 2023

**Committed to St. Lawrence University for 2023**

**School:** John McCrae Secondary School

**Academic Achievements:** Bilingual French and English

**Post Secondary Interests:** Computer Science, Physics, Biology

**Athletic Achievements:** Selected to attend OWSA U18 High Performance Camp July 2022. 2021 Team Ontario Red U18 Central Canada Challenge. OWSA U18 High-Performance Invitational Camp. U15 AA Silver Stick Champions 2019 & 2020 U15 AA ODWSA League Championship

### **Hobbies / Interests:**

Nutrition, fitness, golf, basketball and skiing

### **Role Models:**

Marie- Philip Poulin

My brothers Graeme Clarke and Brandt Clarke

### **Favourite Hockey Memory:**

Creating so many amazing memories and friendships

### **Future Ambitions:**

To be a top player for St. Lawrence University. To play for Team Canada and win an Olympic Gold Medal

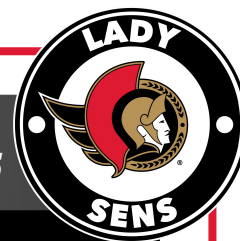
### **Favourite Quotation:**

"If you're afraid to fail, then you're probably going to fail"  
Kobe Bryant



# #16 Jill HENNESSY

Forward 2005



**Shoots:** Left  
**Height:** 5'10"  
**Weight:** 160 lbs

**Hometown:** White Lake  
**Previous Team:** Nepean Jr. Wildcats U22 AA  
**Grad Year:** 2023

**Committed to St. Lawrence University for 2023**

**School:** Arnprior District High School

**Academic Achievements:** Honour Roll 86%. Medallion Award and Merit Award

**Post Secondary Interests:** Behavioural Sciences, Education, Nursing

**Athletic Achievements:** Selected to attend OWHA U18 High Performance Camp July 2022. Team Blue U18 Central Canada Challenge 2021. OWHA U18 High Performance Camp 2021. OWHA U16 High Performance Invitational Camp Selected for Scotia Rising Teammate Mentorship Program



### **Community Involvement:**

Volunteer at church camps, powerskating camps and Relay for Life

### **Hobbies / Interests:**

Lacrosse, soccer, volleyball, running, basketball, travelling and cottage life

### **Role Models:**

Natalie Spooner and Connor McDavid

### **Future Ambitions:**

To continue to play hockey at a high level with St. Lawrence Saints in NCAA D1 and hopefully further

### **Favourite Quotation:**

"Nothing is given. Everything is earned"  
LeBron James



# #18 Grace OUTWATER

Forward 2006



**Shoots:** Right  
**Height:** 5'8"  
**Weight:** 150 lbs

**Hometown:** Ottawa  
**Previous Team:** Nepean Jr. Wildcats U22 AA  
**Grad Year:** 2024

**School:** Louis-Riel High School

**Academic Achievements:** 90% average

**Post Secondary Interests:** Sports Physiotherapy, Law, Psychology

**Athletic Achievements:** HS Female Athlete of the Year. Selected to attend OWSA U18 High Performance Camp July 2022. U22 AA Ponytail Champions U22 AA Rush High Performance Champions. 2019-2020 U15 AA Top scorer

**Community Involvement:** Working at OSSC



**Hobbies / Interests:**

Wake skating, skiing, nutrition, fitness

**Role Model:**

Hayley Wickenheiser

**Favourite Hockey Memory:**

Playing in a tournament in Vermont with my hockey team

**Future Ambitions:**

To play high level hockey at university  
To play for Team Canada

**Favourite Quotation:**

"Don't let success go to your head and don't let failure go to your heart"

# #19 Payton MILLER

*Defense 2005*



*Shoots: Right  
Height: 5'4"  
Weight: 120 lbs*

*Hometown: Deep River  
Previous Team: Ottawa Lady Senators U22 AA  
Grad Year: 2023*

**Committed to Carleton University for 2023**

*School: Mackenzie Community School*

*Academic Achievements: Honour roll Gr. 9-11. 95% average  
Renfrew County DSB Academic Medallion Gr 9-11*

*Post Secondary Interests: Health Sciences*

*Athletic Achievements: 2022 Bronze Medalist OWHHA Provincial Championship U22 AA. Senior Female Athlete of the Year 2021-22. Junior Female Athlete of the Year 2019-20. Junior Basketball MVP 2019-20. Varsity Female Hockey MVP 2021-22 and 2019-20*

**Community Involvement:**

*Elementary Classroom Aid  
Playground Leader for Town of Deep River*

**Hobbies / Interests:**

*Soccer, basketball, golf  
volleyball, snowboarding*

**Favourite Hockey Memory :**

*Winning the U22 AA Bronze Medal at the 2022  
OWHA Provincial Championships*

**Future Ambitions:**

*To continue to play hockey at a high level for  
Carleton University Ravens in 2023*

