

2022
2023



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2022-2023 **MEDIA GUIDE**

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2022
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2022-23 GIRLS HOCKEY SCHEDULE

NOVEMBER

GAME	DATE	TEAM	HOME /AWAY	TIME
1	10-Nov	Chaska Chanhassen	Chaska Community Center	5pm 7pm
2	12-Nov	Simley	Simley	5:30pm 7pm
3	17-Nov	White Bear Lake	Morrison Ice Arena	5:15pm 7pm
4	19-Nov	Warroad	Warroad Gardens	Noon 2pm
5	22-Nov	New Prague	New Prague Community Center	5:15pm 7pm
6	26-Nov	Cloquet	Morrison Ice Arena	11:15am 1pm

DECEMBER

GAME	DATE	TEAM	HOME /AWAY	TIME
7	1-Dec	Chisago Lakes	Morrison Ice Arena	5:15pm 7pm
8	3-Dec	North Wright County	Morrison Ice Arena	11:15am 1pm
9	10-Dec	Proctor Hermantown	Morrison Ice Arena	11:15am 1pm
10	15-Dec	Holy Angels	Richfield Ice Arena	5:15pm 7pm
11	16-Dec	Gentry Academy	Vadnais Sport Center	5pm 7pm
12	17-Dec	Waconia	Morrison Ice Arena	Noon 2pm
13	19-Dec	Minneapolis	Morrison Ice Arena	5:15pm 7pm
14	21-Dec	Mound Westonka	Thaler Arena	5:15pm 7pm
15	30-Dec	Alexandria	Alexandria Runestone Community Center	1pm 3pm

JANUARY

GAME	DATE	TEAM	HOME /AWAY	TIME
16	6-Jan	South St. Paul	Doug Woog Arena	5pm 7pm
17	7-Jan	Northfield	Northfield High School	noon 2pm
18	10-Jan	Benilde St. Margaret's	Morrison Ice Arena	5:15pm 7pm
19	12-Jan	Bloomington Jefferson	Bloomington Ice Garden	5pm 7pm
20	14-Jan	Chaska Chanhassen	Morrison Ice Arena	11:15am 1pm
21	21-Jan	Blake	Blake Ice Arena	11:30am 2pm
22	26-Jan	Minneapolis	Parade Ice Garden	5pm 7pm
23	28-Jan	New Prague	Morrison Ice Arena	11:15am 1pm

FEBRUARY

GAME	DATE	TEAM	HOME /AWAY	TIME
24	2-Feb	Holy Family	Victoria Ice Arena	5pm 7pm
25	4-Feb	Bloomington Jefferson	Morrison Ice Arena	1pm 3pm

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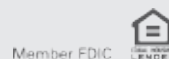
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ORONO GIRLS HOCKEY

ABOUT US

In 1994, the Minnesota State High School League (MSHSL) became the first state to sanction girls' high school hockey. The MSHSL hosted their first ever Girls' State High School Hockey Tournament with 454 participants from 35 different schools. In 1996, Kevin Dulin and Keith Radloff led the proposal and justification for a girls' high school hockey program in our community. At that time, both Dulin and Radloff had daughters in the high school age group who had played on the initial youth teams formed in the community and together they provided the leadership to grow the game providing high school female athletes a winter sports opportunity in the game we all love.

The school districts' approved the co-op team with the Mound-Westonka High School during the 1996-1997 season and the Orono Mound-Westonka (OMW) team was formed. Pat Furlong from Mound Westonka and Keith Radloff from Orono were the first coaches for this team. The OMW team practiced and played games at the Harold J. Pond Sports Center in Mound until construction on the Orono Ice Arena was completed in 1997, after that practices and games were alternated between both sites.

During the inaugural 1996-1997 season, there was only one class for girls' hockey in the Minnesota State High School League. OMW was placed in a section with Blaine, North Wright County and a few other teams. The OMW team was the Metro Alliance Conference Champions during the first two years out of the three years they were in existence.

As excitement grew for girls' hockey programs and opportunities for girls' athletic programs multiplied, the co-op with Mound-Westonka split in the 2000-2001 season to offer more female athletes in our community opportunities to play a winter team sport. Coach Radloff was recruited to the Girls High School program for the Blake School and Coach Furlong led the now separate Orono Girls High School Hockey team (OGH). During the years following the split of Orono Mound-Westonka Girls Hockey, there were several different high school coaches at Orono, including, Craig Sarner, Ashley Albrecht, and Kevin Armstrong. In 2011 Orono High School welcomed Coach Radloff back into their program as head coach of OGH.

From 2011-2017 Orono Girls Hockey was led by Keith Radloff and Steve Persian. In 2017-2018 Coach Persian and Coach Radloff led OGH further than ever before to the Section Championship game. OGH took 2nd place in sections losing the Section 5A Championship game in a well fought game vs Breck. Breck became the eventual Class A Minnesota State Championship team.

From 2018-Present Orono Girls Hockey has been led by Sean Fish. In 2019-2020 Coach Fish led OGH to a 17-10-1 record and their second Section Championship game. We lost to Breck once again and took 2nd place in section 5A. Breck went on to win their third straight Class A state title. Coach Fish earned Section 5A Coach of the Year. The 2020-2021 season was another great year, finishing with a record of 13-6-1 and played in the Section Championship game for the second consecutive year, falling to Chisago Lakes in overtime.

Orono Girls High School Hockey enters the 2022-2023 season in section 5A. The Metro West Conference is made up of eight teams, Benilde-St. Margaret's, Bloomington Jefferson, Chaska/Chanhasen, Holy Angels, Minneapolis, Orono, New Prague and Waconia.

The OGH program believes in its strength by unity, leadership and character. We are proud of the educational philosophy provided by Orono High School, which is the foundation for the program, the organizational structure, and the existence of all extra-curricular activities for our students. Girls hockey helps students realize their maximum potential for physical, social and emotional growth. It is a goal of the Orono High School Athletic department to promote success and growth while always respecting others.

