

MERCYHURST UNIVERSITY

2022-23 LAKER WOMEN'S HOCKEY

17 REGULAR SEASON CONFERENCE TITLES | 15 CONFERENCE CHAMPIONSHIP TITLES | 10 NCAA TOURNAMENT APPEARANCES



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MERCYHURST UNIVERSITY LAKERS

VS

PENN STATE NITTANY LIONS



NOV. 4 & 5

Pegula Ice Arena | University Park, PA
3 p.m. & 1 p.m.

5-5-0 OVERALL
0-0-0 CHA

7-4-1 OVERALL
2-0-0 CHA



TEAM COMPARISONS

Mercyhurst	Stat Category	Penn State
5-5-0 (0-0-0 CHA)	Record (Conf.)	7-4-1 (2-0-0 CHA)
Vanessa Upson (4)	Goal Leaders	Tessa Janecke (9)
Sara Boucher (5)	Assist Leaders	Kiara Zanon (7)
Sara Boucher, Thea Johansson, Sydney Pedersen (7)	Point Leaders	Tessa Janecke (14)
2.3	Goals/Game	3.2
2.2	Goals Allowed/Game	2.4
28.2	Shots on Goal/Game	33.6
9.4%	Power Play %	15%
85%	Penalty Kill %	88.6%
91.8%	Save %	90.9%
49.6%	Faceoff Win	54.2%

LAKER GAME NOTES

Lakers vs Nittany Lions

Mercyhurst will face Penn State in their first conference matchup of the season.

Previously on the Ice

The Lakers fell against #10 Cornell in a series on Oct. 21 and 22.

Saturday Night, Sydney Pedersen lit the lamp on a power play to open up scoring for the team. Kylee Mahoney scored goal number two for the Lakers.

Preseason Poll

The Lakers were picked to finish third in the College Hockey America (CHA) Coaches' Preseason Poll. The team received 15 points while Penn State was at the helm with 20.

Preseason Recognition

Sophomore, Vanessa Upson, was named the CHA Preseason Player of the Year.

Vanessa Upson, Sydney Pedersen, and Ena Nystrom all earned spots on the Preseason All-CHA Team.

2022-23 Captains

Liliane Perreault will wear the "C" on her sweater this season. Alternate Captains, Vanessa Upson, and Sara Boucher will represent the Lakers as well.

A Look at the Roster

27 players represent the Lakers in the 2022-23 season. They are broken down into three graduate students, four seniors, six juniors, seven sophomores, and seven freshmen.

The team has athletes from the United States, Canada, Sweden, and Norway.

2022-23 MERCYHURST SCHEDULE

September

23 vs Saint Anselm	W, 3-0
24 vs Saint Anselm	W, 9-0
30 vs #6 Colgate	L, 5-0

October

1 vs #6 Colgate	L, 2-0
7 vs Clarkson	L, 1-3
8 vs Clarkson	W, 2-1
14 at RPI	W, 2-0
15 at RPI	W, 4-1
21 at Cornell	L, 0-3
22 at Cornell	L, 2-7

November

4 at Penn State*	3:00 PM
5 at Penn State*	1:00 PM
18 vs Syracuse*	6:00 PM
19 vs Syracuse*	2:00 PM
22 vs St. Lawrence	6:00 PM
23 vs St. Lawrence	2:00 PM

December

2 vs RIT*	6:00 PM
3 vs RIT*	2:00 PM
9 vs Princeton	3:00 PM
10 vs Princeton	2:00 PM

January

2 at Yale	3:00 PM
3 at Yale	3:00 PM
5 at Post	1:00 PM
6 at Post	10:00 AM
13 at Lindenwood*	7:00 PM CT
14 at Lindenwood*	1:00 PM CT
22 vs Penn State*	5:00 PM
23 vs Penn State*	2:00 PM

February

3 at RIT*	6:00 PM
4 at RIT*	2:00 PM
10 at Syracuse*	6:00 PM
11 at Syracuse*	3:00 PM
17 vs Lindenwood*	6:00 PM
18 vs Lindenwood*	2:00 PM