**Favourite Quotation:**

*"It's not how big you are, it's how big you play"*





# #22 Victoria KAY

Forward 2006

**Shoots:** Left  
**Height:** 5'7"  
**Weight:** 140 lbs

**Hometown:** Gloucester  
**Previous Team:** Ottawa Lady Senators U22 AA  
**Grad Year:** 2024

**School:** Lester B. Pearson High School

**Academic Achievements:** Honour roll. 80% average. 2018 Valedictorian  
Physical Education award

**Academic Interests:** Health and fitness

**Athletic Achievements:** 2022 Bronze Medalist OWSHA Provincial Championship  
U22 AA. Female Athlete of the Year 2018 -2021  
Ontario Soccer Cup Champion 2021. Bell Capital Cup Championships 2017, 2018

**Community Involvement:** WE Day Attendee, Leader of School Sports Day



**Hobbies / Interests:**  
Weight lifting, school sports

**Role Model:**  
Christine Sinclair

**Future Ambitions:**  
To play hockey at university, to play professional women's hockey, to play for Team Canada.

**Favourite Quotation:**  
"I don't need easy. I just need possible"



# #34 Kassidy LAWRENCE *Goalie 2005*

**Shoots:** Left  
**Height:** 5'6"  
**Weight:** 135 lbs

**Hometown:** Cobourg  
**Previous Team:** Clarington Flames U18 AA  
**Grad Year:** 2023



**School:** Holy Trinity Catholic High School

**Academic Achievements:**  
Honour Roll Student Grade 9-11

**Post Secondary Interests:** Business,  
Education, Interior Design

**Hobbies / Interests:** Working out, lacrosse,  
baseball, water sports

**Role Models:** Shannon Szabados -  
she has two Olympic Gold Medals and  
has been a goaltender in men's hockey.  
Carey Price

**Athletic Achievements:** Awarded MVP every year from Major Atom to Minor Bantam. Dan Stewart Award for Top Goalie Peewee Division and Down Northumberland MHA. HS Varsity Girls Hockey Coaches Award

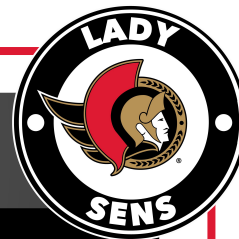
**Future Ambition:** To play in a NCAA D1 women's hockey program and play for Team Canada

**Favourite Hockey Memory:** Being invited by Hayley Wickenheiser to attend her Wickfest tournament and bringing home the gold medal

**Favourite Quotation:**

"If it doesn't challenge you it doesn't change you"  
Fred Devito

# #36 Brooke MULVIHILL *Forward 2006*



**Shoots:** Right  
**Height:** 5'4"  
**Weight:** 125 lbs

**Hometown:** Nepean  
**Previous Team:** Ottawa Lady Senators U22 AA  
**Grad Year:** 2024

**Committed to St. Lawrence University**

**School:** St. Joseph Catholic High School

**Academic Achievements:** Honour roll Gr.7-Present. 90% average  
Selected for the St. Joseph High School Leadership Camp

**Post Secondary Interests:** Athletic Therapy, Kinesiology, Teaching

**Athletic Achievements:** 2022 Bronze medalist OWSA Provincial Championship U22 AA. 2nd on U22 AA in regular season scoring 2021-22. Gold medalist 2019 OWSA Provincial Championship U13 AA. 2022 HS Varsity Girls Hockey Champions. 2020 Rideau View Golf Club Girls' Club Champion.



**Hobbies / Interests:**

Reading, golf, running, sports

**Community Involvement:**

Volunteered at OWHL Eastern Division Championship Weekend. On-ice helper for hockey try-outs

**Role Model:**

Loren Gabel, Kendall Coyne Schofield

**Future Ambitions:**

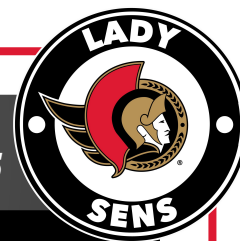
To play university hockey

**Favourite Quotation:**

"Hard days are the best because that's when champions are made"

# #44 Ani ROBINSON

Defense 2005



**Shoots:** Left

**Height:** 5'3"

**Weight:** 123 lbs

**Hometown:** Ottawa

**Previous Team:** Ottawa Lady Senators U22 AA

**Grad Year:** 2023

**School:** Glebe Collegiate Institute

**Academic Achievements:** Honour roll Gr.8 to present, 85% average  
French Immersion program

**Post Secondary Interests:** Psychology, Social Work, Education

**Athletic Achievements:** Won Provincial gold and two Provincial bronze medals  
for girls competitive hockey including 2022 Bronze with U22 AA  
Four Ottawa District League Championships for Girls Competitive Hockey

**Community Involvement:** 120+ volunteer hours with Community Centre  
childcare. On ice volunteer with minor hockey team