- We believe that interscholastic athletic competition should be an integral part of the total school program and serve as a reflection of the needs of students and the school community.
- We believe participants can be taught to win in a gracious manner and accept defeat in the same fashion.
- We believe participants can find purpose in their school work and carry that purpose forward in their lives as a result of a sound athletic and activity programs in the schools.
- We believe athletic competition provides real value for the student body and school community.
- We believe in a sound athletic department based on a sound philosophy can improve school and community morale and become a positive outlet for energy and enthusiasm.
- We believe the welfare of the individual is always the primary concern. The competition exists for the student-athlete. The student-athlete does not exist for the game.
- We believe the community should realize that control of, and responsibility for high school athletics rests entirely with the administration of Orono High School and the Orono School District.

Expectations are high for the Orono Girls Hockey team after a Section Championship and 3rd place finish at the Class A State Tournament in 2022. However, after graduating three of the team's leading scorers, several players will be needed to replace last season's impressive offensive outburst of nearly 5.5 goals per game. The team will return one of the state's top goalies and the entire defensive core. The Orono Girls Hockey community continues to grow, and this season's team will benefit from the number of players committed to improving. In addition, our team welcomes Coach Larry Olimb to assist the group in reaching its goals. Larry is a previous "Mr. Hockey" award winner and former University of Minnesota Golden Gopher hockey player and has coached Youth and High School hockey. We hope to see all our fans at the games as it is anticipated to be an exciting and entertaining season.

ORONO GIRLS HOCKEY

HOCKEY AWARDS

Orono Girls High School Hockey and their leadership throughout the years proudly celebrate their accomplishments awarded by the Minnesota State High School League and the Minnesota Girls Hockey Coaches Association. Since 2003, the Minnesota Girls Hockey Coaches Association (MGHCA) has tracked awards for girls' hockey, including multiple OGH player and OGH coach awards:

2022 Section Champions 2022 3rd Place in the State Hockey Tournament (see pg.

JV

Offensive MVP: Hannah Jones

Defensive MVP: Anika Fortin

Team MVP: Dylan Collins

Rookie of the Year: Dylan Collins

Spartan Award: Taylor Effertz

Most Improved: Sydney Steiner

VARSITY

Offensive MVP: Iyla Ryskamp

Defensive MVP: Mae Grandy
and Alex Paulsen

Team MVP: Iyla Ryskamp

Rookie of the Year: Maddy Kimbrel

Spartan Award: Mia Lopez

Most Improved: Macy Rasmussen

2021-2022 All-Conference Award and All-Conference Honorable Mention

All Conference: Iyla Ryskamp, Kailey Niccum,
Zoe Lopez, Allie Pleimann

Honorable Mention: Celia Dahl, Alex Paulsen

Academic All-State Awards (GPAs of 3.8 cumulative or above as a Senior)

Allison Arne (2002)

Sarah Stieve (2003)

Lucia Massopust (2003)

Shannon Gilbertson (2003)

Jessica Sawicki (2004)

Susan Engrebretson (2006)

Alyssa Flemmer (2008)

Eden Schultz (2017)

Anna Alworth (2019)

Jillian Cook (2021)

Iyla Ryskamp (2022)

Kailey Niccum (2022)

2021-2022 All-State Team and Honorable Mention

All State: Iyla Ryskamp, Celia Dahl

Honorable Mention: Allie Pleimann, Zoe Lopez

Hobey Baker High School Character Award

Awarded to several OGH players for exemplifying sportsmanship and character of Hobey Baker: Integrity, coachability, selflessness, and citizenship.

Maddie Ross (2015)

Anne Marie Ross (2016)

Eden Schultz (2017)

Sarah Gustafson (2019)

Sydney Decubellis (2020)

Jillian Cook (2021)

Kailey Niccum (2022)

Herb Brooks Award

The Herb Brooks Award is given to the most qualified hockey player in the state tournament who strongly represents the values, characteristics, and traits that defined Herb Brooks.

Iyla Ryskamp (2022)

2022 Ms. Hockey Semifinalist

Iyla Ryskamp (2022)

LPH Top-Ten Senior Goalie of the Year

Presented to the top senior girls' high school hockey goaltender in the state, based on the following criteria: academics, community/extra-curricular activities, citizenship, coachability and, of course, on-ice performance.

Casey Hartfield (2013)



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GO SPARTANS!

2022 Section Champions

2022 3rd Place in the

State Hockey Tournament

The 2021-22 season marked the first time the Orono Spartan Girls Hockey Team made it to the State Tournament in school history.

We asked the girls to give “**one word**” to describe their experience from last season.

Exhilarating Celebrating after the Section victory against Holy Angels in front of a home crowd gave the entire arena a jolt of energy.

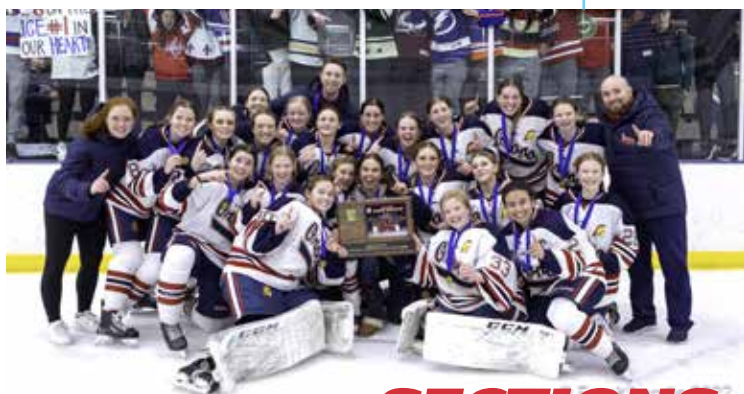
Epic Understanding that the team had lost in the Section Final in 3 of the last 4 years added a little more drama to the story.

Memorable Spending three days and nights in glorious downtown St. Paul with your teammates will leave that impression.

