

Sacred Heart (6-9-1, 6-9-1) -vs- Post (1-11-0, 1-11-0)
11/22/2022 at Shelton, Conn

Date: 11/22/2022
Start: 1:00 PM
Time: 1:55
Location: Shelton, Conn
Officials: Scorer: Brendan Faherty

Goals By Period	1	2	3	Total
Sacred Heart	0	1	2	3
Post	1	0	0	1

SACRED H: Sophie Lupone (1); Nicole Guidi (1); Paige McNeil (1)
POST: Sheridan Terrazzano (1)

Scoring Summary

Period	Time	Team	Scored By	Assisted By	Type	SACRED H	POST
1st	19:17	POST	Sheridan Terrazzano	Unassisted	EV	0	1
2nd	16:01	SACRED H	Nicole Guidi	Kelly Solak, Katie Keenan	PP	1	1
3rd	16:47	SACRED H	Sophie Lupone	Olivia Laroche	EV	2	1
3rd	17:07	SACRED H	Paige McNeil	Unassisted	EV	3	1

Sacred Heart Power Plays

Prd	Start	End	Elapsed	Shots	Opp-Shots	PPG
1st	14:34	16:13	01:39	1	0	--
1st	16:26	19:17	02:51	2	0	--
2nd	15:32	16:01	00:29	1	0	PPG
2nd	20:00	20:00	00:00	0	0	--
			04:59	4	0	1/4

Post Power Plays

No data to report.

Penalty Summary

Period	Team	Player	MIN	Offense	Type	Time	PP
1st	SACRED H	Delani Mackay	02:00	SLASHING	MINOR	09:18	PP
1st	POST	Angeline Pitter	02:00	HIGH STICKING	MINOR	10:08	PP
1st	POST	Madison Turley	02:00	HOOKING	MINOR	14:10	PP
1st	POST	Presleigh Geisbrecht	02:00	CROSS-CHECKING	MINOR	16:26	PP
2nd	POST	Julia Wysocki	02:00	TRIPPING	MINOR	15:32	PP
2nd	POST	Holly Kubichek	02:00	TRIPPING	MINOR	17:41	PP
3rd	SACRED H	Rachel DeLong	02:00	TRIPPING	MINOR	05:23	PP

Individual

Sacred Heart 3

Pos	#	Player	G	A	1	2	3	Total	+/-	FO	Pen	BLK
	2	Sophie Lupone	1	0	0	0	1	3	0	6-16	-	0
	4	Cassandra Nevers	0	0	0	0	0	0	0	-	-	1
D	5	Nicole Guidi	1	0	0	1	0	6	0	-	-	0
	6	Olivia Laroche	0	1	0	0	0	1	+1	-	-	0
D	9	Kelly Solak	0	1	0	0	0	7	+1	-	-	2
	11	Ella Dahl	0	0	0	0	0	2	-1	-	-	0
LW	12	Katie Keenan	0	1	0	0	0	1	+1	0-1	-	0
	13	Nicole Bessinger	0	0	0	0	0	0	0	-	-	0
	14	Julianna Koman	0	0	0	0	0	0	+1	-	-	0
	16	Elizabeth Jacobson	0	0	0	0	0	1	0	-	-	0
	17	Rachel DeLong	0	0	0	0	0	1	0	-	1-2	0
	18	Natalie Kennedy	0	0	0	0	0	0	0	1-2	-	0
	19	Madeleine Rinklin	0	0	0	0	0	0	0	-	-	0
	20	Kailey Smith	0	0	0	0	0	1	0	-	-	0
C	22	Delani Mackay	0	0	0	0	0	4	+1	16-21	1-2	0
	23	Lauren Potvin	0	0	0	0	0	1	0	-	-	0
	25	Charlott Huntington	0	0	0	0	0	0	0	-	-	0
RW	26	Paige McNeil	1	0	0	0	1	6	+1	-	-	0
	27	Macey Merdinian	0	0	0	0	0	0	0	-	-	0
	29	Sydney Antonakis	0	0	0	0	0	4	0	9-13	-	0
G	44	Molly Elmore	0	0	0	0	0	0	0	-	-	0
TM		Team	0	0	0	0	0	0	0	-	-	0
Totals			3	3	0	1	2	38	5	35-56	2-4	3

