

#	First Name	Last Name	Position	Height	Weight	School	City/Town
1	DL	Shakiya	Kadachuk				
2	RB	Taj - Marie	Thompson				
3	DL	Ashlynn	Shortmann				
4	LB	Chloe	McKay				
6	OL	Aylah	Cardinal				
7	QB	Aurora	McCutcheon				
11	WR	Talitha	Crowfoot - Hendy				
12	QB	Sienna	Deschambault				
13	LB	Kayla	Monkmon				
15	LB	Hailey	Whitesell				
17	RB	Kayleigh	Boucher				
18	WR	Airabella	Cardinal				
20	WR	Hayden	Courchene				
21	RB	Dorothy	Trudeau				
22	LB	Justice	Berens				
23	LB	Destiny	Moose				
51	OL	Gabrielle	Gladue				
54	DL	Helena	McKay				
55	DL	Tracy	Spence				
59	OL	Brooklynn	Lewis				
60	DL	Lindy	Gardner				
69	OL	Caydence	Rawlins				

First & Last Name

Head Coach: Samantha Big Swallow  
Assistant: 1 Olivier Eddie  
2 Dylan Fougere  
3 Kaitlyn De Sousa Martins  
4 Levi Horn  
5 Alicia Gladue  
Mentee Coach: Naveah Piche Grant  
Athletic Therapist: Ashley Baker  
Equipment Manager: Brent Gerrard  
General Manager: Gordon Petruic



#	First Name	Last Name	Position	Height	Weight	School/Program	City/Town
1	Casey	Lundquist	Offense	5'6"	145	Saskatoon FATE	Clavet
3	Shelby	Prosofsky	Offense	5'4"	130	Hanley Sabers	Hanley
5	Ava	Farkas	Defense	5'9"	130	Saskatoon - Bedford Road	Saskatoon
6	Sienna	Berns	Defense	5'2"	125	Regina Victorias	Regina
9	Ella	Schenher	Offense	5'6"	135	Weyburn Minor Football	Weyburn
17	Hayden	Shipp	Offense	5'10"	135	Yorkton Lady Gridders	Langenburg
19	Kinslee	Cousins	Offense	5'5"	190	Prince Albert Carleton Crusaders	Prince Albert
21	Charlotte	Henderson	Defense	5'4"	150	Melville Vipers	Melville
33	Alexandra	Armstrong	Defense	5'4"	140	Saskatoon FATE	Rosthern
34	Cézanne	Lapierre	Defense	5'7"	135	Saskatoon - BJM Saints	Saskatoon
40	Charlotte	Heapy	Defense	5'1"	160	Saskatoon FATE	Saskatoon
42	Hayley	Robertson	Defense	5'7"	160	Saskatoon FATE	Saskatoon
44	Rayna	James	Defense	5'9"	135	Rosetown Royals	Herschel
45	Trista	Kelly	Defense	5'4"	169	Eatonia Spartans	Eatonia
54	Hailey	Nordquist	Offense	5'4"	186	Regina Victorias	Regina
65	Arial	Buzash	Offense	5'11"	185	Melville Vipers	Melville
71	Hannah	Wilker	Offense	5'4"	134	Regina Victorias	Regina
80	Tyler	Petelski	Offense	5'8"	165	Swan Valley Tigers	Benito
81	Kenza	Dureault	Offense	5'7"	140	Regina Victorias	Regina
84	Mackenzie	Dixon-Appleton	Defense	5'9"	185	Yorkton Lady Gridders	Yorkton
88	Anna	Henderson	Offense	5'8"	175	Melville Vipers	Melville
99	Bree	Klemetski	Defense	5'7"	225	Yorkton Lady Gridders	Yorkton