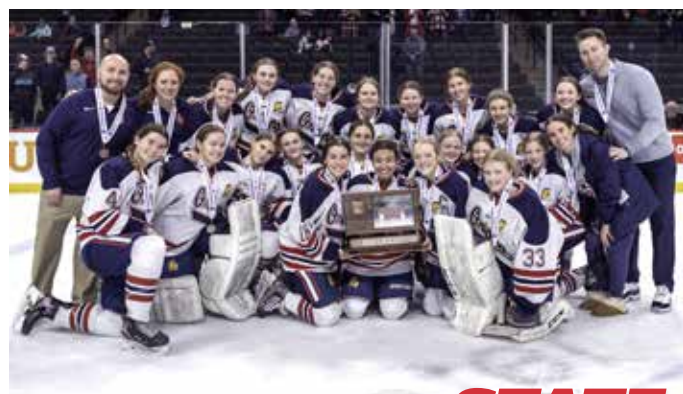
Exciting Having the semi-final game televised to the entire state was quite a thrill.

Surreal Skating out in the Xcel Energy Center. Seeing your face on the big screen. Having the entire section of an NHL arena cheering for you. I can understand the feeling.

Out of this World Well, perhaps the experience was so exhilarating, epic, memorable, exciting, and surreal, that “one word” just isn’t enough to describe it.



SECTIONS



STATE



2021
2022

Congratulations, girls!

Let's hope that last year was one of many to come in the future.



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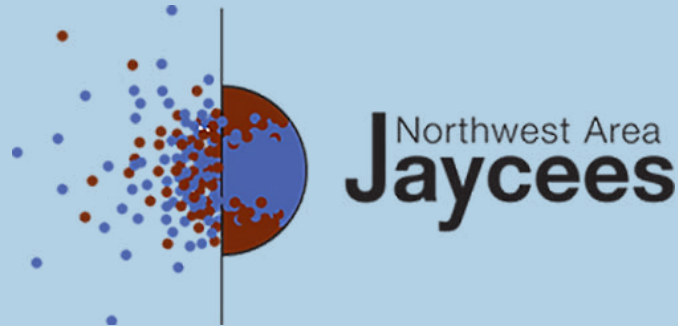
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GIRLS HOCKEY ROSTER

#	PLAYER	POSITION	YEAR
1	Maddison Forsyth	Goalie	Sophomore
2	Taylor Effertz	Defense	Senior
4	Mae Grandy	Defense + Captain	Senior
5	Jaid Schultz	Defense	Sophomore
6	Amellia Lang	F/D	Freshman
7	Bridget Kringen	Forward	Senior
8	Anika Fortin	Forward	Sophomore
9	Alex Christian	Forward	8th Grade
10	Zoe Lopez	Forward	Sophomore
11	Maddy Kimbrel	Forward	Freshman
12	Kali Schmidt	Forward	Sophomore
13	Molly Haeger	Defense	Freshman
14	Anna Rausch	Forward	Sophomore
15	Alex Paulsen	Defense	Sophomore
16	Josie Raiche	Forward	Senior
17	Lauren Elam	Defense	Freshman
18	Maddy Kullberg	Forward	Sophomore
20	Grace Bickett	Defense + Captain	Junior
21	Gianna Parrish	Forward	Freshman
22	Brooke Rose	Defense	Junior
23	Macy Rasmussen	Forward	Sophomore
24	Este Ryskamp	Defense	Sophomore
25	Alexa Niccum	Forward	Junior
26	Hannah Jones	Forward	Freshman
27	Danielle Pearson	Forward	Junior
28	Allie Pleimann	Forward + Asst. Captain	Junior
30	Celia Dahl	Goalie + Asst. Captain	Senior
31	Makayla Zimba	F/D	Freshman
32	Emilia Carpenter	Forward	Freshman
34	Quinn Brassington	Forward	Freshman
36	Nia Gilgenbach	Forward	Sophomore
37	Emma Claire Kadue	Forward	Freshman
38	Dylan Collins	Forward	Freshman

COACHES

HC Larry Olimb
AC Claire Bjerke
GC Amanda Leveille

JV Mackenzie Skatter
AJV Hannah Williams

MANAGERS

Kamden Mauer
Rylea Denneson
Natalie Close
Lauren Steiner

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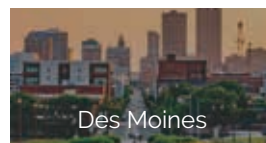



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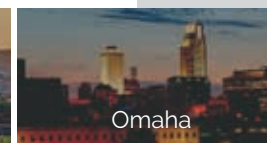
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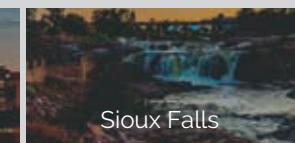
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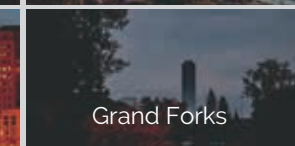
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Orono Girls Hockey



Photo Site

Frank Landis
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2022-23 ORONO GIRLS HOCKEY



GO SPARTANS! GO SPARTANS!

FRONT ROW: Macy Rasmussen, Zoe Lopez, Alexa Niccum, Bridget Kringen, Josie Raiche, Grace Bickett, Maddie Forsyth, Celia Dahl, Mae Grandy, Allie Pleimann, Taylor Effertz, Brooke Rose, Alex Paulsen, Anika Fortin

SECOND ROW: Coach Williams, Coach Skatter, Molly Haeger, Anna Rausch, Nia Gilgenbach, Este Ryskamp, Jaid Schultz, Maddy Kullberg, Kali Schmidt, Alex Christian, Dylan Collins, Amellia Lang, Coach Bjerke, Coach Olimb

THIRD ROW: Lauren Steiner, Natalie Close, Emma Claire Kadue, Lauren Elam, Emi Carpenter, Danielle Pearson, Hannah Jones, Maddie Kimbrel, Gianna Parrish, Quinn Brassington, Makayla Zimba, Rylea Denneson, Kamden Mauer

WHY OGH IS IMPORTANT TO ME

SOUND OFF, SPARTANS!

