

Lake Forest (9-6-0) -vs- Saint Benedict (6-4-2)
01/04/2024 at St. Cloud, Minnesota

Date: 01/04/2024
Start: 07:00 PM
Time: 0
Attendance: 232
Location: St. Cloud, Minnesota
Officials: Referee: Clayton Smith; Referee: Brooke Nunemaker;
Linesman: Kaelyn Szymanski; Linesman: Brandon Linquist

Goals By Period	1	2	3	Total
Lake Forest	0	0	0	0
Saint Benedict	3	1	0	4

LFC:
CSB: Opsahl, Aurora (3); Stinnett, Ava (1)

Scoring Summary

Period	Time	Team	Scored By	Assisted By	Type	LFC	CSB
1st	06:47	CSB	Opsahl, Aurora	Unassisted	EV, FG, UA, GW	0	1
1st	09:57	CSB	Opsahl, Aurora	Stinnett, Ava, Wendorf, Emily	EV	0	2
1st	16:15	CSB	Stinnett, Ava	Stinnett, Shae, Timm, Jenna	PP	0	3
2nd	17:43	CSB	Opsahl, Aurora	Boerboom, Sami	EV, HT	0	4

Lake Forest Power Plays

Prd	Start	End	Elapsed	Shots	Opp-Shots	PPG
2nd	10:38	12:38	02:00	0	0	--
2nd	13:20	15:20	02:00	4	0	--
			04:00	4	0	0/2

Saint Benedict Power Plays

Prd	Start	End	Elapsed	Shots	Opp-Shots	PPG
1st	15:21	17:21	02:00	2	2	PPG
			02:00	2	2	1/1

Penalty Summary

Period	Team	Player	MIN	Offense	Type	Time	PP
1st	LFC	Maher, Ella	02:00	Roughing	MINOR	15:21	PP
2nd	CSB	Opsahl, Aurora	02:00	Hooking	MINOR	10:38	PP
2nd	CSB	Kraemer, Presley	02:00	Interference	MINOR	13:20	PP

Individual

Lake Forest 0

Pos	#	Player	G	A	1	2	3	Total	+/-	FO	Pen	BLK
	1	Denniss, Chelsea	0	0	0	0	0	0	0	-	-	0
	2	Meyer, Abby	0	0	0	1	2	3	-1	-	-	0
	3	Maher, Ella	0	0	1	0	0	1	-1	-	1-2	0
	4	Selby, Danielle	0	0	0	1	0	1	0	-	-	1
	5	Gibbons, Shannon	0	0	2	0	1	3	-1	-	-	1
	6	Kohl, Jasmine	0	0	1	1	0	2	-2	-	-	0
	7	Wensel, Lauren	0	0	1	2	0	3	-1	9-15	-	0
	8	Garby, Grace	0	0	0	0	0	0	-1	-	-	1
	9	McCluskey, Anna	0	0	0	0	0	0	0	-	-	0
	10	Gehrke, Macy	0	0	0	1	1	2	-2	-	-	0
	11	Chapman, Sophia	0	0	2	2	2	6	-1	-	-	1
	12	Sweeney, Emma	0	0	0	0	0	0	0	-	-	1
	13	Post, Zara	0	0	0	1	0	1	0	4-15	-	2
	14	Whittington, Zoey	0	0	0	0	0	0	0	-	-	0
	15	Kiernan, Holly	0	0	0	0	0	0	0	-	-	0
	16	Brennan, Kate	0	0	1	0	0	1	-2	-	-	0
	17	Sankner, Annika	0	0	0	0	0	0	-1	-	-	1
	18	Hewitt, Mary Kate	0	0	0	0	0	0	0	-	-	0
	19	Poppleton, Willow	0	0	0	0	0	0	0	-	-	0
	20	Liu, Victoria	0	0	0	0	0	0	0	-	-	0
	21	Oberhofer, Fiona	0	0	0	0	0	0	0	-	-	0
	22	Bryant, Tallulah	0	0	0	0	2	2	0	4-8	-	0
	23	Fryar, Jenna	0	0	0	0	0	0	0	1-2	-	0
	25	Dahut, Caitlyn	0	0	0	0	1	1	-2	3-10	-	0
	30	Fowler, Donna	0	0	0	0	0	0	0	-	-	0
	35	Lombardi, Angie	0	0	0	0	0	0	0	-	-	0
	TM	TEAM	0	0	0	0	0	0	0	-	-	0
		Totals	0	0	8	9	9	26	-15	22-51	1-2	8