Home Games **BOLD**

* College Hockey America Contests

2022-23 LAKER STAT LEADERS



GOALS LEADERS

- #24 Vanessa Upson - 4**
2022-23: 10 GP, 4 G, 1 A, 5 PTS
- #20 Thea Johansson - 3**
2022-23: 10 GP, 3 G, 4 A, 7 PTS
- #25 Sydney Pedersen - 3**
2022-23: 10 GP, 3 G, 4 A, 7 PTS



ASSISTS LEADERS

- #14 Sara Boucher - 5**
2022-23: 10 GP, 2 G, 5 A, 7 PTS
- #20 Thea Johansson - 4**
2022-23: 10 GP, 3 G, 4 A, 7 PTS
- #25 Sydney Pedersen - 4**
2022-23: 10 GP, 3 G, 4 A, 7 PTS



POINTS LEADERS

- #14 Sara Boucher - 7**
2022-23: 10 GP, 2 G, 5 A, 7 PTS
- #20 Thea Johansson - 7**
2022-23: 10 GP, 3 G, 4 A, 7 PTS
- #25 Sydney Pedersen - 7**
2022-23: 10 GP, 3 G, 4 A, 7 PTS



GOALTENDING LEADERS (GAA)

- #39 Jada Brenon - 1.41**
2022-23: 5 GP, 3-1-0, 1.41 GAA, .944 SV%
- #31 Ena Nystrøm - 2.42**
2022-23: 6 GP, 2-4-0, 2.42 GAA, .912 SV%
- #29 Frankie Sanchez - 6.00**
2022-23: 1 GP, 0-0-0, 6.00 GAA, .846 SV%



GOALTENDING LEADERS (SV%)

- #39 Jada Brenon - .944**
2022-23: 5 GP, 3-1-0, 1.41 GAA, .944 SV%
- #31 Ena Nystrøm - .912**
2022-23: 6 GP, 2-4-0, 2.42 GAA, .912 SV%
- #29 Frankie Sanchez - .846**
2022-23: 1 GP, 0-0-0, 6.00 GAA, .846 SV%

2022-23 NUMERICAL ROSTER

#	Name	Yr.	Pos	HT	S/C	Hometown/Prev. Team
2	Sydney Wegner	So.	F	5-7	R	Mount Dora, Fla. / Willison Northampton
3	Megan McKay	Fr	D	5-10	L	Zionsville, Ind. / Bishop Kearny Selects 19u
4	Grace Nelles	Jr.	F	5-10	L	St. Anns, Ont. / Stoney Creek Jr. Sabres
5	Calista Rowbottom	Jr.	D	5-4	L	Catawissa, Mo. / Dallas State Elite 19u
6	Sami Gendron	Fr.	D	5-5	R	Rockland, Ont. / Nepean Wildcasts
7	Alyssa Kawa	So.	F	5-5	L	Hamilton, Ont. / Stoney Creek Sabres
8	Jordan Mortlock	Sr.	D	5-7	R	Medicine Hat, Alta./Pursuit of Excellence
10	Grace Romeo	Fr.	F	5-10	R	Gainsville, Va./Washington Pride 19u
11	Makayla Javier	Fr.	D	5-6	R	West Chester, Pa./Philadelphia Jr. Flyers
12	Marielle Parks	So.	F	5-6	L	Erie, Pa. / Niagara Jr. Purple Eagles
14	Sara Boucher (A)	Jr.	F	5-7	L	Burlington, Ont. / Oakville Hornets
16	Jersey Phillips	Jr.	F/D	5-3	R	Cheektowaga, N.Y. / Niagara Jr. Purple Eagles
18	Mary Kromer	Jr.	F	5-6	R	Angola, N.Y. / Stoney Creek Jr. Sabres
19	Jade Maisonneuve	Fr.	F	5-4	R	St-Isidore, Ont. / Nepean Wildcats
20	Thea Johansson	Fr.	F	5-7	L	Ljungby, Sweden / Swedish National Team
21	Riley Johnson	Fr.	F	5-4	R	Farmington, Mich. / Honeybaked 19u
22	Alexandria Weiss	Sr.	D	5-6	L	Plover, Wisc. / Bishop Kearney Selects
23	Aubrey Cole	Sr.	D	5-11	L	Sarnia, Ont. / Bluewater Jr. Hawks
24	Vanessa Upson (A)	So.	F	5-5	L	Stoney Creek, Ont. / Stoney Creek Sabres
25	Sydney Pedersen	So.	D	5-8	R	Milestone, Sask. / Regina Rebels
26	Chantal Ste-Croix	Jr.	F	5-4	L	Brampton, Ont. / Stoney Creek Jr. Sabres
27	Mary Sweetapple	So.	D	5-8	L	Centre Burlington, N.S. / Ridley College
28	Kylee Mahoney	So.	F	5-7	L	Niagara Falls, Ont. / Oakville Jr. Hornets
29	Frankie Sanchez	Gr.	G	5-6	L	Lake Elsinore, Calif. / Sacred Heart (NCAA)
31	Ena Nystrøm	Sr.	G	5-10	L	Stavanger, Norway / RPI (NCAA)
34	Liliane Perreault (C)	Gr.	F	5-7	R	Hinsdale, Ill. / Chicago Mission
39	Jada Brenon	Gr.	G	5-4	L	Pendleton, N.Y. / Holy Cross (NCAA)