SENIORS

OGH has been the best part of high school for me, and the best team that I have ever been a part of. Coming in as an 8th grader I was scared to be around girls that were so much older than me, but I immediately felt welcomed by the girls on the team and the community that supports us. The girls on this team and the atmosphere that they create truly is something special and I am so lucky to get to experience it year after year. Getting to play with the girls I enjoy being around and having fun while also being successful is such a cool thing to have and I am grateful that I get to be a part of it. I would not trade the time I've spent with my team for anything in the world. - **Celia Dahl #30**

OGH to me means family. I have never been a part of something so close knit. Being surrounded by some of my best friends while playing the sport we love, is an experience I won't encounter outside of this organization. I have been positively influenced from both my teammates and coaches over the past four years, and can't thank them enough. I love this program and hope in the seasons after me, each player can have the same experience that I've had. Thank you OGH! I love you!
- **Mae Grandy #4**

OGH is important to me, because of its community and my undeniable passion to play the sport. Nothing beats spending time with my wonderful teammates/girls on the ice.
- **Josie Raiche #16**

Hockey has never been something that I have been great at, or even something that I have particularly loved; until highschool hockey. OGH has showed me what it truly means to be part of a team both on the ice and off, it has given me some of my best friends, and it has taught me countless life lessons, and I wouldn't trade it for the world.
- **Bridget Kringen #7**

I put a lot of importance on hockey, not just because I play it but also because it's a lot of fun to be around OGH. Hockey, in my opinion, is all about teamwork and creating connections with your teammates. Every single one of the OGH girls can make you smile, and they are all incredibly kind and encouraging.
- **Taylor Effertz #2**

JUNIORS

OGH is important to me because we all form a deep friendship that lasts beyond OGH, we become a family and help each other grow not only in hockey but also outside. - **Alexa Niccum #25**

Hockey is a big part of my life. I have made some of my best memories in this sport and couldn't imagine not doing it. OGH is very important to me as it is my second family and has been the highlight of my high school experience. - **Grace Bickett #20**

Hockey has always been a super important part of my life; no matter what was going on I could always destress & find happiness at the rink. OGH is like a second family to me, & we all have so much fun together. The fact I get to do the thing I love with all these girls is such a blessing. - **Allie Pleimann #28**

Being a part of a family. - **Danielle Pearson #27**

Hockey really means a lot to me because of all the new people I meet and all the life lessons I learn in the process. OGH is important to me because we're all really close and it honestly feels like a family. - **Brooke Rose #22**

SOPHOMORES

Playing hockey means so much to me and has taught me so many important things applicable to life outside of hockey as well. OGH is very important to me because it is a challenging environment where I can show up every day and expect my teammates to challenge me and themselves. We all better ourselves and have a great bond off the ice that creates friendships for life.
- **Zoe Lopez #10**

Hockey means a lot to me, it is the sport I love, and a time where I get to spend time with the people I love. OGH is very important to me because it is like my second family, I don't know what I would do without my teammates in my life. - **Alex Paulsen #15**

Playing hockey is what I love to do the most. It's my "happy place". It's fun, competitive, and challenging, and will always have a piece of my heart. OGH is extremely important to me because this team is my family. We have so much fun together making memories that will last forever. We work hard, compete hard, and get business done! - **Macy Rasmussen #23**

OGH Mission Statement

OGH is committed to creating and maintaining an environment in which young women can thrive through adversity, independence, hard work and camaraderie.

Hockey has always been a way for me to forget about everything going on in my life. I can take my anger out and bond with teammates. - **Anna Rausch #14**

OGH and just hockey in general are important to me because hockey brings structure to my life, when things are constantly changing and are out of my control I can always walk in the rink and know what to expect. When I walk in to the rink, I can always count on being challenged but I know my teammates cheering me on through it. - **Este Ryskamp #24**

OGH is important to me because it's like a big family where everyone supports each other and we get to spend so much time and work hard with each other on and off the ice. - **Jaid Schultz #5**

OGH is important to me because it's like my second family. OGH to me means getting to do the thing I love most with the people I love, and creating friendships and memories that will last forever. I love our competitive and pushing each other to get better culture on the ice, but also our family like and supportive culture off the ice. - **Anika Fortin #8**

Playing hockey is important to me because it has let me make lifelong friendships and learn important life skills that will help me for the rest of my life. - **Maddison Forsyth #1**

Playing Hockey to me is more about the people you meet and the friends you make for the next couple years, you'll always have them by your side - **Nia Gilgenbach #36**

I'm excited to start a new beginning with OGH and be a part of a talented team who cares a lot about being a family. - **Kali Schmidt #12**

Playing hockey has brought so much joy to my life and I love representing orono by playing hockey for the school. OGH has brought many new friends into my life and has made me love the game of hockey even more than i already do. - **Maddy Kullberg #18**

FRESHMEN

Playing Hockey means everything to me, from simply just playing the game we all love to creating bonds and friendships with your teammates that will last a lifetime. OGH is important to me because we all love the game and come to the rink every day to work hard and get better. We all push ourselves and each other to be the best we can be every day. We also all hold each other accountable for the goals we set as a team and individually. And every day is a great day to play hockey. - **Maddy Kimbrel #11**

Playing hockey is so fun it is my favorite thing to do and playing with OGH is so different than any other team I have ever played with. We all care for each other and feel like one big family. - **Dylan Collins #38**

To me, hockey is a time to get to be with friends, make new friends, and play a sport you enjoy. OGH is important to me because I think it's a great community and everyone is very encouraging and fun to be with! - **Emma Clair Kadue #37**

For me, playing hockey is not about comparing my skill to others, and instead it's about getting better and seeing improvement in myself. - **Emi Carpenter #32**

OGH and hockey are important to me because I have made many friends and continue to make more while playing an awesome sport. OGH is like a second family and I love being a part of this team! - **Hannah Jones #26**

