

Lake Forest (9-7-0) -vs- Saint Benedict (7-4-2)  
01/05/2024 at St. Cloud, Minnesota

**Date:** 01/05/2024  
**Start:** 03:00 PM  
**Time:** 0  
**Attendance:** 135  
**Location:** St. Cloud, Minnesota  
**Officials:** Referee: Haley Toth; Referee: Sarah Moe; Linesman: Kaelyn Szymanski; Linesman: Brandon Linnquist

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

**LFC:**  
**CSB:** Opsahl, Aurora (1)

Scoring Summary

Period	Time	Team	Scored By	Assisted By	Type	LFC	CSB
3rd	04:15	CSB	Opsahl, Aurora	Cromwell, Morgan	EV, FG, GW	0	1

Lake Forest Power Plays

Saint Benedict Power Plays

Prd	Start	End	Elapsed	Shots	Opp-Shots	PPG
1st	09:12	11:12	02:00	2	0	--
1st	14:10	16:10	02:00	1	0	--
1st	18:25	00:25	02:00	0	1	--
2nd	14:45	16:20	01:35	1	0	--
			07:35	4	1	0/4

Prd	Start	End	Elapsed	Shots	Opp-Shots	PPG
2nd	16:45	18:20	01:35	0	1	--
3rd	00:39	02:39	02:00	3	0	--
			03:35	3	1	0/2

Penalty Summary

Period	Team	Player	MIN	Offense	Type	Time	PP
1st	CSB	Boerboom, Sami	02:00	Tripping	MINOR	09:12	PP
1st	CSB	Rooks, Emma	02:00	Roughing	MINOR	14:10	PP
1st	CSB	Benzie, Jamie	02:00	Roughing	MINOR	18:25	PP
2nd	CSB	Miller, Shauna	02:00	Body checking	MINOR	14:45	PP
2nd	LFC	Meyer, Abby	02:00	Roughing	MINOR	16:20	PP
3rd	LFC	Wensel, Lauren	02:00	Slashing	MINOR	00:39	PP

## Lake Forest 0

## Saint Benedict 1

[illegible]

33	Moffat, Kate	0	0	0	0	0	0	0	-	-	0
TM	TEAM	0	0	0	0	0	0	0	-	-	0
Totals		1	1	12	9	13	34	5	35-53	4-8	15

Lake Forest Goalkeeping

Lake Forest Goalkeeping

#	Player	De c	Mins	GA	EN	1	2	3	Total
1	Denniss, Chelsea	L	58:56	1	0	12	9	12	33
30	Fowler, Donna		00:00	0	0	0	0	0	0
35	Lombardi, Angie		00:00	0	0	0	0	0	0
TM	TEAM		01:04	0	0	0	0	0	0
Totals				1	0	12	9	12	33

Lake Forest Faceoffs

#	Player	W	L
7	Wensel, Lauren	8	12
4	Selby, Danielle	4	5
25	Dahut, Caitlyn	3	7
13	Post, Zara	1	4
22	Bryant, Tallulah	1	0
23	Fryar, Jenna	1	5
6	Kohl, Jasmine	0	1
9	McCluskey, Anna	0	1
Totals		18	35

Saint Benedict Goalkeeping

Saint Benedict Goalkeeping

#	Player	De c	Mins	GA	EN	1	2	3	Total
1	Norman, Delaney	W	60:00	0	0	9	5	8	22
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
33	Moffat, Kate		00:00	0	0	0	0	0	0
TM	TEAM		00:00	0	0	0	0	0	0
Totals				0	0	9	5	8	22

Saint Benedict Faceoffs

#	Player	W	L
19	Stinnett, Ava	16	10
11	Lopez, Mia	9	4
7	Miller, Shauna	8	3
25	LeMieur, Avery	2	0
12	Lewis, Chloe	0	1
Totals		35	18