Saint Benedict 4

[illegible]

33	Moffat, Kate	0	0	0	0	0	0	0	-	-	0
TM	TEAM	0	0	0	0	0	0	0	-	-	0
Totals		4	5	19	9	4	32	15	29-51	2-4	8

Lake Forest Goalkeeping

Lake Forest Goalkeeping

#	Player	De c	Mins	GA	EN	1	2	3	Total
30	Fowler, Donna	L	16:15	3	0	13	0	0	13
1	Denniss, Chelsea		43:45	1	0	3	8	4	15
35	Lombardi, Angie		00:00	0	0	0	0	0	0
TM	TEAM		00:00	0	0	0	0	0	0
Totals				4	0	16	8	4	28

Lake Forest Faceoffs

#	Player	W	L
7	Wensel, Lauren	9	6
13	Post, Zara	4	11
22	Bryant, Tallulah	4	4
25	Dahut, Caitlyn	3	7
19	Poppleton, Willow	1	0
23	Fryar, Jenna	1	1
Totals		22	29

Saint Benedict Goalkeeping

Saint Benedict Goalkeeping

#	Player	De c	Mins	GA	EN	1	2	3	Total
33	Moffat, Kate	W	60:00	0	0	8	9	9	26
1	Norman, Delaney		00:00	0	0	0	0	0	0
29	Sawyer, Brea		00:00	0	0	0	0	0	0
30	Decker, Donelle		00:00	0	0	0	0	0	0
31	Haack, Ellynor		00:00	0	0	0	0	0	0
TM	TEAM		00:00	0	0	0	0	0	0
Totals				0	0	8	9	9	26

Saint Benedict Faceoffs

#	Player	W	L
7	Miller, Shauna	11	5
19	Stinnett, Ava	8	11
11	Lopez, Mia	5	4
23	Hunst, Sydney	4	2
18	Opsahl, Aurora	1	0
Totals		29	22