Head Coach: Michael Sisti (Canisius '90) (24th Season)

Assistant Coach: Trey Flesch (Lindenwood '16), Tommaso Bucci (Mercyhurst '19)

Equipment Manager: Mike Kwasnoski (SUNY Broome '07)

Athletic Trainer: Kristian Hill (Mercyhurst '14)

Strength and Conditioning Coach: Tyler Travis (Minnesota State-Mankato '03)

Sports Information Director: Megan Milliron (Northern Michigan '21)

2022-23 WOMEN'S HOCKEY ROSTER



Sydney
Wegner



Megan
McKay



Grace
Nelles



Calista
Rowbottom



Sami
Gendron



Alyssa
Kawa



Jordan
Mortlock



Grace
Romeo



MaKayla
Javier



Marielle
Parks



Sara
Boucher



Jersey
Phillips



Mary
Kromer



Jade
Maisonneuve



Thea
Johansson



Riley
Johnson



Alexandria
Weiss



Aubrey
Cole



Vanessa
Upson



Sydney
Pedersen



Chantal
Ste-Croix



Mary
Sweetapple



Kylee
Mahoney



Frankie
Sanchez



Ena
Nystrom



Liliane
Perreault



Jada
Brenon

2022-23 CHA STANDINGS

TEAM	PTS	OVR	CONF
1. Penn State	4	7-4-1	2-0-0
2. Syracuse	4	3-7-1	2-0-0
3. Mercyhurst	0	5-5-0	0-0-0
4. RIT	2	2-10-0	0-2-0
5. Lindenwood	2	0-6-0	0-2-0

2022-23 CHA PRESEASON POLL

TEAM	PTS
1. Penn State	20 (4)
2. Syracuse	16 (1)
3. Mercyhurst	15
4. Lindenwood	10
5. RIT	8

ABOUT COLLEGE HOCKEY AMERICA (CHA)

College Hockey America (CHA) formed in the fall of 2002 with four teams – Findlay (Ohio), Mercyhurst and Wayne State (Mich.) from the Great Lakes Women's Hockey Association and Niagara from the ECAC.

In the league's first year of competition, 2002-03, each member played two games against each of the other conference schools. Mercyhurst won the regular-season title with a 6-0 record. The Lakers continued on to win the first-ever CHA postseason tournament, held at the City Sports Center Arena in Detroit, with victories over Wayne State and Findlay.

Membership

The league has seen several changes in membership since 2002. Mercyhurst is the lone remaining original member. Findlay dropped women's ice hockey after the 2003-04 season and was replaced in the CHA by Quinnipiac, which played the previous season as a Division I independent. The Bobcats played one year in CHA before joining their men's team in the ECAC. Robert Morris replaced Quinnipiac prior to the 2005-06 season to keep membership at four.