## Play By Play

Score	PP	Play
Period #1 Plays		
0-0		[00:00] Denniss, Chelsea at goalie for LFC.
0-0		[00:00] Norman, Delaney at goalie for CSB.
0-0		[00:00] Start of 1st period.
0-0		[00:00] Faceoff Post, Zara vs Stinnett, Ava won by CSB.
0-0		[00:20] Shot by CSB Stinnett, Ava WIDE.
0-0		[00:39] Shot by LFC Liu, Victoria MISSED, save Norman, Delaney.
0-0		[01:18] Shot by CSB Lewis, Chloe MISSED, save Denniss, Chelsea.
0-0		[02:35] Shot by LFC Gibbons, Shannon MISSED, save Norman, Delaney.
0-0		[02:46] Shot by LFC Gehrke, Macy WIDE.
0-0		[02:48] Faceoff Bryant, Tallulah vs Stinnett, Ava won by LFC.
0-0		[03:21] Shot by CSB Stinnett, Ava MISSED, save Denniss, Chelsea.
0-0		[03:27] Shot by CSB Opsahl, Aurora MISSED, save Denniss, Chelsea.
0-0		[03:36] Faceoff Post, Zara vs Lopez, Mia won by CSB.
0-0		[03:55] Shot by LFC Kohl, Jasmine BLOCKED by Nelson, Abby.
0-0		[04:22] Faceoff Wensel, Lauren vs Miller, Shauna won by LFC.
0-0		[04:52] Faceoff Dahut, Caitlyn vs Miller, Shauna won by CSB.
0-0		[04:58] Shot by LFC Gehrke, Macy WIDE.
0-0		[05:17] Shot by CSB Opsahl, Aurora MISSED, save Denniss, Chelsea.
0-0		[06:26] Shot by CSB Stinnett, Ava MISSED, save Denniss, Chelsea.
0-0		[06:49] Faceoff Wensel, Lauren vs Stinnett, Ava won by CSB.
0-0		[07:07] Shot by CSB Halweg, Emma MISSED, save Denniss, Chelsea.
0-0		[07:15] Shot by CSB Brown, Corrine MISSED, save Denniss, Chelsea.
0-0		[08:33] Shot by CSB Stinnett, Shae MISSED, save Denniss, Chelsea.
0-0		[08:36] Faceoff Post, Zara vs Miller, Shauna won by CSB.
0-0		[09:06] Shot by CSB Boerboom, Sami BLOCKED by Kohl, Jasmine.
0-0		[09:12] Penalty on Boerboom, Sami CSB 2 minutes for Tripping.
0-0		[09:12] Faceoff Wensel, Lauren vs Stinnett, Ava won by CSB.
0-0	PP LFC	[09:12] Start power play for LFC.
0-0	PP LFC	[09:20] Shot by LFC Meyer, Abby MISSED, save Norman, Delaney.
0-0	PP LFC	[09:20] Faceoff Wensel, Lauren vs Stinnett, Ava won by LFC.
0-0	PP LFC	[09:27] Shot by LFC Meyer, Abby MISSED, save Norman, Delaney.
0-0	PP LFC	[10:03] Shot by LFC Meyer, Abby BLOCKED by Timm, Jenna.
0-0	PP LFC	[10:51] Shot by LFC Brennan, Kate BLOCKED by Lewis, Chloe.
0-0	PP LFC	[11:01] Shot by LFC Post, Zara WIDE.
0-0	PP LFC	[11:10] Shot by LFC Brennan, Kate BLOCKED by Lewis, Chloe.
0-0	PP LFC	[11:12] Boerboom, Sami (CSB) penalty complete.
0-0	PP LFC	[11:12] End power play for LFC.
0-0		[11:15] Shot by LFC Sweeney, Emma MISSED, save Norman, Delaney.
0-0		[11:15] Faceoff Dahut, Caitlyn vs Stinnett, Ava won by LFC.
0-0		[11:19] Shot by LFC Gibbons, Shannon MISSED, save Norman, Delaney.
0-0		[11:44] Shot by CSB Brown, Corrine MISSED, save Denniss, Chelsea.
0-0		[11:45] Faceoff Wensel, Lauren vs Lopez, Mia won by CSB.
0-0		[11:59] Shot by CSB Timm, Jenna BLOCKED by Gibbons, Shannon.
0-0		[12:02] Faceoff Wensel, Lauren vs Stinnett, Ava won by LFC.
0-0		[12:37] Faceoff Fryar, Jenna vs Lopez, Mia won by CSB.
0-0		[12:55] Shot by CSB Lopez, Mia MISSED, save Denniss, Chelsea.
0-0		[13:00] Shot by LFC Sweeney, Emma MISSED, save Norman, Delaney.
0-0		[13:15] Shot by CSB Stinnett, Shae WIDE.
0-0		[13:28] Shot by CSB Stinnett, Shae MISSED, save Denniss, Chelsea.
0-0		[13:28] Faceoff Post, Zara vs Miller, Shauna won by LFC.
0-0		[13:50] Faceoff Post, Zara vs LeMieur, Avery won by CSB.
0-0		[14:10] Penalty on Rooks, Emma CSB 2 minutes for Roughing.
0-0	PP LFC	[14:10] Start power play for LFC.
0-0	PP LFC	[14:10] Faceoff Wensel, Lauren vs Stinnett, Ava won by CSB.
0-0	PP LFC	[14:24] Shot by LFC Meyer, Abby MISSED, save Norman, Delaney.
0-0	PP LFC	[14:41] Shot by LFC Wensel, Lauren BLOCKED by Timm, Jenna.
0-0	PP LFC	[15:02] Shot by LFC Chapman, Sophia BLOCKED by Brown, Corrine.