Hockey is very important to me because I love playing it and it's also it's a great way to make friends aswell. The community in hockey is very supportive and kinda to each other and it's just an awesome environment to be in and i hope i can improve my skills a lot soon. - **Gianna Parrish #21**

Hockey is something I get to do after school it's something I love and look forward to get batter at this year I'm very excited to be able to get a chance to play with these amazing players. - **Makayla Zimba #31**

OGH is important to me because it is a safe and friendly environment where I can play hockey and get better at my skills with still having fun and creating a community. The community around you is one of the most important parts of hockey so you can get better and love the sport. OGH is great at creating a fun community where you make lots of friends. - **Quinn Brassington #34**

Hockey is important to me because of the family it makes. As the season progresses you bond with your team and it becomes a bond I will forever be grateful for. - **Lauren Elam #17**

Playing hockey makes me happy. I look forward to getting to know my teammates and increasing my hockey skills this season. I am excited to be a part of this community. - **Molly Haeger #13**

It makes me happy, brings me serotonin. It's a feeling that I don't really get pursuing anything else. Even if I'm having an awful day, I am always excited and willing to play hockey. - **Amellia Lang #6**

8TH GRADE

Hockey has taken me so many places and allowed me to meet so many people. I love to compete with my friends. When I put my jersey on...I represent my school and also a community that strongly supports female athletes like me and my teammates. - **Alex Christian #9**

SENIORS

SENIORS
SENIORS



CAPTAINS



SENIORS
SENIORS



4

**MAE
GRANDY**Senior, Captain
Defense**If I wasn't playing hockey I would be...**Fat and Grumpy**My top bucket list wish is...**To live abroad**If I could play one sport in the Olympics it would be...**Badminton**My dream job is...**A mattress tester**Who inspires you?** Alex Paulsen

2

**TAYLOR
EFFERTZ**Senior, Captain
Forward**Nickname** T or Tay**If I wasn't playing hockey I would be...**Taking photos for yearbook and newspaper**Who inspires you?** My grandma because she's crazy and I love her**Words/Advice for younger players** Get bio freeze and take care of your knees**Most embarrassing song on your playlist** Sh-Boom by The Chords

30

**CELIA
DAHL**Senior, Asst. Captain
Goalie**Secret Talent** Always having something hurt**If I wasn't playing hockey I would be...**On top of my school work**Most embarrassing hockey moment/story** Forgetting about practice last year and almost making everyone skate because I was late**Words/Advice for younger players** Always triple check your locker so you don't forget anything.**Most embarrassing song on your playlist** Cotton Eyed Joe, although I think it's a Banger

7

**BRIDGET
KRINGEN**Senior
Forward**Nickname:** Bwidget**Secret Talent** Playing the guitar kind of**Words/Advice for younger players** If you're thinking about quitting, don't do it**Most embarrassing song on your playlist** Minecraftcito**Most embarrassing hockey moment/story** During captains practice, we were scrimmaging and some of the boys were on the glass watching and I had a breakaway and lost an edge and flew into the boards right in front of them.

16

**JOSIE
RAICHE**Senior
Forward**Secret Nickname** Jos and/or Pony**Secret Talent** Animal noises**3 words that describe you.** Extroverted, Empathetic, Leader**Most embarrassing song on your playlist:** Live and Let Die-Shrek soundtrack**What other sports do you play?** Tennis and Golf

JUNIORS





20

**GRACE
BICKETT***Junior, Captain
Defense***Secret Talent** I can read Alexa's mind**If I wasn't playing hockey I would be...** Shopping with my mom with my dad's money**Most embarrassing hockey moment/story** In 8th grade having my hockey helmet get stuck on a seniors from another team and people thought I was trying to fight her.**Words/Advice for younger players** Enjoy the small things and being apart of such a great team, it goes by fast.**What are you most proud of?** Allie's secret talent

25

**ALEXA
NICCUM***Junior
Forward***Secret Talent** I let Grace think she can read my mind**Who inspires you?** Kailey Niccum**Most embarrassing hockey moment/story** Forgetting my skate at the youth state tournament**Words/Advice for younger players** Have confidence in your own abilities and skills**Most embarrassing song on your playlist** Gary's Song by SpongeBob

28

**ALLIE
PLEIMANN***Junior, Asst. Captain
Defense***Nickname:** Big Al**Secret Talent** I don't have talent**Who inspires you?** My dad**Words/Advice for younger players** Always bring your best effort**Why I love OGH** Cause OGH is like a second family to me**What are you most proud of?** Alex Paulsen

27

**DANIELLE
PEARSON***Junior
Forward***Nickname:** Dani P**Secret Talent** Ripsticking skills**Most embarrassing hockey moment/story** I fell into a line while doing a drill and they fell on top of me**My top bucket list wish is...** Go to Dubai**Most embarrassing song on your playlist** Whoopy by CJ

22

**BROOKE
ROSE***Junior
Defense***Secret Talent** Baking cookies**If I wasn't playing hockey I would be...** Sleeping or doing homework**My top bucket list wish is...** Go skydiving**Words/Advice for younger players** Try your best but also have fun**Favorite subject in school** Marketing

SOPHOMORES





10

**ZOE
LOPEZ**Sophomore
Forward**Who inspires you?** The Mia Lopez**My top bucket list wish is...** Be a school mascot oh wait.... I already have been**Words/Advice for younger players** Nothing is permanent, work hard everyday for where you want to be and learn from your mistakes**Why I love OGH** I love OGH because of my wonderful teammates and coaches who challenge and develop my game

15

**ALEX
PAULSEN**Sophomore
Defense**Nickname:** AP**Who inspires you?** Mae Grandy**My top bucket list wish is...** Skydiving**What are you most proud of?** Macy Rasmussen**My dream job is...** Orthodontist

24

**ESTE
RYSKAMP**Sophomore
Defense**Nickname:** Este**Secret Talent** I'm a cat whisperer**Most embarrassing hockey moment/story:** After resurfacing after the second period vs BSM, I ate it and slid into the wall warming up.**Most embarrassing song on your playlist** Cotton eye joe and the fall of Jake Paul**If I could play one sport in the Olympics it would be...** Japanese Ice staircase race