Syracuse was added as a fifth member for the 2008-09 season, and the league schedule increased to 16 games, four head-to-head games against each of the other members.

Commissioner Robert DeGregorio oversaw another period of transition, ushering in three new members, Lindenwood, Penn State and RIT, for the start of the 2012-13 season. Niagara dropped women's ice hockey during the same offseason, leaving the league with six members.

Robert Morris, winners of three CHA regular season crowns, saw its program eliminated by the university following the 2020-21 campaign, dropping league membership to five institutions for the 2021-22. RMU reinstated its program on Dec. 2021 and was readmitted to the CHA on March 3, 2022. The Colonials will return to competition in the CHA in 2023-24 to bring the active membership back to six teams.

ABOUT MERCYHURST

School.....Mercyhurst University
 Location.....Erie, Pennsylvania
 Enrollment.....5,000
 Founded.....1926
 President.....Dr. Kathleen Getz
 Assistant Vice President for Athletics.....Brad Davis
 Colors.....Navy Blue, Forest Green, White
 Conference.....College Hockey America

ARENA INFORMATION

Home Facility.....Mercyhurst Ice Center
 Ice Size.....200x85
 Capacity.....1,300

MEDIA INFORMATION

Website.....hurstathletics.com
 Twitter.....@HurstWHockey
 Instagram.....@hurstwhockey
 Home Live Video.....FloHockey.tv

LAST TIME IT HAPPENED

Overtime Win.....2/5/22 vs RIT 3-2
 Overtime Loss.....2/26/21 vs Syracuse 3-2
 Lakers Score 10.....1/25/13 vs Lindenwood, 10-0
 Opponent Scores 10.....1/25/02 v Dartmouth, 11-1
 Shutout.....9/24/22 vs Saint Anselm, 9-0
 Opponent Shutout.....11/26/21 vs Minnesota 4-0
 Lakers 50+ SOG.....9/24/22 vs Saint Anselm, 57
 Laker Hat Trick.....9/24/22, Thea Johansson (3) vs Saint Anselm
 Laker 4+ Goals.....1/6/19, Emma Nuutinen (4) vs Colgate
 Laker with 5+ Points.....10/8/21, Vanessa Upson (5) vs Franklin Pierce
 Laker with 10+ SOG.....11/20/21, Sara Boucher (14) vs RIT
 Laker with 40+ Saves.....2/25/22, Ena Nystrom (43) vs Penn State
 Laker with 50+ Saves.....3/9/05, Desi Clark (78) vs Harvard

ATHLETIC COMMUNICATIONS

Megan Milliron

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Interview Requests

To request an interview with Coach Sisti or any players please contact Megan Milliron to coordinate.

24 YEARS WITH COACH MICHAEL SISTI



Mike Sisti starts his 24th year as head coach of the women's hockey program, the only head coach the program has ever known. Sisti has turned a small-college women's hockey program into one of Division I's premier powers. The Lakers have won 527 games, have captured 17 conference titles, and made ten consecutive trips to the national tournament - an NCAA record - before the streak was halted in the 2014 season. Sisti has 346 wins compared to just 47 losses in conference play during his tenure as Lakers' head coach. Among other notables, Sisti recruited and coached Meghan Agosta, who became a four-time All-American while at Mercyhurst, the leading scorer in Division I women's hockey history, a three-time Olympic gold medalist for Team Canada, and hockey MVP of the 2010 Vancouver Olympic Games. Forward Vicki Bendus garnered the team's first Patty Kazmaier Award in 2010 while Agosta was a four-time finalist for the sport's highest honor.

After three years as an assistant men's coach at Canisius College in Buffalo, Sisti came to Mercyhurst in 1993 and spent his first six years as men's varsity assistant coach and then associate head coach. He was named head coach of the new women's program in March of 1999.