First & Last Name

Head Coach: Claire Dore

Assistant: 1 Carter Block

2 Barry Croshaw

3 Amery Deren

4 Alex Kowalski

5 Emmarae Dale

Mentee Coach: Shantel Englot

Athletic Therapist: Amanda Lloyd-Haubrich

Equipment Manager: Reece Fowler

General Manager: Aimee Kowalski



#	First Name	Last Name	Position	Height	Weight	School	City/Town
1	Paige	Ryce	QB	5'6"	130 lbs	St. Ignatius of Loyola	Oakville
2	Omnia	Hoque	LB	5'3"	121 lbs	David Suzuki Secondary School	Brampton
4	Braylynn	Hawthorn-Harper	QB	5'3"	140 lbs	St. Martin's Catholic SS	Mississauga
5	Lyra	McRae-Romero	WR	5'0"	100 lbs	Bishop Ryan Secondary School	Binbrook
6	Stacey	St-Amand	LB	5'7"	135 lbs	École Catholique Secondaire La Citadelle	Cornwall
8	Shaelynne	Thompson	RB	5'5"	135 lbs	St. John's College	Brantford
10	Emma	Demers-Rock	LB	5'1"	135 lbs	Immaculata Highschool	Ottawa
11	Kennedy	Vanek	WR	5'4"	120 lbs	Catholic Central High School	London
12	Athena	Menna	DB/LB	5'4"	130 lbs	Bishop Ryan Secondary School	Binbrook
13	Emma-Lily	Stamm	WR	5'9"	130 lbs	École Catholique Secondaire La Citadelle	Cornwall
15	Sophie	Switzer	LB	5'6"	150 lbs	Western Technical Commercial School	Toronto
16	Gabi	Stewart	OL	5'5"	160 lbs	St. Benedict Catholic Secondary School	Cambridge
17	Caileigh	Ryan	RB	5'6"	145 lbs	St. Benedict Catholic SS	Lively
18	Alice	Soares	OL	5'2"	124 lbs	Notre Dame Catholic Sedentary School	Brampton
24	Rutendo	Mavima	LB	5'4"	135 lbs	Oakridge Secondary School	St Thomas
25	Frances	Stacey-Ayuso	DL	5'9"	160 lbs	Western Technical Commercial School	Toronto
26	Rose	Brogno	LB	5'1"	127 lbs	Western Technical Commercial School	Toronto
28	Addison	Gallant	DL	5'4"	140 lbs	Bill Crothers Secondary School	Keswick
50	Makenna	MacCormack	OL	6'2"	180 lbs	Thorold Secondary School	Thorold
54	Gemma	O'Connor	C	5'5"	200 lbs	St Peter Catholic High School	Orleans
63	Olivia	Franco-Dubinsky	DL	5'4"	175 lbs	Western Technical Commercial School	Toronto
65	Peyton	Kew	DL	5'8"	155 lbs	London South Collegiate Institute	London

First & Last Name

Head Coach: Joshua Brown  
Assistant: 1 Jake Hamm  
2 Dan Legros  
3 Sierra McPhail  
4 Katya Coulton  
5 Cassanda Cantarutti  
Mentee Coach: Taryn Coleman  
Athletic Therapist: Kayla VandeKemp  
Equipment Manager: Jeff Mellor  
General Manager: Jamie Le



#	First Name	Last Name	Position	Height	Weight	School	City/Town
1	Andie	Stevenson	QB			North Winnipeg Nomads	Winnipeg
2	Brooklyn	Morcombe	DB/RB			Vincent Massey Vikings	Brandon
6	Daniella	Bennici	Rec/RB			Sturgeon Heights Collegiate	Winnipeg
7	Kiera	Bowley	REC/RB			North Winnipeg Nomads	St Malo
10	Breanna	Dufault Malone	Rec			St Vital Mustangs	Winnipeg
15	Elayna	Blahey	LB			St Vital Mustangs	East St Paul
17	Marygrace	Oluwadare	LB			Manitoba Fearless	Winnipeg
20	Eden	Gates	RB			St Vital Mustangs	Winnipeg
21	Norah	Vaillant	Rec			Hammar skjold High School	Thunder Bay
22	Faith	Scott	LB			Falcons Football Club	Winnipeg
23	Sam	Breier	LB			St Vital Mustangs	Winnipeg
28	Yoey	Tran	DB/ REC			Kelvin Clippers	Winnipeg
40	Allyson	Simard	OL/DL			Kildonan East Collegiate	Winnipeg
47	Payton	Turski	DL/RB			Manitoba Fearless	Lorette
52	Kara	Chernhoski	OL			Falcons Football Club	Winnipeg
59	Ella	Dalton	OL/DL			Interlake Thunder	Gunton
65	Addison	Turski	OL/REC			St Vital Mustangs	Lorette
77	Sofia	St. Germaine	OL			North Winnipeg Nomads	Winnipeg
80	Da'Naiyah	Kuka-Milingita	Rec			Eastman Raiders	Steinbach
82	Isabel	Campbell	LB			Falcons Football Club	Winnipeg