0-0 PP LFC [16:10] Rooks, Emma (CSB) penalty complete.  
 0-0 PP LFC [16:10] End power play for LFC.  
 0-0 [16:22] Shot by LFC Selby, Danielle MISSED, save Norman, Delaney.  
 0-0 [16:36] Shot by LFC Meyer, Abby WIDE.  
 0-0 [17:01] Shot by CSB Nelson, Abby BLOCKED by Selby, Danielle.  
 0-0 [17:21] Shot by CSB Opsahl, Aurora BLOCKED by Meyer, Abby.  
 0-0 [18:25] Penalty on Benzie, Jamie CSB 2 minutes for Roughing.  
 0-0 [18:25] Faceoff Wensel, Lauren vs Miller, Shauna won by CSB.  
 0-0 PP LFC [18:25] Start power play for LFC.  
 0-0 PP LFC [18:44] Shot by LFC Meyer, Abby BLOCKED by Lewis, Chloe.  
 0-0 PP LFC [19:04] Shot by CSB Brown, Corrine MISSED, save Denniss, Chelsea.  
 0-0 PP LFC [19:04] Faceoff Selby, Danielle vs Stinnett, Ava won by LFC.  
 0-0 PP LFC [20:00] End of period.

## Period #2 Plays

0-0 PP CSB [00:00] Start of 2nd period.  
 0-0 PP CSB [00:00] Faceoff Wensel, Lauren vs Stinnett, Ava won by LFC.  
 0-0 PP CSB [00:25] Benzie, Jamie (CSB) penalty complete.  
 0-0 PP CSB [00:25] End power play for LFC.  
 0-0 [01:09] Faceoff Dahut, Caitlyn vs Lopez, Mia won by LFC.  
 0-0 [01:42] Shot by CSB Timm, Jenna BLOCKED by Gehrke, Macy.  
 0-0 [02:03] Shot by CSB Stinnett, Shae HIT PIPE.  
 0-0 [02:12] Shot by CSB Bimberg, Jamie MISSED, save Denniss, Chelsea.  
 0-0 [02:53] Shot by CSB Stinnett, Shae BLOCKED by Dahut, Caitlyn.  
 0-0 [03:11] Shot by CSB LeMieur, Avery MISSED, save Denniss, Chelsea.  
 0-0 [03:33] Shot by CSB Halweg, Emma WIDE.  
 0-0 [04:33] Shot by CSB Opsahl, Aurora MISSED, save Denniss, Chelsea.  
 0-0 [04:34] Faceoff Wensel, Lauren vs Lopez, Mia won by CSB.  
 0-0 [05:02] Shot by CSB Timm, Jenna WIDE.  
 0-0 [06:21] Shot by CSB Johnson, Brooklyn BLOCKED by Wensel, Lauren.  
 0-0 [07:02] Shot by CSB Rooks, Emma MISSED, save Denniss, Chelsea.  
 0-0 [07:36] Shot by CSB Brown, Corrine MISSED, save Denniss, Chelsea.  
 0-0 [07:36] Faceoff Fryar, Jenna vs Lopez, Mia won by LFC.  
 0-0 [07:58] Faceoff Fryar, Jenna vs Lopez, Mia won by CSB.  
 0-0 [09:22] Shot by CSB Stinnett, Shae WIDE.  
 0-0 [09:34] Faceoff Fryar, Jenna vs LeMieur, Avery won by CSB.  
 0-0 [10:34] Shot by LFC Liu, Victoria BLOCKED by Rooks, Emma.  
 0-0 [10:52] Shot by LFC Chapman, Sophia WIDE.  
 0-0 [11:05] Shot by LFC Chapman, Sophia MISSED, save Norman, Delaney.  
 0-0 [11:05] Faceoff Dahut, Caitlyn vs Stinnett, Ava won by CSB.  
 0-0 [11:39] Shot by CSB Stinnett, Ava MISSED, save Denniss, Chelsea.  
 0-0 [11:39] Faceoff Wensel, Lauren vs Lopez, Mia won by LFC.  
 0-0 [12:01] Shot by LFC Maher, Ella MISSED, save Norman, Delaney.  
 0-0 [12:11] Shot by LFC Garby, Grace BLOCKED by Timm, Jenna.  
 0-0 [13:05] Shot by CSB Brown, Corrine MISSED, save Denniss, Chelsea.  
 0-0 [13:19] Shot by CSB Brown, Corrine BLOCKED by Meyer, Abby.  
 0-0 [13:48] Shot by LFC Kohl, Jasmine MISSED, save Norman, Delaney.  
 0-0 [14:45] Penalty on Miller, Shauna CSB 2 minutes for BodyChecking.  
 0-0 [14:45] Faceoff Selby, Danielle vs Lewis, Chloe won by LFC.  
 0-0 PP LFC [14:45] Start power play for LFC.  
 0-0 PP LFC [14:59] Shot by LFC Brennan, Kate WIDE.  
 0-0 PP LFC [15:26] Shot by LFC Garby, Grace BLOCKED by Rooks, Emma.  
 0-0 PP LFC [15:41] Shot by LFC Garby, Grace BLOCKED by Rooks, Emma.  
 0-0 PP LFC [16:04] Shot by LFC Brennan, Kate WIDE.  
 0-0 PP LFC [16:10] Shot by LFC Meyer, Abby MISSED, save Norman, Delaney.  
 0-0 PP LFC [16:11] Faceoff Wensel, Lauren vs Stinnett, Ava won by CSB.  
 0-0 PP LFC [16:20] Penalty on Meyer, Abby LFC 2 minutes for Roughing.  
 0-0 PP LFC [16:20] End power play for LFC.  
 0-0 [16:20] Faceoff Selby, Danielle vs Stinnett, Ava won by CSB.  
 0-0 [16:23] Shot by CSB Wendorf, Emily MISSED, save Denniss, Chelsea.  
 0-0 [16:41] Faceoff Selby, Danielle vs Stinnett, Ava won by CSB.  
 0-0 [16:45] Miller, Shauna (CSB) penalty complete.  
 0-0 PP CSB [16:45] Start power play for CSB.