His efforts with the women's program have earned him numerous honors. Sisti was named Division I Coach of the Year in 2005 and USCHO.com Coach of the Year in 2007. He has been recognized as a finalist for Division I Coach of the Year on six occasions. Conference coaches have also named him coach of the year eight times in the CHA.

Off the ice, Sisti has developed his players into outstanding student-athletes. For 18 consecutive years, the team's cumulative grade point average has been above a 3.0. The Lakers have also been very active in the community. The team annually donates over 200 hours on various community service projects, and spends time at several local schools instructing students on life skills.

Prior to coaching, Sisti played four years of collegiate hockey at Canisius College. A four-year letterwinner, Sisti ranks among Canisius's best in several categories, including career points (163) and goals (74). He also shares the school record for most goals in a game with four and holds the single-season record for hat tricks with six. Sisti helped the Griffits to a 21-11-0 record with 13 goals and 19 assists as a freshman. He was named the team's top forward for his 33-goal, 57-point effort in 1988-89, and served as team captain for his senior season in 1989-90. A 1990 graduate of Canisius, Sisti was inducted into the Canisius Athletic Hall of Fame in 2002.

CAREER RECORD

YEAR	TEAM	OVERALL	CONF.
1999-00	Mercyhurst	23-6-0	N/A
2000-01	Mercyhurst	14-16-3	5-1-2
2001-02	Mercyhurst	24-8-1	8-0-0
2002-03	Mercyhurst	25-8-1	6-0-0
2003-04	Mercyhurst	26-6-4	11-1-0
2004-05	Mercyhurst*	28-7-2	11-0-1
2005-06	Mercyhurst*	23-8-6	10-0-2
2006-07	Mercyhurst*	32-2-3	11-0-1
2007-08	Mercyhurst*	26-8-3	11-2-1
2008-09	Mercyhurst***	31-6-0	16-0-0
2009-10	Mercyhurst**	30-3-3	14-1-1
2010-11	Mercyhurst*	29-6-0	16-0-0
2011-12	Mercyhurst*	23-8-3	8-1-3
2012-13	Mercyhurst**	29-7-1	17-3-0
2013-14	Mercyhurst**	24-9-4	15-3-2
2014-15	Mercyhurst	23-9-3	14-5-1
2015-16	Mercyhurst*	19-11-5	14-3-3
2016-17	Mercyhurst	15-18-2	11-8-1
2017-18	Mercyhurst*	18-15-4	13-4-3
2018-19	Mercyhurst	15-14-5	12-6-2
2019-20	Mercyhurst*	21-10-5	13-4-3
2020-21	Mercyhurst	10-7-1	10-6-1
2021-22	Mercyhurst	21-12-2	10-6-0
2022-23	Mercyhurst	5-5-0	0-0-0
Career		534-209-61	356-54-27



* NCAA Tournament Appearance
 ** NCAA Women's Frozen Four
 *** NCAA Women's Frozen Four Title Game



2021-22 Mercyhurst Women's Ice Hockey
Overall Individual Statistics
All games

Game Records

Overall	Conference	Home	Away	Neutral
21 - 12 - 2	10 - 6 - 0	13 - 3 - 1	6 - 8 - 1	2 - 1 - 0