Head Coach: Julie Sprague  
Assistant: 1 Byron van Dijk  
2 Stuart Blahey  
3 Cody van Dijk  
4 Hallie Eggie  
5 Sean Oleksewycz

Mentee Coach: Brooklyn Dyce  
Athletic Therapist: Jasmine Dela Cruz  
Equipment Manager: Lisa Thomas  
General Manager: Lisa Cummings



#	First Name	Last Name	Position	Height	Weight	School	City/Town
1	Alivia	Trudeau	QB	5' 5"	130	Airdrie Raiders	Airdrie
2	Madison	Harrison	LB	5' 5"	130	Spruce grove cougars	Onoway
3	Isabelle	McFaul	DB	5' 5"	130	Sexsmith Shamrocks	Sexsmith
4	Rehema	Holaki	RB	5' 5"	165	Crescent Heights High School Cowboys	Calgary
6	Amira	Harb	DB	5'2"	130	Chestermere Lakers	Chestermere
7	Ruby	Lastiwka	LB	5' 5"	130	Ernest Manning Griffins Calgary Wildcats	Calgary
8	Lacey	Muth	DB	5'7"	145	West Edmonton Raiders Jasper Place High School Rebels	Edmonton
9	Kirklynn	Unger	TE	5' 7"	150	Sexsmith Shamrocks (county of Grande Prairie Area)	County of GP
10	Mattea	Flethcer	DB	5'2"	140	FALL - All Saints Legends SPRING - Calgary Girls Wildcats 6on6	Calgary
11	Sarah	Fagnan	QB	5' 6"	150		Bonnyville
12	Savanna	King	RB	5'3"	145	Calgary Female Wildcats	Calgary
13	Anna	Kapocsi	TE	5' 3"	170		Calgary
15	Tessa	Muddle	RB	5' 3"	115	NFL Flag & Scona Flag Football	Edmonton
20	Kylee	Emms	LB	5' 2"	120	Chestermere Chiefs	Chestermere
21	Sidane	Bowers	RB	5' 5"	145	Holy Trinity Academy Knights	Okotoks
22	Kara	Litzenberger	TE	5' 10"	145	Notre Dame SR Cougars	Red Deer
24	Acacia	Weiss	DL	5' 9"	200	Catholic Central Cougars Female Lethbridge Rams	Lethbridge
25	Hannah	Franssen	DB	5' 7"	140	Henry Wisewood Warriors	Langdon
28	Alyssa	Bainey	LB	5'4"	125	West Edmonton Raiders	Edmonton
45	Taya	Graham	C	5' 1"	160	Lloydminster Comp. Barons Kings Jr. Reddogs	Lloydminster
51	Gabrielle	Gratton	DL	5' 3"	200	Bonnyville Voyageurs	Bonnyville
99	Lyla	McIntosh	C	5' 3"	150	West Edmonton Raiders	Edmonton

First & Last Name

Head Coach: Shawn Walter  
Assistant: 1 Corey Colwell  
2 Justin Tillery  
3 Ehjae Chan  
4 Tadi Siwira  
5 Bill Bramfield  
Mentee Coach: Baylie Kennedy  
Athletic Therapist: Caera Munro  
Equipment Manager: Ricky May  
General Manager: Elisha Torrville



