

Guelph () -vs- Waterloo ()
1/17/2026 at Waterloo

Date: 1/17/2026
Start: 4:02PM
Time: 1:55
Attendance: 0
Location: Waterloo

| Goals By Period | 1 | 2 | 3 | Total |
|-----------------|---|---|---|----------|
| Guelph | 0 | 1 | 0 | 1 |
| Waterloo | 0 | 1 | 3 | 4 |

GUE: Katherine Heard (1)
WAT: Keiara Raitt (2); Nikki McDonald (1); Tatum James (1)

Scoring Summary

| Period | Time | Team | Scored By | Assisted By | Type | GUE | WAT |
|--------|-------|------|-----------------|--|------|-----|-----|
| 2nd | 9:54 | GUE | Katherine Heard | Maeve Sutherland-Case, Arielle MacDonald | PP | 1 | 0 |
| 2nd | 19:53 | WAT | Tatum James | Nikki McDonald, Carly Orth | PP | 1 | 1 |
| 3rd | 11:23 | WAT | Keiara Raitt | Carly Orth, Erika Porter | EV | 1 | 2 |
| 3rd | 16:43 | WAT | Nikki McDonald | Gracey Smith, Katina Duscio | EV | 1 | 3 |
| 3rd | 19:56 | WAT | Keiara Raitt | Carly Orth, Erika Porter | EN | 1 | 4 |

Guelph Power Plays

| Prd | Start | End | Elapsed | Shots | Opp-Shots | PPG |
|-----|-------|-------|--------------|----------|-----------|------------|
| 1st | 14:54 | 15:28 | 00:34 | 0 | 0 | -- |
| 2nd | 07:43 | 09:54 | 02:11 | 1 | 0 | PPG |
| 2nd | 08:58 | 15:14 | 26:16 | 0 | 2 | -- |
| | | | 29:01 | 1 | 2 | 1/3 |

Waterloo Power Plays

| Prd | Start | End | Elapsed | Shots | Opp-Shots | PPG |
|-----|-------|-------|--------------|----------|-----------|------------|
| 1st | 08:04 | 10:04 | 02:00 | 0 | 0 | -- |
| 1st | 16:54 | 17:28 | 00:34 | 0 | 0 | -- |
| 2nd | 10:06 | 12:06 | 02:00 | 0 | 0 | -- |
| 2nd | 12:38 | 14:38 | 02:00 | 0 | 0 | -- |
| 2nd | 16:14 | | 03:46 | 1 | 0 | PPG |
| | | | 10:20 | 1 | 0 | 1/5 |

Penalty Summary

| Period | Team | Player | MIN | Offense | Type | Time | PP |
|--------|------|-----------------------|-------|--------------|-------|-------|----|
| 1st | GUE | Avery Robinson | 02:00 | TRIPPING | MINOR | 8:04 | PP |
| 1st | GUE | Alexie Olivier | 02:00 | ROUGHING | MINOR | 9:47 | |
| 1st | WAT | Carly Orth | 02:00 | INTERFERENCE | MINOR | 9:47 | |
| 1st | WAT | Tia Lascelle | 02:00 | TRIPPING | MINOR | 14:54 | PP |
| 1st | GUE | Maeve Sutherland-Case | 02:00 | CHARGING | MINOR | 15:28 | PP |
| 2nd | WAT | Erika Porter | 02:00 | TRIPPING | MINOR | 7:43 | PP |
| 2nd | WAT | Keiara Raitt | 02:00 | BOARDING | MINOR | 8:58 | PP |
| 2nd | GUE | Deija Houston | 02:00 | HEAD CONTACT | MINOR | 10:06 | PP |
| 2nd | GUE | Olivia Knuff | 02:00 | TRIPPING | MINOR | 12:38 | PP |
| 2nd | GUE | Katie Dance | 02:00 | HEAD CONTACT | MINOR | 16:14 | PP |
| 2nd | GUE | Katie Dance | 02:00 | HEAD CONTACT | MINOR | 18:14 | PP |
| 3rd | WAT | Teagan Gray | 02:00 | HOOKING | MINOR | 13:14 | PP |