# Player	GP	Shots							Penalties				Goals								BLK
		G	A	PTS	SH	SH%	+/-	PEN-MIN	MIN	MAJ	OTH	PP	SH	FG	GW	GT	OT	HT	PN	UA	
24 Upson, Vanessa	35	19	20	39	111	.171	+26	4-8	4	0	0	3	2	2	5	0	2	1	0	0	14
14 Boucher, Sara	35	21	17	38	152	.138	+21	12-24	12	0	0	3	2	4	4	0	0	2	0	3	45
15 Pidgeon, Kristy	34	11	21	32	143	.077	+26	8-16	8	0	0	1	1	2	2	0	0	0	0	1	11
34 Perreault, Liliane	35	5	22	27	111	.045	+13	4-8	4	0	0	0	0	1	0	0	0	0	0	1	14
10 Vasko, Alexa	34	10	9	19	102	.098	+19	7-14	7	0	0	1	1	4	1	0	0	0	0	2	35
26 Ste-Croix, Chantal	34	13	5	18	77	.169	+5	8-16	8	0	0	2	0	2	4	0	0	1	0	0	9
25 Pedersen, Sydney	35	2	15	17	74	.027	+18	22-55	20	1	1	0	0	1	1	0	0	0	0	1	56
19 Pinto, Emily	35	4	11	15	74	.054	+8	2-4	2	0	0	0	0	0	0	0	0	0	0	0	7
12 Parks, Marielle	35	8	6	14	63	.127	+4	1-2	1	0	0	2	0	1	0	0	0	0	0	0	18
6 Thiessen, K.K.	35	1	13	14	36	.028	+21	5-10	5	0	0	0	0	0	0	0	0	0	0	0	59
8 Mortlock, Jordan	33	5	7	12	53	.094	+14	10-20	10	0	0	0	0	1	1	0	0	0	0	0	65
4 Nelles, Grace	30	3	2	5	27	.111	-7	6-12	6	0	0	0	0	2	0	0	0	0	0	0	12
22 Weiss, Alexandria	34	1	4	5	24	.042	+5	2-4	2	0	0	0	0	0	1	0	0	0	0	0	31
27 Sweetapple, Mary	34	0	5	5	24	.000	+2	2-4	2	0	0	0	0	0	0	0	0	0	0	0	23
16 Phillips, Jersey	30	1	3	4	27	.037	+4	1-2	1	0	0	0	0	1	0	0	0	0	0	0	9
21 Rheaume, Alexane	32	0	4	4	17	.000	+3	5-10	5	0	0	0	0	0	0	0	0	0	0	0	45
11 Nelles, Sarah	32	1	2	3	52	.019	-6	1-2	1	0	0	1	0	0	1	0	0	0	0	0	5
18 Kromer, Mary	13	1	0	1	11	.091	+1	2-4	2	0	0	0	0	0	0	0	0	0	0	0	4
2 Wegner, Sydney	6	1	0	1	6	.167	-2	1-2	1	0	0	0	0	0	1	0	0	0	0	0	0
20 Whaley, Paige	20	0	1	1	20	.000	-7	3-6	3	0	0	0	0	0	0	0	0	0	0	0	3
23 Cole, Aubrey	26	0	1	1	9	.000	-2	5-18	4	0	1	0	0	0	0	0	0	0	0	0	26
7 Kawa, Alyssa	11	0	1	1	4	.000	+2	2-4	2	0	0	0	0	0	0	0	0	0	0	0	0
31 Nyström, Ena	21	0	1	1	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0
28 Mahoney, Kylee	8	0	0	0	2	.000	-1	0-0	0	0	0	0	0	0	0	0	0	0	0	0	1
30 Silvonon, Jenna	17	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0
5 Rowbottom, Calista	3	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	2
1 Zukow, Hanna	3	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0
TM TEAM	35	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0
Totals	35	107	170	277	1219	.088	+167	113-245	110	1	2	13	6	21	21	0	2	4	0	8	494
Opponents	35	73	115	188	986	.074	-174	134-284	132	0	2	13	0	14	12	2	2	0	0	4	521

# Player	GP-GS	Goal Average			Saves		Record				Goals Allowed				
		MINUTES	GA	AVG	SAVES	PCT	W	L	T	SHO	PP	SH	EN	PEN	SOG
31 Nyström, Ena	21-19	1153:36	36	1.87	551	.939	12	7	0	2	4	0	4	0	0
30 Silvonon, Jenna	17-16	937:53	32	2.05	359	.918	9	5	2	3	9	0	1	0	0
1 Zukow, Hanna	3-0	15:52	0	0.00	3	1.000	0	0	0	0	0	0	0	0	0
TM EMPTY NET	-	14:17	5	21.00	0	.000	0	0	0	0	0	0	0	0	0
Totals	35	2121:38	73	2.06	913	.926	21	12	2	5	13	0	5	0	0
Opponents	35	2121:38	107	3.03	1112	.912	12	21	2	3	13	6	2	0	0