#	First Name	Last Name	Position	Height	Weight	School	City/Town
11	Kaelise	Daniel	LB	5'8		St. Aloysius Gonzago SS	Mississauga, ON
15	Ava	Coleman	OL	5'9		Bayview Secondary School	Richmond Hill, ON
17	Francesca	Fazzari	OL	5'8		Bishop Tonnos Catholic SS	Hamilton, ON
18	Teagan	Roy	WR	5'9		St. Mark High School	Ottawa, ON
19	Shelby	Hubert- Norwood	LB	5'6		Holy Trinity C.S.S	Bowmanville, ON
20	Liana	Langiano	RB/K	5'6		St. Joesph Catholic High school	Ottawa, ON
22	Sienna	Cavey	RB	5'2		St Michaels High School	Niagara Falls, ON
23	Julia	Beumer	DL	5'10		College Catholique Mer Bleue	Ottawa, ON
29	Selene	Lewis- Chan	DL	5'5		Brampton Centennial SS	Brampton, ON
30	Neva	Spadafora	RB	5'3		St. Benedict Catholic SS	Sudbury, ON
32	Robin	Price	LB	5'5		Korah Colliegate Institute	Sault Ste. Marie, ON
34	Cailey	Shillington	LB	5'3		Woodroffe High School	Ottawa, ON
40	Isabelle	Berube	QB	5'7		Ecole Secondaire Catholique Algonquin	North Bay, ON
41	Madeline	Justesen	LB	5'8		Central Technical School	Toronto, ON
42	Taylor	Hodges	LB	5'7		St. Peter Catholic High School	Ottawa, ON
50	Favor	Ebenki	DL	5'7		David Suzuki Secondary School	Brampton, ON
53	Kaliane	Sterling- Godue	DL	5'11		Ecole Secondaire Catholique d'Embrun	Embrun, ON
80	Katie	Foley	WR/QB	5'6		Sydenham Secondary School	Kingston, ON
82	Oceanne	Lalonde	LB	5'0		Ecole Secondaire Catholique d'Embrun	Embrun, ON
83	Qiawna	Grant	WR	5'5		St.Joesph Catholic High School	Ottawa, ON
86	Jessica	Knight	OL	6'0		Sir Wilfred Laurier SS	London, ON
87	Waverely	Kendall	OL	5'6		Regiopolas Note Dame Catholic School	Gananoque, ON

First & Last Name

Head Coach: Carlie Manners  
Assistant: 1 Isaac Smith  
2 Kyle Cole  
3 Bryson James  
4 Heather Hamilton  
5 Melissa Grieco  
Mentee Coach: Paige Hamilton  
Athletic Therapist: Kayla Johnson  
Equipment Manager: Jim McPhee  
General Manager: Jo Beumer



#	First Name	Last Name	Position	Height	Weight	School	City/Town
1	Tanya	Tambo	REC	5'8	142	Aigles D'Or Dalbé-Viau	Lachine
2	Marylou	Hains	RB	5'5	155	Patriotes Roger-Comtois	Québec
3	Justine	D'Amour	OL	5'5	150	Cactus du Collège Notre-Dame	Montreal
4	Émilie	Hubert	REC	5'9	142	Maraudeurs Collège Laval	Laval
5	Annabel	Beaudry	DB	5'6	140	Blitz de Montréal	Montreal
6	Amélie	Rancourt	LB	5'5	120	Jaguars de la Rive-Sud	St-Germain-de-Grantham
7	Jade	Cleroux	REC	5'9	140	Jaguars de la Rive-Sud	Boucherville
8	Maïka	Hoyi	RB	5'5	145	Valkyries de Gatineau	Gatineau
9	Juliette	Lefort	REC	5'4	120	Cobras de Laval	Laval
11	Doryanh	Odigé	REC	5'9	140	Blitz de Montréal	Montréal
12	Norah	Rondeau	DB	5'6	124	Condors Saint-Jean-Eudes	Quebec
14	Félycia	Ayotte	DB	5'2	118	Les Pionniers	Shawinigan
16	Raphaëlle	Poirier	DL	5'4	150	Dragons Collège Saint-Jean-Vianney	Montréal
17	Effée	Petrone	QB	5'4	130	Jaguars de la Rive-Sud	Longueuil
22	Catherine	Poirier	DL	5'4	170	Centtaures Courvilloise	Québec
30	Annie	Debray	LB	5'7	140	Jaguars de la Rive-Sud	Carignan
33	Olivia	Beaudry	LB	5'6	170	Jaguars de la Rive-Sud	Farnham
34	Océanne	Allard	DL	5'4	165	Wildcats ARFL	St-Alexis
54	Aya	Alami Chentoufi	DL	5'7	185	Cobras de Laval	Laval
56	Jasmine	Morneau	OL	5'7	140	Patriotes Roger-Comtois	Québec
59	Mégane	Jodoin	OL	5'5	205	Jaguars de la Rive-Sud	Sainte-Julie
80	Éloïse	Viau	DB	5'5	125	L'impact Collège Durocher Saint-Lambert	Varenes