Individual

Guelph 1

| Pos | # | Player | G | A | 1 | 2 | 3 | Total | +/- | FO | Pen | BLK |
|---------------|-----------------------|--------|----------|----------|----------|----------|----------|----------|----------|------------|-------------|----------|
| 1 | Sophie Helfenstein | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 3 | Deija Houston | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | 1-2 | 0 |
| 6 | Maeve Sutherland-Case | | 0 | 1 | 0 | 0 | 0 | 0 | 0 | - | 1-2 | 0 |
| 8 | Michelle Gao | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 9 | Myriam Parnell | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 10 | Avery Robinson | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | 1-2 | 0 |
| 11 | Brielle Caruso | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 12 | Olivia Knuff | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | 1-2 | 0 |
| 13 | Reese Coffey | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 14 | Arielle MacDonald | | 0 | 1 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 15 | Maddie Min | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 16 | Jayden Calder | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 19 | Sarah Callaghan | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 20 | Kaitlyn McKenna | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 22 | Alexie Olivier | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | 1-2 | 0 |
| 23 | Katie Dance | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | 2-4 | 0 |
| 25 | Teghan MacRae | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 29 | Katherine Heard | | 1 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 31 | Alysse Wilkinson | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 92 | Jessica Teskey | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| Totals | | | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0-0 | 7-14 | 0 |

Waterloo 4

| Pos | # | Player | G | A | 1 | 2 | 3 | Total | +/- | FO | Pen | BLK |
|---------------|-----------------|--------|----------|----------|----------|----------|----------|----------|----------|------------|-------------|----------|
| 2 | Brodi Levitt | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 3 | Ashlyn Kroes | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 5 | Sarah Hirst | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 6 | Erika Porter | | 0 | 2 | 0 | 0 | 0 | 0 | 0 | - | 1-2 | 0 |
| 8 | Emma Thornton | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 12 | Andrea Murray | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 14 | Teagan Gray | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | 1-2 | 0 |
| 16 | Carly Orth | | 0 | 3 | 0 | 0 | 0 | 0 | 0 | - | 1-2 | 0 |
| 19 | Katina Duscio | | 0 | 1 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 22 | Sarah Bestic | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 23 | Keiara Raitt | | 2 | 0 | 0 | 0 | 0 | 0 | 0 | - | 1-2 | 0 |
| 25 | Faith Mitchell | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 27 | Nikki McDonald | | 1 | 1 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 28 | Tia Lascelle | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | 1-2 | 0 |
| 29 | Lauryn Busseri | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 33 | Kara Mark | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 42 | Lyndsy Acheson | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 56 | Brooke Williams | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 77 | Gracey Smith | | 0 | 1 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| 88 | Tatum James | | 1 | 0 | 0 | 0 | 0 | 0 | 0 | - | - | 0 |
| Totals | | | 4 | 8 | 0 | 0 | 0 | 0 | 0 | 0-0 | 5-10 | 0 |

Guelph Goalkeeping

Guelph Goalkeeping

| # | Player | De c | Mins | GA | EN | 1 | 2 | 3 | Total | | |
|---------------|--------------------|------|-------|----|----|----------|----------|----------|-----------|-----------|-----------|
| 1 | Sophie Helfenstein | L | 58:21 | 3 | 0 | 6 | 10 | 14 | 30 | | |
| 31 | Alysse Wilkinson | | 0:00 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| Totals | | | | | | 3 | 0 | 6 | 10 | 14 | 30 |

Waterloo Goalkeeping

Waterloo Goalkeeping

| # | Player | De c | Mins | GA | EN | 1 | 2 | 3 | Total | | |
|---------------|----------------|------|-------|----|----|----------|----------|-----------|-----------|----------|-----------|
| 29 | Lauryn Busseri | W | 20:00 | 0 | 0 | 6 | 0 | 0 | 6 | | |
| 33 | Kara Mark | | 40:00 | 1 | 0 | 10 | 12 | 0 | 22 | | |
| Totals | | | | | | 1 | 0 | 16 | 12 | 0 | 28 |

Guelph Faceoffs

Waterloo Faceoffs

No data to report.

No data to report.