Post 1

Pos	#	Player	G	A	1	2	3	Total	+/-	FO	Pen	BLK
	2	Catherine Proulx	0	0	0	0	0	1	+1	10-15	-	1
	5	Madeline Noonan	0	0	0	0	0	1	+1	-	-	0
C	6	Tristan Currie	0	0	0	0	0	1	-1	4-13	-	0
	7	Sheridan Terrazzano	1	0	1	0	0	4	+1	-	-	0
D	9	Sajel Desai	0	0	0	0	0	2	0	-	-	1
	12	Madison Turley	0	0	0	0	0	1	+1	-	1-2	1
RW	13	Hannah Luckman	0	0	0	0	0	0	-1	-	-	0
	15	Alexandrea Bednar	0	0	0	0	0	1	-1	3-17	-	2
	17	Holly Kubichek	0	0	0	0	0	0	0	-	1-2	0
	18	Cassidy Elvidge	0	0	0	0	0	0	+1	-	-	0
	19	Tymmarie Grom	0	0	0	0	0	0	0	2-8	-	3
	20	Kiersten Browning	0	0	0	0	0	1	-1	-	-	1
D	22	Emily Racco	0	0	0	0	0	0	0	-	-	0
	23	Taylor Holm	0	0	0	0	0	0	-1	-	-	0
	24	Presleigh Geisbrecht	0	0	0	0	0	0	0	-	1-2	0
	26	Jenna Abeyta	0	0	0	0	0	0	-1	-	-	1
LW	27	Julia Wysocki	0	0	0	0	0	1	-1	1-2	1-2	1
	28	C. Van den oetelaar	0	0	0	0	0	3	-1	-	-	0
	29	Angeline Pitter	0	0	0	0	0	1	-2	-	1-2	1
G	37	Grace Glasrud	0	0	0	0	0	0	0	-	-	0
TM		Team	0	0	0	0	0	0	0	-	-	0
Totals			1	0	1	0	0	17	-5	21-56	5-10	12

Sacred Heart Goalkeeping

Sacred Heart Goalkeeping

#	Player	De c	Mins	GA	EN	1	2	3	Total
44	Molly Elmore	W	60:00	1	0	4	4	8	16
Totals				1	0	4	4	8	16

Post Goalkeeping

Post Goalkeeping

#	Player	De c	Mins	GA	EN	1	2	3	Total
37	Grace Glasrud	L	60:00	3	0	13	13	9	35
Totals				3	0	13	13	9	35

Sacred Heart Faceoffs

#	Player	W	L
22	Delani Mackay	16	5
29	Sydney Antonakis	9	4
2	Sophie Lupone	6	10
18	Natalie Kennedy	1	1
19	Madeleine Rinklin	1	0
23	Lauren Potvin	1	0
25	Charlott Huntington	1	0
12	Katie Keenan	0	1
Totals		35	21

Post Faceoffs

#	Player	W	L
2	Catherine Proulx	10	5
6	Tristan Currie	4	9
15	Alexandrea Bednar	3	14
19	Tymmarie Grom	2	6
5	Madeline Noonan	1	0
27	Julia Wysocki	1	1
Totals		21	35