0-0	PP CSB [16:49] Shot by CSB Opsahl, Aurora BLOCKED by Chapman, Sophia.
0-0	PP CSB [16:55] Shot by CSB Miller, Shauna BLOCKED by Selby, Danielle.
0-0	PP CSB [17:08] Shot by CSB Kraemer, Presley WIDE.
0-0	PP CSB [17:42] Shot by LFC Maher, Ella MISSED, save Norman, Delaney.
0-0	PP CSB [17:42] Faceoff Wensel, Lauren vs Stinnett, Ava won by CSB.
0-0	PP CSB [17:56] Faceoff Wensel, Lauren vs Stinnett, Ava won by CSB.
0-0	PP CSB [18:05] Shot by CSB Wendorf, Emily WIDE.
0-0	PP CSB [18:20] Meyer, Abby (LFC) penalty complete.
0-0	PP CSB [18:20] End power play for CSB.
0-0	[19:48] Shot by CSB Johnson, Brooklyn MISSED, save Denniss, Chelsea.
0-0	[19:50] Faceoff Dahut, Caitlyn vs Miller, Shauna won by CSB.
0-0	[20:00] End of period.
Period #3 Plays	
0-0	[00:00] Start of 3rd period.
0-0	[00:00] Faceoff Wensel, Lauren vs Stinnett, Ava won by LFC.
0-0	[00:39] Penalty on Wensel, Lauren LFC 2 minutes for Slashing.
0-0	[00:39] Faceoff Selby, Danielle vs Miller, Shauna won by CSB.
0-0	PP CSB [00:39] Start power play for CSB.
0-0	PP CSB [00:57] Shot by CSB Timm, Jenna MISSED, save Denniss, Chelsea.
0-0	PP CSB [01:05] Shot by CSB Rooks, Emma MISSED, save Denniss, Chelsea.
0-0	PP CSB [01:13] Faceoff Selby, Danielle vs Stinnett, Ava won by CSB.
0-0	PP CSB [01:34] Shot by CSB Brown, Corrine WIDE.
0-0	PP CSB [02:18] Shot by CSB Stinnett, Shae MISSED, save Denniss, Chelsea.
0-0	PP CSB [02:18] Faceoff Kohl, Jasmine vs Lopez, Mia won by CSB.
0-0	PP CSB [02:39] Wensel, Lauren (LFC) penalty complete.
0-0	PP CSB [02:39] End power play for CSB.
0-0	[02:39] Shot by CSB Kraemer, Presley MISSED, save Denniss, Chelsea.
0-0	[03:34] Shot by CSB Miller, Shauna MISSED, save Denniss, Chelsea.
0-0	[03:40] Faceoff Dahut, Caitlyn vs Stinnett, Ava won by CSB.
0-0	[03:59] Shot by LFC Gibbons, Shannon MISSED, save Norman, Delaney.
0-0	[04:15] GOAL by Saint Benedict Opsahl, Aurora (EVEN STRENGTH, FIRST GOAL, GAME WINNING GOAL), Assist by Cromwell, Morgan and , , On ice for CSB: Opsahl, Aurora; Boerboom, Sami; Lopez, Mia; Nelson, Abby; Brown, Corrine, On ice for LFC: Dahut, Caitlyn; Chapman, Sophia; Brennan, Kate; Gibbons, Shannon; Sweeney, Emma, goal number 11 for season.