Play By Play

Score	PP	Play
Period #1 Plays		
0-0		[00:00] Fowler, Donna at goalie for LFC.
0-0		[00:00] Moffat, Kate at goalie for CSB.
0-0		[00:00] Start of 1st period.
0-0		[00:00] Faceoff Wensel, Lauren vs Stinnett, Ava won by LFC.
0-0		[00:09] Faceoff Wensel, Lauren vs Stinnett, Ava won by CSB.
0-0		[00:52] Shot by LFC Brennan, Kate MISSED, save Moffat, Kate.
0-0		[01:06] Shot by CSB Brown, Corrine MISSED, save Fowler, Donna.
0-0		[01:38] Shot by LFC Kohl, Jasmine MISSED, save Moffat, Kate.
0-0		[02:19] Shot by CSB Stinnett, Shae MISSED, save Fowler, Donna.
0-0		[02:20] Faceoff Dahut, Caitlyn vs Hunst, Sydney won by CSB.
0-0		[02:38] Shot by LFC Gibbons, Shannon MISSED, save Moffat, Kate.
0-0		[02:54] Shot by CSB Johnson, Brooklyn BLOCKED by Gibbons, Shannon.
0-0		[03:19] Shot by CSB Timm, Jenna MISSED, save Fowler, Donna.
0-0		[03:42] Shot by CSB Kraemer, Presley MISSED, save Fowler, Donna.
0-0		[04:55] Shot by LFC Post, Zara WIDE.
0-0		[05:00] Shot by LFC Sankner, Annika WIDE.
0-0		[05:51] Shot by LFC Wensel, Lauren BLOCKED by Boerboom, Sami.
0-0		[06:47] GOAL by Saint Benedict Opsahl, Aurora (EVEN STRENGTH, FIRST GOAL, UNASSISTED, GAME WINNING GOAL), On ice for CSB: Opsahl, Aurora; Stinnett, Ava; Halweg, Emma; Brown, Corrine; Timm, Jenna, On ice for LFC: Kohl, Jasmine; Gehrke, Macy; Dahut, Caitlyn; Chapman, Sophia; Brennan, Kate, goal number 8 for season.
Lake Forest 0, Saint Benedict 1		
0-1		[06:47] Faceoff Dahut, Caitlyn vs Stinnett, Ava won by CSB.
0-1		[07:43] Shot by CSB Kraemer, Presley MISSED, save Fowler, Donna.
0-1		[07:55] Faceoff Bryant, Tallulah vs Lopez, Mia won by CSB.
0-1		[08:33] Shot by LFC Maher, Ella MISSED, save Moffat, Kate.
0-1		[08:33] Faceoff Post, Zara vs Miller, Shauna won by CSB.
0-1		[08:48] Shot by CSB Miller, Shauna MISSED, save Fowler, Donna.
0-1		[08:59] Shot by CSB Miller, Shauna WIDE.