Play By Play

Score	PP	Play
Period #1 Plays		
0-0		[00:00] Molly Elmore at goalie for SACRED H.
0-0		[00:00] Grace Glasrud at goalie for POST.
0-0		[00:00], Faceoff Delani Mackay vs Tristan Currie won by SACRED H.
0-0		[00:11], Shot by SACRED H Delani Mackay MISSED, save Grace Glasrud.
0-0		[01:20], Shot by POST Madison Turley MISSED, save Molly Elmore.
0-0		[01:20], Faceoff Sydney Antonakis vs Tymmarie Grom won by POST.
0-0		[01:59], Faceoff Sophie Lupone vs Catherine Proulx won by POST.
0-0		[02:02], Shot by POST C. Van den oetelaar MISSED, save Molly Elmore.
0-0		[04:28], Shot by POST Alexandra Bednar MISSED, save Molly Elmore.
0-0		Shot by SACRED H Julianna Koman BLOCKED by Catherine Proulx.
0-0		[05:40], Faceoff Delani Mackay vs Catherine Proulx won by POST.
0-0		[05:40], Shot by POST Catherine Proulx MISSED, save Molly Elmore.
0-0		[05:43], Shot by POST Emily Racco WIDE.
0-0		[06:15], Shot by SACRED H Elizabeth Jacobson MISSED, save Grace Glasrud.
0-0		[06:41], Faceoff Natalie Kennedy vs Alexandra Bednar won by POST.
0-0		[06:52], Shot by SACRED H Lauren Potvin MISSED, save Grace Glasrud.
0-0		[06:52], Faceoff Natalie Kennedy vs Alexandra Bednar won by SACRED H.
0-0		[07:15], Shot by SACRED H Ella Dahl MISSED, save Grace Glasrud.
0-0		[07:44], Faceoff Sophie Lupone vs Tristan Currie won by POST.
0-0		Shot by SACRED H Olivia Laroche BLOCKED by Julia Wysocki.
0-0		[09:09], Shot by SACRED H Paige McNeil MISSED, save Grace Glasrud.
0-0		[09:18] Penalty on Delani Mackay SACRED H 2 minutes for SLASHING, (power play opp).
0-0		Shot by POST Angeline Pitter BLOCKED by Cassandra Nevers.
0-0	PP POST	[09:18] Start power play for POST.
0-0	PP POST	[10:08] Penalty on Angeline Pitter POST 2 minutes for HIGH STICKING, (power play opp).
0-0	PP POST	[10:42], Faceoff Sophie Lupone vs Madeline Noonan won by POST.
0-0	PP POST	[10:42] End power play for POST.
0-0		[11:18] Delani Mackay (SACRED H) penalty complete.
0-0		[18:54], Shot by SACRED H Rachel DeLong MISSED, save Grace Glasrud.
0-0	PP POST	[18:54] Start power play for POST.
0-0	PP POST	[11:29], Shot by SACRED H Delani Mackay WIDE.
0-0	PP POST	[11:41], Shot by SACRED H Nicole Guidi MISSED, save Grace Glasrud.
0-0	PP POST	[11:45], Shot by SACRED H Paige McNeil WIDE.
0-0	PP POST	[11:53], Shot by SACRED H Kelly Solak WIDE.
0-0	PP POST	[12:08] Angeline Pitter (POST) penalty complete.
0-0	PP POST	[12:08] End power play for POST.
0-0		[12:11], Faceoff Charlott Huntington vs Alexandra Bednar won by SACRED H.
0-0		[12:17], Shot by SACRED H Ella Dahl MISSED, save Grace Glasrud.
0-0		[12:17], Faceoff Lauren Potvin vs Alexandra Bednar won by SACRED H.
0-0		[13:29], Faceoff Sophie Lupone vs Tymmarie Grom won by SACRED H.
0-0		[13:31], Faceoff Madeleine Rinklin vs Catherine Proulx won by SACRED H.
0-0		[14:10] Penalty on Madison Turley POST 2 minutes for HOOKING, (power play opp).
0-0		[14:13], Faceoff Delani Mackay vs Tristan Currie won by SACRED H.
0-0		[14:34], Shot by SACRED H Kelly Solak MISSED, save Grace Glasrud.
0-0		[14:34], Faceoff Sydney Antonakis vs Tymmarie Grom won by SACRED H.
0-0	PP SACRE D H	[14:34] Start power play for SACRED H.
0-0	PP SACRE D H	[14:37], Faceoff Sydney Antonakis vs Tymmarie Grom won by SACRED H.