Lake Forest 0, Saint Benedict 1	
0-1	[04:15] Faceoff Wensel, Lauren vs Lopez, Mia won by CSB.
0-1	[04:22] Faceoff Wensel, Lauren vs Lopez, Mia won by LFC.
0-1	[05:10] Shot by CSB Lopez, Mia MISSED, save Denniss, Chelsea.
0-1	[05:40] Shot by LFC Meyer, Abby BLOCKED by Halweg, Emma.
0-1	[05:45] Shot by LFC Sweeney, Emma BLOCKED by Stinnett, Shae.
0-1	[05:50] Shot by LFC Liu, Victoria MISSED, save Norman, Delaney.
0-1	[06:08] Shot by CSB Halweg, Emma WIDE.
0-1	[06:13] Faceoff Fryar, Jenna vs Stinnett, Ava won by CSB.
0-1	[06:43] Faceoff McCluskey, Anna vs Lopez, Mia won by CSB.
0-1	[06:58] Shot by CSB Kraemer, Presley BLOCKED by Brennan, Kate.
0-1	[07:14] Shot by CSB Cromwell, Morgan MISSED, save Denniss, Chelsea.
0-1	[07:36] Shot by LFC Dahut, Caitlyn BLOCKED by Cromwell, Morgan.
0-1	[07:49] Shot by LFC Gibbons, Shannon MISSED, save Norman, Delaney.
0-1	[07:49] Faceoff Wensel, Lauren vs Stinnett, Ava won by LFC.
0-1	[08:54] Shot by CSB Lewis, Chloe MISSED, save Denniss, Chelsea.
0-1	[09:10] Faceoff Dahut, Caitlyn vs Miller, Shauna won by LFC.
0-1	[09:32] Shot by LFC Brennan, Kate BLOCKED by Stinnett, Shae.
0-1	[09:44] Shot by LFC Brennan, Kate WIDE.
0-1	[09:50] Faceoff Fryar, Jenna vs Stinnett, Ava won by CSB.
0-1	[10:11] Shot by CSB Brown, Corrine MISSED, save Denniss, Chelsea.
0-1	[10:51] Shot by LFC McCluskey, Anna MISSED, save Norman, Delaney.
0-1	[10:51] Faceoff Wensel, Lauren vs Lopez, Mia won by CSB.
0-1	[11:15] Shot by CSB Lopez, Mia MISSED, save Denniss, Chelsea.
0-1	[11:15] Faceoff Dahut, Caitlyn vs Miller, Shauna won by CSB.
0-1	[11:25] Faceoff Dahut, Caitlyn vs Miller, Shauna won by CSB.
0-1	[12:30] Shot by LFC Kohl, Jasmine MISSED, save Norman, Delaney.
0-1	[12:32] Shot by LFC Kohl, Jasmine MISSED, save Norman, Delaney.
0-1	[12:35] Shot by LFC Brennan, Kate MISSED, save Norman, Delaney.