0-1		[09:57] GOAL by Saint Benedict Opsahl, Aurora (EVEN STRENGTH), Assist by Stinnett, Ava and Wendorf, Emily, On ice for CSB: Opsahl, Aurora; Brown, Corrine; Stinnett, Ava; Wendorf, Emily; Halweg, Emma, On ice for LFC: Kohl, Jasmine; Brennan, Kate; Wensel, Lauren; Sankner, Annika; Maher, Ella, goal number 9 for season.
Lake Forest 0, Saint Benedict 2		
0-2		[09:57] Faceoff Dahut, Caitlyn vs Stinnett, Ava won by CSB.
0-2		[11:17] Shot by CSB Opsahl, Aurora MISSED, save Fowler, Donna.
0-2		[11:25] Shot by CSB Bimberg, Jamie MISSED, save Fowler, Donna.
0-2		[11:28] Faceoff Bryant, Tallulah vs Miller, Shauna won by LFC.
0-2		[12:24] Shot by CSB Benzie, Jamie MISSED, save Fowler, Donna.
0-2		[12:31] Shot by CSB Rooks, Emma MISSED, save Fowler, Donna.
0-2		[13:03] Shot by LFC Liu, Victoria WIDE.
0-2		[14:17] Shot by CSB Timm, Jenna MISSED, save Fowler, Donna.
0-2		[14:50] Shot by CSB Cromwell, Morgan MISSED, save Fowler, Donna.
0-2		[14:58] Shot by CSB Benzie, Jamie MISSED, save Fowler, Donna.
0-2		[14:58] Faceoff Bryant, Tallulah vs Hunst, Sydney won by CSB.
0-2		[15:21] Penalty on Maher, Ella LFC 2 minutes for Roughing.
0-2		[15:21] Faceoff Fryar, Jenna vs Stinnett, Ava won by LFC.
0-2	PP CSB	[15:21] Start power play for CSB.
0-2	PP CSB	[16:15] GOAL by Saint Benedict Stinnett, Ava (POWER-PLAY), Assist by Stinnett, Shae and Timm, Jenna, On ice for CSB: Stinnett, Ava; Stinnett, Shae; Rooks, Emma; Brown, Corrine; Timm, Jenna, On ice for LFC: Kohl, Jasmine; Brennan, Kate; Sankner, Annika; Wensel, Lauren; Maher, Ella, goal number 10 for season.
Lake Forest 0, Saint Benedict 3		
0-3	PP CSB	[16:15] Denniss, Chelsea at goalie for LFC.
0-3	PP CSB	[16:15] Faceoff Fryar, Jenna vs Lopez, Mia won by CSB.
0-3	PP CSB	[16:54] Shot by CSB Lopez, Mia MISSED, save Denniss, Chelsea.
0-3	PP CSB	[16:54] Faceoff Post, Zara vs Lopez, Mia won by LFC.
0-3	PP CSB	[17:03] Shot by LFC Gibbons, Shannon MISSED, save Moffat, Kate.
0-3	PP CSB	[17:14] Shot by LFC Chapman, Sophia MISSED, save Moffat, Kate.
0-3	PP CSB	[17:21] Maher, Ella (LFC) penalty complete.
0-3	PP CSB	[17:21] End power play for CSB.
0-3		[17:41] Shot by LFC Chapman, Sophia MISSED, save Moffat, Kate.