0-0	PP SACRE D H	[14:41], Shot by SACRED H Sydney Antonakis MISSED, save Grace Glasrud.
0-0	PP SACRE D H	[14:53], Shot by SACRED H Nicole Guidi WIDE.
0-0	PP SACRE D H	[16:13] Madison Turley (POST) penalty complete.
0-0	PP SACRE D H	[16:13] End power play for SACRED H.
0-0		[16:26] Penalty on Presleigh Geisbrecht POST 2 minutes for CROSS-CHECKING, (power play opp).
0-0	PP SACRE D H	[16:26] Start power play for SACRED H.
0-0	PP SACRE D H	[16:26], Faceoff Delani Mackay vs Tymmarie Grom won by SACRED H.
0-0	PP SACRE D H	[16:51], Shot by SACRED H Paige McNeil MISSED, save Grace Glasrud.
0-0	PP SACRE D H	[16:58], Shot by SACRED H Kelly Solak WIDE.
0-0	PP SACRE D H	[17:19], Shot by SACRED H Nicole Guidi MISSED, save Grace Glasrud.
0-0	PP SACRE D H	[17:24], Faceoff Sydney Antonakis vs Tristan Currie won by SACRED H.
0-0	PP SACRE D H	[17:29], Shot by SACRED H Kailey Smith WIDE.
0-0	PP SACRE D H	[18:26] Presleigh Geisbrecht (POST) penalty complete.
0-0	PP SACRE D H	[19:17] GOAL by POST Sheridan Terrazzano (FIRST GOAL), On ice for POST: Catherine Proulx; Madeline Noonan; Sheridan Terrazzano; Madison Turley; Cassidy Elvidge, On ice for SACRED H: Sophie Lupone; Cassandra Nevers; Nicole Guidi; Ella Dahl; Rachel DeLong, goal number 1 for season.
Sacred Heart 0, Post 1		
0-1	PP SACRE D H	[19:17] End power play for SACRED H.
0-1		[19:17], Faceoff Delani Mackay vs Catherine Proulx won by SACRED H.
0-1		[19:24], Shot by SACRED H Paige McNeil MISSED, save Grace Glasrud.
0-1		[19:25], Faceoff Delani Mackay vs Catherine Proulx won by POST.
0-1		[19:40], Faceoff Katie Keenan vs Catherine Proulx won by POST.
0-1		End of period [20:00].
Period #2 Plays		
0-1		Start of 2nd period [00:00].
0-1		[00:00], Faceoff Delani Mackay vs Tristan Currie won by SACRED H.
0-1		Shot by SACRED H Nicole Bessinger BLOCKED by Angeline Pitter.
0-1		[02:01], Faceoff Sophie Lupone vs Catherine Proulx won by SACRED H.
0-1		[02:01], Shot by SACRED H Sophie Lupone MISSED, save Grace Glasrud.
0-1		[02:23], Faceoff Delani Mackay vs Alexandra Bednar won by SACRED H.
0-1		[02:36], Shot by SACRED H Delani Mackay MISSED, save Grace Glasrud.
0-1		[03:28], Shot by SACRED H Sydney Antonakis MISSED, save Grace Glasrud.
0-1		[03:30], Shot by SACRED H Kailey Smith WIDE.
0-1		[05:24], Shot by SACRED H Olivia Laroche MISSED, save Grace Glasrud.
0-1		[05:31], Faceoff Delani Mackay vs Tymmarie Grom won by SACRED H.
0-1		Shot by SACRED H Kelly Solak BLOCKED by Madison Turley.
0-1		Shot by SACRED H Nicole Bessinger BLOCKED by Jenna Abeyta.
0-1		[06:44], Shot by SACRED H Kelly Solak MISSED, save Grace Glasrud.
0-1		[07:03], Faceoff Sydney Antonakis vs Catherine Proulx won by SACRED H.
0-1		[07:25], Shot by POST C. Van den oetelaar MISSED, save Molly Elmore.
0-1		[07:25], Faceoff Sophie Lupone vs Alexandra Bednar won by SACRED H.
0-1		[07:35], Faceoff Sophie Lupone vs Alexandra Bednar won by SACRED H.
0-1		[07:35], Shot by POST Sajel Desai MISSED, save Molly Elmore.
0-1		[07:48], Shot by SACRED H Kelly Solak MISSED, save Grace Glasrud.
0-1		[08:46], Shot by SACRED H Delani Mackay MISSED, save Grace Glasrud.