23

**MACY
RASMUSSEN**Sophomore
Forward**If I wasn't playing hockey I would be...** Living in Colorado skiing in the mountains**Who inspires you?** My sister because she is super fun, kind, and always works hard.**Most embarrassing hockey moment/story** During a prospects game with college coaches watching I had a penalty shot and missed the puck on my stick skating towards the net for the shot.**My top bucket list wish is...** Trip to Paris and Greece**If I could play one sport in the Olympics it would be...** Hockey 100%



14

**ANNA
RAUSCH**

Sophomore
Forward

Nickname: Annabelle

Who inspires you? Herb Brooks

Most embarrassing song on your playlist Good morning USA from American dad

Life skills learned from playing hockey Have patience

My dream job is... Own my own real estate company



5

**JAID
SCHULTZ**

Sophomore
Defense

If I wasn't playing hockey I would be... Eating Chipotle

Who inspires you? Dylan Collins

Most embarrassing hockey moment/story The first time I ever played hockey I didn't know you couldn't step on the cement so I used to stand on the cement

My top bucket list wish is... to travel around the world



36

**NIA
GILGENBACH**

Sophomore
Defense

If I wasn't playing hockey I would be... Professional Netflix watcher

Most embarrassing hockey moment/story Falling during a breakaway at a State game.... More than once

My top bucket list wish is... Skydiving

3 words that describe you. Caring, loves pickles, Crocs

If I could play one sport in the Olympics it would be... Synchronized swimming



1

**ANIKA
FORTIN**

Sophomore
Forward

Nickname: Tin-tin

Who inspires you? Mae Grandy most definitely

Most embarrassing hockey moment/story During my freshman year of captains practice we were scrimmaging and I was really nervous, so when Grace was on a breakaway I stole the puck from her (she was on my team), and some of the people on my teams bench were telling me to get off the ice

3 words that describe you. Competitive, adventurous, team mom

Why I love OGH My teammates, family-like culture, best and funniest memories ever, game days, competitiveness, the sport



1

**MADDISON
FORSYTH**

Sophomore
Goalie

Nickname Mads

Who inspires you? Alexandra Paulsen

Most embarrassing hockey moment/story When I forgot my goalie skates and had to wear skater skates

Words/Advice for younger players Always give 100% because it will pay off

If I could play one sport in the Olympics it would be...
Figure skating



12

**KALI
SCHMIDT**

Sophomore
Forward

My top bucket list wish is... Sky diving

Why I love OGH I love OGH because they all were very welcoming when I moved here and they all treat everyone with respect and everyone is family here.

If I could play one sport in the Olympics it would be...
Hockey

What other sports do you play? I play Lacrosse and Soccer

My dream job is... Chiropractic or Physical Therapist



18

**MADDY
KULLBERG**

Sophomore
Defense

If I wasn't playing hockey I would be... Managing hockey

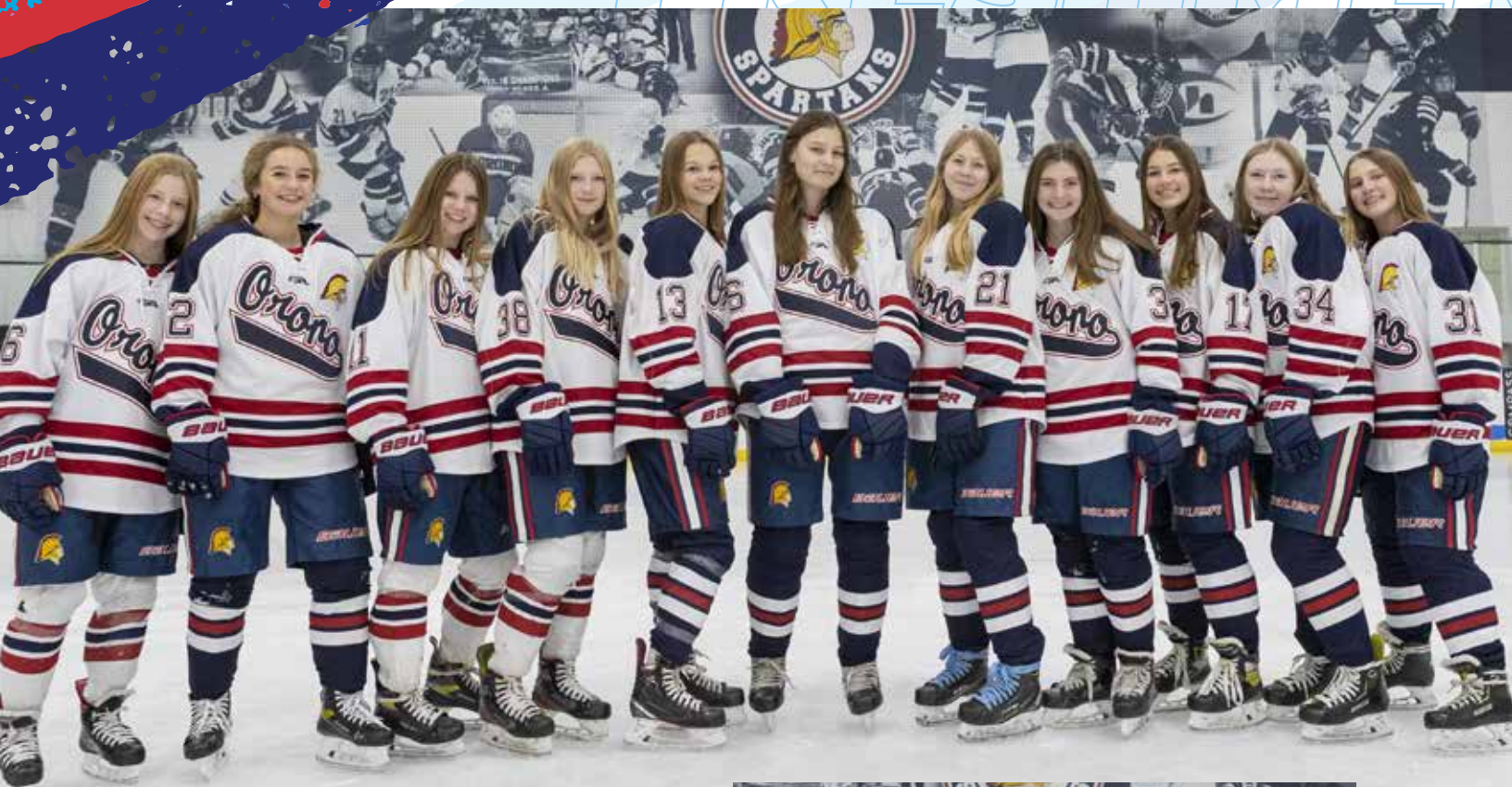
Life skills learned from playing hockey Working with other people and realizing that everything might not always go your way.