First & Last Name

Head Coach: Saadia Ashraf

Assistant: 1 Seth Galina

2 Émilie Bélanger

3 Maude Lacasse

4 Marie-Ève Belleau

5 Michael Jones

Mentee Coach: Annabelle Chevrier

Athletic Therapist: Daphnée Laperle

Equipment Manager: John Hannon

General Manager: Andréanne Dupont-Parent



#	First Name	Last Name	Position	Height	Weight	School	City/Town
1	Emma	Lundrigan	QB	5'2	60kg	Leo Hayes High School	Fredericton
3	Emma	Bradley	LB	5'4	64kg	Simonds High School	Willow Grove
4	Jill	Petersen Bonspille	LB	5'3	68kg	Moncton High School	Moncton
7	Peyton	Rogers	DB	5'4	50.5kg	Riverview High School	Riverview
8	Jana	McAllister	RB	5'2	58.5kg	Fredericton High School	Fredericton
10	Kaylee	Cormier	QB	5'1	49kg	Harrison Trimble High School	Moncton
12	Isabella	Macdonald	DB			Ecole Mathieu Martin	Dieppe
13	Sara	Kennedy	REC	5'6	47kg	Fredericton High School	New Maryland
21	Alexia	Brazeau	RB	5'1	61.5kg	Moncton High School	Moncton
23	Makyah	Young	DB	5'4	51.5kg	Leo Hayes High School	Fredericton
43	Isabelle	Woodcock	OL	5'3	82.5kg	Harbourview High School	Saint John
44	Hannah	Dedam	LB	5'2	63.5kg	Moncton High School	Moncton
45	Gabbie	Ewart	LB	5'1	58.5kg	Simonds High School	Saint John
51	Claire	Hachey	OL	5'5	70kg	Ecole Mathieu Martin	Dieppe
52	Lexi	Braund	DL	5'2	102kg	Oromocto High School	Fredericton
72	Madelyn	Crowell	OL	5'9	79kg	Harrison Trimble High School	Moncton
80	Brooke	Dalling	QB	5'2	52kg	Saint John High School	Baxters Corner
88	Maryssa	Girouard	Rec	5'4	54.5kg	Ecole L'Odyssey	Riverview
90	Alexis	Richard	DL	5'5	64.5kg	Ecole Mathieu Martin	Dieppe
92	Chloe	Donovan	DL	5'8	80kg	Simonds High School	Baxters Corner
99	Cameron	Walker	RB			Harrison Trimble High School	Moncton

**First & Last Name**

Head Coach: Nick Murray

Assistant: 1 Michael Mangusso

2 Shannon Melanson

3 Bob Prosser

4 Jen Brown

5 Trina Graves

Mentee Coach: Kara Fillmore

Athletic Therapist: Alex Crouse

Equipment Manager: Todd Doucette

General Manager: Lisa Harlow

Assistant GM Christiane Christian