0-1		[08:46], Faceoff Delani Mackay vs Tymmarie Grom won by SACRED H.
0-1		Shot by POST Cassidy Elvidge BLOCKED by Kelly Solak.
0-1		Shot by SACRED H Katie Keenan BLOCKED by Tymmarie Grom.
0-1		[11:13], Faceoff Sydney Antonakis vs Alexandra Bednar won by SACRED H.
0-1		[11:38], Shot by POST Kiersten Browning MISSED, save Molly Elmore.
0-1		[11:38], Faceoff Sophie Lupone vs Tristan Currie won by POST.
0-1		[12:53], Faceoff Sophie Lupone vs Catherine Proulx won by POST.
0-1		[13:26], Shot by POST Madeline Noonan MISSED, save Molly Elmore.
0-1		[13:48], Faceoff Sophie Lupone vs Alexandra Bednar won by SACRED H.
0-1		[14:00], Shot by SACRED H Kelly Solak MISSED, save Grace Glasrud.
0-1		[14:00], Faceoff Delani Mackay vs Alexandra Bednar won by POST.
0-1		[14:15], Faceoff Sydney Antonakis vs Tristan Currie won by POST.
0-1		[14:50], Faceoff Sophie Lupone vs Tristan Currie won by SACRED H.
0-1		[15:18], Faceoff Sophie Lupone vs Tristan Currie won by POST.
0-1		[15:27], Shot by SACRED H Olivia Laroche WIDE.
0-1		[15:32] Penalty on Julia Wysocki POST 2 minutes for TRIPPING, (power play opp).
0-1	PP SACRE D H	[15:32] Start power play for SACRED H.
0-1	PP SACRE D H	[15:32], Faceoff Delani Mackay vs Tristan Currie won by SACRED H.
0-1	PP SACRE D H	[15:38], Shot by SACRED H Nicole Guidi WIDE.
0-1	PP SACRE D H	[15:46], Shot by SACRED H Kelly Solak WIDE.
0-1	PP SACRE D H	[16:01] GOAL by SACRED H Nicole Guidi, Assist by Kelly Solak and Katie Keenan, On ice for SACRED H: TEAM, On ice for POST: TEAM, goal number 1 for season.
Sacred Heart 1, Post 1		
1-1	PP SACRE D H	[16:01], Faceoff Sophie Lupone vs Tymmarie Grom won by POST.
1-1	PP SACRE D H	[16:01] Julia Wysocki (POST) penalty complete.
1-1	PP SACRE D H	Shot by SACRED H Kelly Solak BLOCKED by Tymmarie Grom.
1-1	PP SACRE D H	[16:01] End power play for SACRED H.
1-1		[16:57], Shot by SACRED H Kelly Solak MISSED, save Grace Glasrud.
1-1		[16:57], Faceoff Sydney Antonakis vs Catherine Proulx won by POST.
1-1		[17:41] Penalty on Holly Kubichek POST 2 minutes for TRIPPING, (power play opp).
1-1		[18:11], Shot by SACRED H Kelly Solak MISSED, save Grace Glasrud.
1-1		[18:21], Shot by SACRED H Julianna Koman WIDE.
1-1		Shot by SACRED H Julianna Koman BLOCKED by Kiersten Browning.
1-1		[19:41], Shot by SACRED H Nicole Guidi MISSED, save Grace Glasrud.
1-1		[19:41] Holly Kubichek (POST) penalty complete.
1-1		[19:51], Shot by SACRED H Katie Keenan MISSED, save Grace Glasrud.
1-1		[19:51], Faceoff Delani Mackay vs Alexandra Bednar won by SACRED H.
1-1		[20:00], Shot by SACRED H Paige McNeil MISSED, save Grace Glasrud.
1-1	PP SACRE D H	[20:00] Start power play for SACRED H.
1-1	PP SACRE D H	[20:00] End power play for SACRED H.
1-1		End of period [20:00].
Period #3 Plays		
1-1		Start of 3rd period [00:00].
1-1		[-23:-50] Madison Turley (POST) penalty complete.
1-1	PP POST	[-23:-50] End power play.
1-1		[00:00], Faceoff Delani Mackay vs Tristan Currie won by SACRED H.
1-1		[00:29], Shot by SACRED H Paige McNeil MISSED, save Grace Glasrud.