If I could play one sport in the Olympics it would be...
Hockey

What other sports do you play? Lacrosse

Favorite subject in school Math

FRESHMEN & 8TH GRADE





38

**DYLAN
COLLINS**

Freshman
Forward

Nickname: Dilly

If I wasn't playing hockey I would be... Bored

My top bucket list wish is... Skydiving

If I could play one sport in the Olympics it would be...
Speed walking

What other sports do you play? Lacrosse



37

**EMMA CLAIRE
KADUE**

Freshman
Forward

Secret Talent I can hold handstands for a long time

If I wasn't playing hockey I would be... Probably hanging out with my friends

My top bucket list wish is... Skydiving or parasailing

Life skills learned from playing hockey Grit and having a positive attitude

Favorite subject in school Spanish when I understand it



26

**HANNAH
JONES**

Freshman
Forward

Nickname Jonesy

If I wasn't playing hockey I would be... Playing soccer or hanging out with friends

Most embarrassing hockey moment/story Was when I flipped over the boards and my coach caught me by my breezers

3 words that describe you. Funny, smart, and athletic

My dream job is... Zamboni Driver/Astrophysicist



11

**MADDY
KIMBREL**

Freshman
Forward

Nickname Mads or Kimbrel

If I wasn't playing hockey I would be... Bored out of my mind

Who inspires you? My Parents and Teammates

My top bucket list wish is... Cliff jumping

If I could play one sport in the Olympics it would be...
Hockey or Bobsledding



32

**EMI
CARPENTER**

Freshman
Forward

Secret Talent Being oblivious to many things
If I wasn't playing hockey I would be... Wake surfing
Who inspires you? My younger sisters
Most embarrassing hockey moment/story First game of the season last year I walked out on my skate guards and took a tumble
Why I love OGH Because of the girls on the team



21

**GIANNA
PARRISH**

Freshman
Forward

Nickname G
If I wasn't playing hockey I would be... Probably still dancing/cheerleading like I did when I was younger but I quit for hockey.
Who inspires you? My dad, he played hockey in the NHL and Olympics and I hope I can play like him soon.
Most embarrassing hockey moment/story During the first day of tryouts when we scrimmaged i was trying to stop the puck from going into the net and it hit my shin and when into my teams net which was super embarrassing.
Favorite subject in school I like English a lot because I'm pretty good at writing.



31

**MAKAYLA
ZIMBA**

Freshman
Forward

If I wasn't playing hockey I would be... I would be in the military
If I could play one sport in the Olympics it would be... Hockey
Favorite subject in school Math



34

**QUINN
BRASSINGTON**

Freshman
Forward

Most embarrassing hockey moment/story I scored on my own goal in U10s
My top bucket list wish is... Go skydiving
Most embarrassing song on your playlist Alvin and the chipmunks
Life skills learned from playing hockey How to make life long friends and how to have good sportsmanship
Favorite subject in school Spanish



17

**LAUREN
ELAM**Freshman
Defense

Most Secret Talent I feel like I am a good public speaker (even though it makes me nervous sometimes).

If I wasn't playing hockey I would be... Snowmobiling and skiing everyday

Who inspires you? My mom's best friend, Ms. Katie inspires me. This is because of how much she sacrificed while being a nurse.

Most embarrassing hockey moment/story I went out on a break away and I tripped and fell.

What are you most proud of? I am most proud of my family. As a family we have gone through a lot of sickness and I'm glad we are making it through it.



13

**MOLLY
HAEGER**Freshman
Defense

Most If I wasn't playing hockey I would be... In Florida on the beach

Who inspires you? Kevin Fiala

My top bucket list wish is... To go to Costa Rica experience all that it has to offer

Words/Advice for younger players Have fun!

Most embarrassing song on your playlist Trumpets by Jason Derulo



6

**AMELLIA
LANG**Freshman
Forward

Secret Talent Baking

Who inspires you? I have a strong admiration for my brother and how he cares for others.

Words/Advice for younger players Believe in yourself, have confidence.

3 words that describe you. Adaptable, ambitious and ethical.

My dream job is... Nurse



9

**ALEX
CHRISTIAN**8th Grade
Forward

If I wasn't playing hockey I would be... Out on the lake with friends

Most embarrassing hockey moment/story At the first varsity scrimmage this year everyone knew the pre-game warm-up except for me. I tried my best to figure it out the ice.

Words/Advice for younger players Learn to set goals and work to achieve them. Don't let anyone stand in your way. Always believe in yourself.

Most embarrassing song on your playlist "Our Song" by Taylor Swift

My dream job is... Anesthesiologist

MANAGERS





**KAMDEN
MAUER**

Manager

Nickname Kam

Secret Talent I can say every single President in order

Most embarrassing hockey moment/story Last year at an away game they gave me the key to the locker room and i put it in my pocket. when we left the rink I accidentally took the key with me and didn't find it til later. I still have it to this day because I can't remember what rink it was from.