Play By Play

Score PP Play

Period #1 Plays

0-0 [08:04] Penalty on Avery Robinson GUE 2 minutes for TRIPPING, (power play opp).
0-0 PP WAT [08:04] Start power play for WAT.
0-0 [09:47] Penalty on Alexie Olivier GUE 2 minutes for ROUGHING.
0-0 [09:47] Penalty on Carly Orth WAT 2 minutes for INTERFERENCE.
0-0 PP GUE [10:04] Avery Robinson (GUE) penalty complete.
0-0 PP GUE [10:04] End power play for WAT.
0-0 [13:17] Alexie Olivier (GUE) penalty complete.
0-0 [13:17] Carly Orth (WAT) penalty complete.
0-0 [14:54] Penalty on Tia Lascelle WAT 2 minutes for TRIPPING, (power play opp).
0-0 PP GUE [14:54] Start power play for GUE.
0-0 [15:28] Penalty on Maeve Sutherland-Case GUE 2 minutes for CHARGING, (power play opp).
0-0 PP GUE [15:28] End power play for GUE.
0-0 PP GUE [16:54] Tia Lascelle (WAT) penalty complete.
0-0 PP GUE [16:54] Start power play for WAT.
0-0 PP GUE [17:28] Maeve Sutherland-Case (GUE) penalty complete.
0-0 PP GUE [17:28] End power play for WAT.

Period #2 Plays

0-0 [07:43] Penalty on Erika Porter WAT 2 minutes for TRIPPING, (power play opp).
0-0 PP GUE [07:43] Start power play for GUE.
0-0 [08:58] Penalty on Keiara Raitt WAT 2 minutes for BOARDING, (power play opp).
0-0 PP GUE [08:58] Start power play for GUE.
0-0 PP GUE [09:43] Erika Porter (WAT) penalty complete.
[09:54] GOAL by GUE Katherine Heard (POWER PLAY) (FIRST GOAL), Assist by Maeve Sutherland-Case and Arielle MacDonald, On ice for GUE: , On ice for WAT: , goal number 4 for season.

Guelph 1, Waterloo 0

PP
1-0 WAT [09:54] Keiara Raitt (WAT) penalty complete.
PP
1-0 WAT [09:54] End power play for GUE.
1-0 [10:06] Penalty on Deija Houston GUE 2 minutes for HEAD CONTACT, (power play opp).
PP
1-0 WAT [10:06] Start power play for WAT.
PP
1-0 WAT [12:06] Deija Houston (GUE) penalty complete.
PP
1-0 WAT [12:06] End power play for WAT.
1-0 [12:38] Penalty on Olivia Knuff GUE 2 minutes for TRIPPING, (power play opp).
PP
1-0 WAT [12:38] Start power play for WAT.
PP
1-0 WAT [14:38] Olivia Knuff (GUE) penalty complete.
PP
1-0 WAT [14:38] End power play for WAT.
1-0 [16:14] Penalty on Katie Dance GUE 2 minutes for HEAD CONTACT, (power play opp).
PP
1-0 WAT [16:14] Start power play for WAT.
1-0 [18:14] Penalty on Katie Dance GUE 2 minutes for HEAD CONTACT, (power play opp).
PP
1-0 WAT [18:14] Start power play for WAT.
[19:53] GOAL by WAT Tatum James (POWER PLAY), Assist by Nikki McDonald and Carly Orth, On ice for WAT: , On ice for GUE: , goal number 5 for season.

Guelph 1, Waterloo 1

1-1 PP GUE [19:53] Katie Dance (GUE) penalty complete.

Period #3 Plays

1-1 PP GUE [] Katie Dance (GUE) penalty complete.
1-1 PP GUE [] End power play for WAT.
[11:23] GOAL by WAT Keiara Raitt, Assist by Carly Orth and Erika Porter, On ice for WAT: , On ice for GUE: , goal number 8 for season.

Guelph 1, Waterloo 2

1-2 [13:14] Penalty on Teagan Gray WAT 2 minutes for HOOKING, (power play opp).

1-2 PP GUE [13:14] Start power play for GUE.

1-2 PP GUE [15:14] Teagan Gray (WAT) penalty complete.

1-2 PP GUE [15:14] End power play for GUE.

1-2 [16:43] GOAL by WAT Nikki McDonald, Assist by Gracey Smith and Katina Duscio, On ice for WAT: , On ice for GUE: , goal number 4 for season.

Guelph 1, Waterloo 3

1-3 [19:56] GOAL by WAT Keiara Raitt EMPTY NET GOAL, Assist by Carly Orth and Erika Porter, On ice for WAT: , On ice for GUE: , goal number 9 for season.

Guelph 1, Waterloo 4