1-1		[01:05], Shot by POST Sheridan Terrazzano MISSED, save Molly Elmore.
1-1		[01:09], Shot by POST Presleigh Geisbrecht WIDE.
1-1		[02:21], Shot by SACRED H Olivia Laroche WIDE.
1-1		[03:03], Shot by SACRED H Sophie Lupone MISSED, save Grace Glasrud.
1-1		[03:11], Shot by SACRED H Katie Keenan WIDE.
1-1		[03:37], Shot by POST Tristan Currie WIDE.
1-1		Shot by POST Julia Wysocki BLOCKED by Kelly Solak.
1-1		[04:07], Shot by POST Tristan Currie WIDE.
1-1		[04:38], Shot by POST Julia Wysocki MISSED, save Molly Elmore.
1-1		[05:11], Shot by POST Sheridan Terrazzano WIDE.
1-1		[05:23] Penalty on Rachel DeLong SACRED H 2 minutes for TRIPPING, (power play opp).
1-1		[05:23] Start power play for POST.
1-1		[05:23], Faceoff Delani Mackay vs Julia Wysocki won by SACRED H.
1-1		[05:33], Shot by POST Angeline Pitter MISSED, save Molly Elmore.
1-1		[05:33], Faceoff Delani Mackay vs Julia Wysocki won by POST.
1-1		[06:06], Shot by POST Tristan Currie MISSED, save Molly Elmore.
1-1		[06:06], Faceoff Sophie Lupone vs Catherine Proulx won by POST.
1-1		[06:24], Shot by POST Jenna Abeyta WIDE.
1-1		[07:04], Shot by POST C. Van den oetelaar MISSED, save Molly Elmore.
1-1		[07:23] Rachel DeLong (SACRED H) penalty complete.
1-1	PP	
1-1	POST	[07:23] End power play for POST.
1-1		[07:24], Shot by POST Sheridan Terrazzano MISSED, save Molly Elmore.
1-1		[07:24], Faceoff Sydney Antonakis vs Tristan Currie won by SACRED H.
1-1		[07:34], Shot by SACRED H Kailey Smith MISSED, save Grace Glasrud.
1-1		[07:34], Faceoff Sydney Antonakis vs Tristan Currie won by SACRED H.
1-1		[08:14], Shot by SACRED H Sydney Antonakis MISSED, save Grace Glasrud.
1-1		[08:14], Faceoff Delani Mackay vs Alexandria Bednar won by SACRED H.
1-1		[08:30], Shot by SACRED H Delani Mackay MISSED, save Grace Glasrud.
1-1		[08:49], Shot by POST Sajel Desai MISSED, save Molly Elmore.
1-1		[08:49], Faceoff Sydney Antonakis vs Catherine Proulx won by SACRED H.
1-1		[09:42], Shot by SACRED H Kelly Solak MISSED, save Grace Glasrud.
1-1		[09:51], Faceoff Sophie Lupone vs Catherine Proulx won by POST.
1-1		[10:17], Shot by SACRED H Olivia Laroche WIDE.
1-1		[11:03], Faceoff Delani Mackay vs Alexandria Bednar won by SACRED H.
1-1		[11:35], Faceoff Sydney Antonakis vs Catherine Proulx won by POST.
1-1		Shot by SACRED H Kailey Smith BLOCKED by Tymmarie Grom.
1-1		[12:28], Shot by POST Sheridan Terrazzano MISSED, save Molly Elmore.
1-1		[12:38], Shot by SACRED H Nicole Bessinger WIDE.
1-1		[13:10], Faceoff Sophie Lupone vs Alexandria Bednar won by POST.
1-1		[13:10], Shot by SACRED H Nicole Guidi MISSED, save Grace Glasrud.
1-1		[13:31], Faceoff Delani Mackay vs Alexandria Bednar won by SACRED H.
1-1		Shot by SACRED H Olivia Laroche BLOCKED by Alexandria Bednar.
1-1		[14:20], Shot by SACRED H Nicole Guidi MISSED, save Grace Glasrud.
1-1		Shot by SACRED H Olivia Laroche BLOCKED by Alexandria Bednar.
1-1		[15:40], Shot by SACRED H Kelly Solak WIDE.
1-1		Shot by SACRED H Sydney Antonakis BLOCKED by Sajel Desai.
1-1		[15:54], Shot by SACRED H Sydney Antonakis MISSED, save Grace Glasrud.
1-1		[16:47] GOAL by SACRED H Sophie Lupone, Assist by Olivia Laroche, On ice for SACRED H: Sophie Lupone; Cassandra Nevers; Olivia Laroche; Julianna Koman; Rachel DeLong, On ice for POST: Tristan Currie; Hannah Luckman; Jenna Abeyta; Julia Wysocki; Angeline Pitter, goal number 1 for season.
Sacred Heart 2, Post 1		
2-1		[16:47], Faceoff Delani Mackay vs Alexandria Bednar won by SACRED H.
		[17:07] GOAL by SACRED H Paige McNeil, On ice for SACRED H: Nicole Guidi; Kelly Solak; Katie Keenan; Delani Mackay; Paige McNeil, On ice for POST: Alexandria Bednar; Kiersten Browning; Taylor Holm; C. Van den oetelaar; Angeline Pitter, goal number 1 for season.
2-1		
Sacred Heart 3, Post 1		
3-1		[17:07], Faceoff Delani Mackay vs Catherine Proulx won by POST.
3-1		[18:20], Shot by POST Presleigh Geisbrecht WIDE.
3-1		[18:54], Faceoff Sydney Antonakis vs Alexandria Bednar won by SACRED H.
3-1		End of period [20:00].