0-3 [18:57] Faceoff Wensel, Lauren vs Stinnett, Ava won by CSB.
0-3 [19:11] Shot by CSB Brown, Corrine MISSED, save Denniss, Chelsea.
0-3 [19:15] Shot by CSB Brown, Corrine MISSED, save Denniss, Chelsea.
0-3 [19:40] Shot by LFC Wensel, Lauren MISSED, save Moffat, Kate.
0-3 [19:40] Faceoff Post, Zara vs Miller, Shauna won by CSB.
0-3 [19:40] Shot by LFC Chapman, Sophia WIDE.
0-3 [20:00] End of period.

Period #2 Plays

0-3 [00:00] Start of 2nd period.
0-3 [00:00] Faceoff Post, Zara vs Stinnett, Ava won by LFC.
0-3 [00:38] Faceoff Bryant, Tallulah vs Lopez, Mia won by CSB.
0-3 [01:42] Shot by CSB Stinnett, Shae MISSED, save Denniss, Chelsea.
0-3 [01:54] Faceoff Wensel, Lauren vs Miller, Shauna won by LFC.
0-3 [02:05] Shot by CSB Wendorf, Emily BLOCKED by Garby, Grace.
0-3 [02:42] Shot by CSB Timm, Jenna WIDE.
0-3 [02:44] Faceoff Dahut, Caitlyn vs Hunst, Sydney won by LFC.
0-3 [04:13] Shot by CSB Bimberg, Jamie MISSED, save Denniss, Chelsea.
0-3 [04:16] Faceoff Post, Zara vs Lopez, Mia won by LFC.
0-3 [04:58] Faceoff Post, Zara vs Miller, Shauna won by CSB.
0-3 [05:10] Shot by CSB Benzie, Jamie MISSED, save Denniss, Chelsea.
0-3 [05:17] Shot by CSB Wendorf, Emily MISSED, save Denniss, Chelsea.
0-3 [05:30] Shot by CSB Halweg, Emma BLOCKED by Sweeney, Emma.
0-3 [05:56] Shot by CSB Johnson, Brooklyn BLOCKED by Sankner, Annika.
0-3 [06:29] Shot by CSB Opsahl, Aurora WIDE.
0-3 [06:52] Shot by LFC Meyer, Abby MISSED, save Moffat, Kate.
0-3 [06:52] Faceoff Dahut, Caitlyn vs Stinnett, Ava won by LFC.
0-3 [07:33] Shot by LFC Selby, Danielle MISSED, save Moffat, Kate.
0-3 [08:15] Faceoff Dahut, Caitlyn vs Miller, Shauna won by CSB.
0-3 [10:06] Shot by CSB Johnson, Brooklyn MISSED, save Denniss, Chelsea.
0-3 [10:06] Faceoff Bryant, Tallulah vs Stinnett, Ava won by LFC.
0-3 [10:38] Penalty on Opsahl, Aurora CSB 2 minutes for Hooking.
0-3 [10:38] Faceoff Post, Zara vs Miller, Shauna won by CSB.
0-3 PP LFC [10:38] Start power play for LFC.
0-3 PP LFC [10:46] Shot by LFC Garby, Grace BLOCKED by Timm, Jenna.
0-3 PP LFC [10:55] Shot by LFC Post, Zara BLOCKED by Bimberg, Jamie.
0-3 PP LFC [11:40] Shot by LFC Brennan, Kate BLOCKED by Miller, Shauna.
0-3 PP LFC [12:38] Opsahl, Aurora (CSB) penalty complete.
0-3 PP LFC [12:38] End power play for LFC.
0-3 [12:40] Faceoff Wensel, Lauren vs Lopez, Mia won by LFC.
0-3 [13:20] Penalty on Kraemer, Presley CSB 2 minutes for Interference.
0-3 [13:20] Faceoff Wensel, Lauren vs Stinnett, Ava won by LFC.
0-3 PP LFC [13:20] Start power play for LFC.
0-3 PP LFC [13:25] Shot by LFC Chapman, Sophia MISSED, save Moffat, Kate.
0-3 PP LFC [13:30] Faceoff Poppleton, Willow vs Miller, Shauna won by LFC.
0-3 PP LFC [13:32] Faceoff Wensel, Lauren vs Miller, Shauna won by LFC.
0-3 PP LFC [13:47] Shot by LFC Meyer, Abby BLOCKED by Timm, Jenna.
0-3 PP LFC [13:52] Shot by LFC Liu, Victoria BLOCKED by Timm, Jenna.
0-3 PP LFC [13:58] Shot by LFC Chapman, Sophia MISSED, save Moffat, Kate.
0-3 PP LFC [14:26] Shot by LFC Wensel, Lauren MISSED, save Moffat, Kate.
0-3 PP LFC [14:26] Faceoff Post, Zara vs Stinnett, Ava won by CSB.
0-3 PP LFC [14:37] Faceoff Post, Zara vs Opsahl, Aurora won by CSB.
0-3 PP LFC [15:01] Shot by LFC Post, Zara MISSED, save Moffat, Kate.
0-3 PP LFC [15:20] Kraemer, Presley (CSB) penalty complete.
0-3 PP LFC [15:20] End power play for LFC.
0-3 [15:55] Faceoff Bryant, Tallulah vs Miller, Shauna won by LFC.
0-3 [16:34] Faceoff Wensel, Lauren vs Lopez, Mia won by LFC.
0-3 [17:20] Faceoff Dahut, Caitlyn vs Hunst, Sydney won by CSB.
0-3 [17:24] Shot by CSB Johnson, Brooklyn MISSED, save Denniss, Chelsea.
0-3 [17:27] Shot by CSB Rooks, Emma MISSED, save Denniss, Chelsea.
0-3 [17:39] Shot by LFC Gehrke, Macy MISSED, save Moffat, Kate.
0-3 [17:39] Faceoff Dahut, Caitlyn vs Stinnett, Ava won by LFC.