My top bucket list wish is...To meet Justin Bieber



**RYLEA
DENNISON**

Manager

Secret Talent I can do a back bend

Who inspires you? Mae Grandy

My top bucket list wish is...Go to Iceland

Words/Advice for younger players I've never played hockey but I do play soccer and one thing I can say is that high school sports are super special and the season goes by extremely fast so be nice to everyone and enjoy your high school seasons.

What are you most proud of? My achievements in Soccer



**NATALIE
CLOSE**

Manager

My top bucket list wish is...Travel the world

Words/Advice for younger players Learn how to skate when you're young

What other sports do you play? Tennis

What are you most proud of? I have beat Grace Bickett in hockey

My dream job is...Marine biologist



**LAUREN
STEINER**

Manager

My top bucket list wish is...**Go to a Taylor Swift concert**

Most embarrassing song on your playlist Fall of Jake Paul by Logan Paul

If I could play one sport in the Olympics it would be... Ping pong

What other sports do you play? Tennis and golf (pingpong)

Favorite subject in school English

COACHES



LARRY OLIMB *Head Coach*

Larry Olimb joined Orono Girls Hockey in 2022 as head coach. Before joining Orono, Coach Olimb coached Wayzata girls as their HS coach from 2000-2006. Coach Olimb also served as the assistant varsity coach for SW Christian/Richfield Boys program for one season. Before coaching high school hockey, Larry played college hockey for the University of Minnesota from 1988-1992.

MVP '91 and '92 seasons, Hobey Baker Finalist '92, Team Captain '92, 5th all time in scoring, 1st all time in assists.

As a High School player, Coach Olimb led Warroad to 2 state tournaments as Team Captain Voted Mr. Hockey 1988.



MACKENZIE SKATTER *JV Head Coach*

Raised in Independence, MN and graduated from Orono High School in 2011, she was captain of the Orono Girls Hockey team in 2010-2011 and captain of the Orono Girls Lacrosse team in 2011. Continuing her passion for sports and drive for competition, she had the opportunity to help start the Polo Club of UW-Madison and play polo collegiately at University of Wisconsin-Madison. Returning home, as Minnesotans do, she focused on playing polo for a few years before having a desire to give back to the hockey community that built her right here in Orono. She was an Assistant Coach to the U12A Orono-Westonka Warriors in 2019-2020, and Head Coach for the U15B Orono-Westonka Warriors in 2021-2022. It has been an honor and a privilege to be able to give back to such an incredible community and help develop young woman on and off the ice. She is ecstatic to begin a new journey as the JV Head Coach and Assistant Varsity Coach. Go Spartans!



CLAIRE BJERKE *Assistant Coach*

Claire Bjerke was raised in Edina where she played hockey for Edina High School until she graduated in 2011. She went on to play hockey at the College of Saint Benedict while she studied to receive her B.A. with a major in Communication and a double minor in Psychology and French. Since she graduated from St. Ben's in 2015, Claire has been coaching girls' high school hockey to give back to and remain part of the community. She has coached at Bloomington Jefferson (2015-'17), Edina High School (2017-'19), University of Minnesota Women's Club Team (2020-'21) and Hopkins-St. Louis Park (2021-'22). She is joining the Orono Girls' Hockey program for her first season in 2022 as the Assistant Varsity Coach.



HANNAH WILLIAMS *Assistant Coach*

Hannah Williams was raised in Park Rapids, MN where she was a 6 year varsity athlete for the Panther's golf, swimming, and hockey teams. During her high school hockey career she was a team captain for her 2011-2013 seasons. Upon graduation she received the Student Athlete of the Year and Hobey Baker Awards. Hannah continued her hockey and golf careers at Bethel University from 2013-2017. During her time at BU she received a B.S. in Biokinetics: Exercise Science and double minored in Athletic Coaching and Community Health. Hannah then moved on to receive her Masters Degree in Sports Management from Concordia University, St. Paul in 2021. Since college Hannah has had the opportunity to be an assistant varsity hockey coach at Armstrong Cooper (2019-'20) and Maple Grove (2020-'21). Hannah has also coached for District 3 Tier 1 and High Performance teams. She looks forward to the opportunity to continue her coaching career with the Orono Spartans!



AMANDA LEVEILLE *Goalie Coach*

Amanda Leveille is the Goalie Director for OS hockey and current professional goaltender for the Minnesota Whitecaps. She graduated from the University of Minnesota in 2016, winning three national championships and setting the Gopher record for winning percentage and wins in a single season. She has also competed at the international level with Team Canada's U22 and development team. She won Gold in 2016 at the Nations Cup in Füssen, Germany with the development team. She is entering her 4th season in NWHL. She is a two-time Isobel Cup Champion, a two-time NWHL All-Star and won goaltender of the year in 2017. Amanda has 9+ years of goaltending coaching experience. She has coached goaltenders at all levels including multiple current and past NCAA Div 1 and 3 goaltenders. She has been a high school and elite league goaltender coach/consultant for the past two seasons. She also has international coaching experience as she was selected in 2019 to help at a Chinese national camp to coach/evaluate goaltenders for their national team.

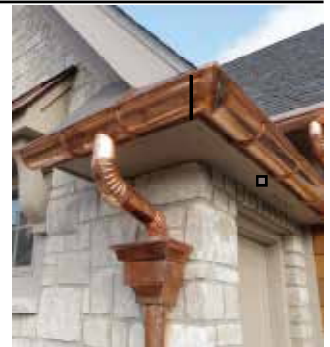
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2022-2023 SPONSORS



Orono Girls High School Hockey

Would Like To Thank:

The Orono Girls High School Hockey team would like to thank all our fans, family members, the community, Orono Public Schools and Orono educators for their support of girls athletics throughout the year. Whether you support OGH by attending our games, purchasing water softener salt, sponsoring the media guide, dining at Chipotle, getting your car washed, or simply giving us a high-five in the hallways, we are proud to call you our Super Fans. Thank you for believing in the value of girls athletics and how it unifies us by creating opportunities for young women to develop confidence, leadership and character. We look forward to hearing you cheer us on this season at our upcoming games!

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