0-1 [14:50] Shot by CSB Rooks, Emma BLOCKED by Sweeney, Emma.  
0-1 [14:50] Faceoff Dahut, Caitlyn vs Stinnett, Ava won by CSB.  
0-1 [16:18] Shot by CSB Miller, Shauna BLOCKED by Brennan, Kate.  
0-1 [16:18] Faceoff Wensel, Lauren vs Miller, Shauna won by CSB.  
0-1 [16:44] Shot by CSB Nelson, Abby WIDE.  
0-1 [16:52] Shot by CSB Nelson, Abby BLOCKED by Garby, Grace.  
0-1 [17:07] Shot by CSB Rooks, Emma MISSED, save Denniss, Chelsea.  
0-1 [17:08] Timeout LFC.  
0-1 [17:08] Faceoff Selby, Danielle vs Stinnett, Ava won by LFC.  
0-1 [17:21] Faceoff Selby, Danielle vs Stinnett, Ava won by CSB.  
0-1 [18:10] Faceoff Selby, Danielle vs Stinnett, Ava won by LFC.  
0-1 [18:44] Shot by CSB Wendorf, Emily MISSED, save Denniss, Chelsea.  
0-1 [18:56] EMPTY NET at goalie for LFC.  
0-1 [19:06] Shot by CSB Timm, Jenna BLOCKED by Garby, Grace.  
0-1 [19:58] Shot by LFC Meyer, Abby MISSED, save Norman, Delaney.  
0-1 [20:00] End of period.