0-3 [17:43] GOAL by Saint Benedict Opsahl, Aurora (EVEN STRENGTH, HAT TRICK), Assist by Boerboom, Sami and , , On ice for CSB: Opsahl, Aurora; Boerboom, Sami; Stinnett, Ava; Bimberg, Jamie; Brown, Corrine, On ice for LFC: Garby, Grace; Gehrke, Macy; Dahut, Caitlyn; Gibbons, Shannon; Meyer, Abby, goal number 10 for season.

Lake Forest 0, Saint Benedict 4

0-4 [17:43] Faceoff Post, Zara vs Miller, Shauna won by CSB.
 0-4 [18:28] Shot by CSB Benzie, Jamie MISSED, save Denniss, Chelsea.
 0-4 [18:28] Faceoff Post, Zara vs Miller, Shauna won by CSB.
 0-4 [19:25] Shot by LFC Wensel, Lauren MISSED, save Moffat, Kate.
 0-4 [19:26] Faceoff Wensel, Lauren vs Stinnett, Ava won by LFC.
 0-4 [19:26] Shot by LFC Kohl, Jasmine MISSED, save Moffat, Kate.
 0-4 [20:00] End of period.

Period #3 Plays

0-4 [00:00] Start of 3rd period.
 0-4 [00:00] Faceoff Wensel, Lauren vs Stinnett, Ava won by CSB.
 0-4 [00:48] Faceoff Wensel, Lauren vs Stinnett, Ava won by LFC.
 0-4 [02:06] Faceoff Dahut, Caitlyn vs Miller, Shauna won by CSB.
 0-4 [02:33] Shot by LFC Gehrke, Macy BLOCKED by Cromwell, Morgan.
 0-4 [03:11] Shot by CSB Johnson, Brooklyn MISSED, save Denniss, Chelsea.
 0-4 [03:30] Faceoff Post, Zara vs Hunst, Sydney won by LFC.
 0-4 [03:32] Shot by LFC Bryant, Tallulah MISSED, save Moffat, Kate.
 0-4 [04:28] Shot by CSB Kraemer, Presley WIDE.
 0-4 [04:53] Faceoff Bryant, Tallulah vs Stinnett, Ava won by LFC.
 0-4 [06:01] Shot by LFC Dahut, Caitlyn WIDE.
 0-4 [07:02] Shot by LFC Bryant, Tallulah MISSED, save Moffat, Kate.
 0-4 [07:05] Faceoff Bryant, Tallulah vs Hunst, Sydney won by CSB.
 0-4 [07:44] Shot by LFC Chapman, Sophia MISSED, save Moffat, Kate.
 0-4 [08:28] Faceoff Post, Zara vs Lopez, Mia won by CSB.
 0-4 [09:18] Shot by LFC Post, Zara BLOCKED by Brown, Corrine.
 0-4 [09:26] Shot by CSB Boerboom, Sami WIDE.
 0-4 [09:57] Shot by CSB Brown, Corrine MISSED, save Denniss, Chelsea.
 0-4 [10:05] Shot by CSB Opsahl, Aurora MISSED, save Denniss, Chelsea.
 0-4 [10:34] Faceoff Dahut, Caitlyn vs Miller, Shauna won by CSB.
 0-4 [12:10] Shot by CSB Rooks, Emma BLOCKED by Chapman, Sophia.
 0-4 [12:18] Faceoff Wensel, Lauren vs Lopez, Mia won by CSB.
 0-4 [12:22] Shot by CSB Lewis, Chloe WIDE.
 0-4 [12:42] Faceoff Wensel, Lauren vs Stinnett, Ava won by CSB.
 0-4 [13:57] Shot by CSB Stinnett, Shae MISSED, save Denniss, Chelsea.
 0-4 [13:58] Faceoff Post, Zara vs Miller, Shauna won by CSB.
 0-4 [14:41] Shot by LFC Meyer, Abby MISSED, save Moffat, Kate.
 0-4 [15:03] Shot by LFC Gibbons, Shannon WIDE.
 0-4 [15:08] Shot by LFC Gehrke, Macy MISSED, save Moffat, Kate.
 0-4 [16:09] Shot by CSB Lewis, Chloe WIDE.
 0-4 [16:27] Shot by CSB Timm, Jenna WIDE.
 0-4 [17:32] Faceoff Wensel, Lauren vs Stinnett, Ava won by CSB.
 0-4 [17:38] Shot by CSB Opsahl, Aurora BLOCKED by Selby, Danielle.
 0-4 [18:52] Shot by LFC Chapman, Sophia MISSED, save Moffat, Kate.
 0-4 [18:57] Faceoff Wensel, Lauren vs Stinnett, Ava won by LFC.
 0-4 [19:00] Shot by CSB Halweg, Emma BLOCKED by Post, Zara.
 0-4 [19:10] Faceoff Post, Zara vs Miller, Shauna won by CSB.
 0-4 [19:11] Shot by CSB Rooks, Emma BLOCKED by Post, Zara.
 0-4 [19:41] Shot by LFC Gibbons, Shannon MISSED, save Moffat, Kate.
 0-4 [19:47] Shot by LFC Meyer, Abby MISSED, save Moffat, Kate.
 0-4 [19:47] Shot by LFC Dahut, Caitlyn MISSED, save Moffat, Kate.
 0-4 [20:00] End of period.