**Hobbies / Interests:**  
Hiking, running, biking

**Role Models:**  
Becky Kellar-Duke, Serena Williams,  
Clara Hughes

**Future Ambitions:**  
Play varsity women's hockey  
Graduate with a degree in a field where  
I can help others

**Favourite Quotation:**  
"I never lose, I either win or I learn."  
Nelson Mandela



# #65 Avery SUPRYKA

Defense 2006



**Shoots:** Left  
**Height:** 5'9"  
**Weight:** 140 lbs

**Hometown:** Ottawa  
**Previous Team:** Ottawa Lady Senators U22 AA  
**Grad Year:** 2024

**Committed to Boston University**

**School:** St. Francis Xavier Catholic High School

**Academic Achievements:** Honour roll. 82% average

**Post Secondary Interests:** Health Sciences

**Athletic Achievements:** Selected to attend OWHA U18 High Performance Camp July 2022. 2022 OWHA Provincial Bronze medalist U22 AA  
2019 OWHA Provincial Gold medalist U13 AA. Provincial gymnast

**Community Involvement:** Volunteer at hockey development camps

### **Hobbies / Interests:**

Strength training, volleyball, golf, nutrition, spending time with friends and family

### **Future Ambitions:**

To play university hockey and play for Team Canada

### **Role Model:**

Natalie Spooner

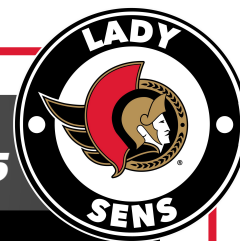
### **Favourite Quotation:**

"Dreams don't work unless you do."  
John Maxwell



# #88 Alysse WILKINSON

Goalie 2005



**Shoots:** Left  
**Height:** 5'7"  
**Weight:** 125 lbs

**Hometown:** Ottawa  
**Previous Team:** Ottawa Lady Senators U18 AA  
**Grad Year:** 2024



**School:** Immaculata High School

**Academic Achievements:**

Honour Roll 81% average

**Post Secondary Interests:**

Animal Sciences

**Hobbies / Interests:** Taking care of animals.

I have 100+ hours of volunteer work at a riding stable

**Future Ambitions:** To play hockey at the highest level possible. To go to Vet school

**Athletic Achievements:** Selected to attend OWHA U18 High Performance Camp July 2022. Junior Female Athlete of the Year 2021-22. HS Athlete of the Month February 2021 and 2022. Goaltender for both Varsity Girls and Varsity Boys Hockey Championship winning teams 2021-22. MVP Girls Varsity Hockey 2021-22  
Member of Athletic Council

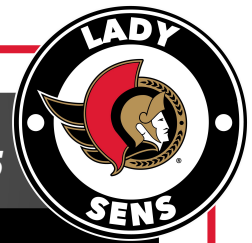
**Favourite Hockey Memory:** Team road trip to the US to win the 2019 Freedom Cup Tournament in Philadelphia

**Role Models:** Goaltenders Marc-André Fleury and Andrei Vasilevskiy - #88!

**Favourite Quotation:**

"I don't fear stopping a 100mph shot, I fear not stopping it!"  
Roberto Luongo





# #91 Leigh BURKITT

*Forward 2005*

**Shoots:** Left

**Height:** 5'6"

**Weight:** 125 lbs

**Hometown:** Nepean

**Previous Team:** Ottawa Lady Senators U22 AA

**Grad Year:** 2023

**School:** John McCrae Secondary School

**Academic Achievements:** Honour roll. 86% average. French Immersion

**Post Secondary Interests:** I am interested in Science and Healthcare

**Athletic Achievements:** 2022 Bronze medalist OWSA Provincial Championship U22 AA. HS Varsity hockey team MVP 2019-2020. Bantam AAA Quebec City Finals MVP 2019. ODWSA League Champion 2017 Athlete of the Year Cedarview Middle School

**Community Involvement:** Athletic Council Leader at school



**Hobbies / Interests:**

*Fitness, participating on school sports teams, spending time with friends and family*

**Favourite Hockey Memory:**

*Winning Provincial Championship*

**Future Ambitions:**

*To continue to play hockey at university To be on the Honour Roll throughout high school. To pursue fitness and work with athletes in the future. To keep good connections with my friends and family*

# #92 Olwen JONES

Forward 2006



**Shoots:** Right  
**Height:** 5'8"  
**Weight:** 150 lbs

**Hometown:** Kanata  
**Previous Team:** Ottawa Lady Senators U22 AA  
**Grad Year:** 2024

**School:** Earl of March Secondary School

**Academic Achievements:** Honour Society / Silver Medallist 2021, 2022  
Average 93%. Classroom Citizenship Award 2020

**Post Secondary Interests:** Political Science, Law, Economics, History

**Athletic Achievements:** Bronze medalist U22 AA OWHA Provincial  
Championship. Nominated for Junior Female Athlete of the Year 2021-22  
Top points scorer for regular season on U15 AA year

**Community Involvement:** 35+ hours volunteering at summer camps. Volunteer  
at OWHL Eastern Division Championship weekend, on-ice help at tryouts



## **Role Models:**

Hayley Wickenheiser, my sister and  
lawyer Marie Henein

## **Favourite Hockey Memory:**

Scoring the GWG in OT in the  
provincial bronze final

## **Future Ambitions:**

To play university and international hockey  
To go to Law School and become a lawyer

## **Favourite Quotation:**

"Peak performance begins with you taking  
complete responsibility for your life and  
everything that happens to you"  
Dan Blank, The Soccer Poet