



HALIFAX TIDES FC vs. OTTAWA RAPID FC

Wednesday, October 15, 2025

Doors open: 5:30 p.m. AT | Kick off: 6:30 p.m. AT

Wanderers Grounds, Halifax, Nova Scotia

TSN +, ESPN +, [NSL.ca](https://www.nsl.ca)

Roster Halifax as of October 15, 2025

Complete player bios also available [HERE](#) | Headshots available [HERE](#).

Name	#	Position	Hometown	FIFA Nationality
Mya Harnish	2	DF	Lower Sackville, NS	Canada
Marika Guay	4	MF	Châteauguay, QC	Canada
Annika Leslie	5	DF	Halifax, NS	Canada
Sara Olai	6	DF	Motala	Sweden
Christabel Oduro	7	FW	Brampton, ON	Canada
Karima Lemire	8	MF	Longueuil, QC	Canada
Gunnhildur Yrsa Jónsdóttir	9	MF	Garðabær	Iceland
Amanda Allen	10	FW	Mississauga, ON	Canada
Saorla Miller	11	FW	Halifax, NS	Canada
Anika Tóth	12	GK	Toronto, ON	Slovakia
Kiley Norkus	13	DF	San Luis Obispo, CA	USA
Sarah Taylor	14	MF	Bridgewater, NS	Canada
Daphnée Blouin	15	FW	Quebec City, QC	Canada
Addison Weichers	16	DF	Highland, Utah	USA
Sophie Guilmette	18	GK	Montréal, QC	Canada
Anne-Valérie Seto	21	MF	Montréal, QC	Canada
Milly Clegg	22	FW	Auckland	New Zealand
Megumi Nakamura	24	MF	Nagano	Japan
Eva Fremaux	28	DF	Roubaix	France
Sydney Kennedy	32	FW	Halifax, NS	Canada
Tiffany Cameron	33	FW	Mississauga, ON	Canada
Sofía Cedeño	36	FW	Houston, TX	Panama
Julianne Vallerand	44	DF	Terrebonne, QC	Canada

Technical Director: Amit Batra

Head Coach: Stephen Hart

Assistant Coaches: Katie Barrott, Kennedy Kiarash

Goalkeeper Coach: Mark Haynes

Pronunciation Guide | Halifax: Audio files available [HERE](#).

#	Name	Pronunciation
2	Mya Harnish	<i>MY-uh HAR-nish</i>
4	Marika Guay	<i>Ma-Ree-kah Gway</i>
5	Annika Leslie	<i>Anne-Nic-a Lez-lee</i>
6	Sara Olai	<i>Saw-rah Oh-Lie</i>
7	Christabel Oduro	<i>Krista-bell Oh-Der-oh</i>
8	Karima Lemire	<i>Kah-REE-mah luh-MEER</i>
9	Gunnhildur Yrsa Jónsdóttir	<i>Gun-hil-dur ERsa Johns-daughter</i>
10	Amanda Allen	<i>Amanda Allen</i>
11	Saorla Miller	<i>Sara-la MIL-er</i>
12	Anika Tóth	<i>Awe-nik-ah TOE-TH</i>
13	Kiley Norkus	<i>KYE-lee NOR-kus</i>
14	Sarah Taylor	<i>SARAH TAY-ler</i>
15	Daphnée Blouin	<i>Daph-NEE Blue-An</i>
16	Addison Weichers	<i>ADD-EE Wick-ers</i>
18	Sophie Guilmette	<i>So-FEE geel-MET</i>
21	Anne-Valérie Seto	<i>Anne Val-a-REE SEE-Toe</i>
22	Milly Clegg	<i>MILL-ee Clegg</i>
24	Megumi Nakamura	<i>MEH-goo-mee Nah-kah-MOO-rah</i>
28	Eva Fremaux	<i>AVA Frah-Mo</i>
32	Sydney Kennedy	<i>Sid Kennedy</i>
33	Tiffany Cameron	<i>Tiffany Cameron</i>
36	Sofía Cedeño	<i>So-Fee-a Seh-dane-Yo</i>
44	Julianne Vallerand	<i>Ju-lee-anne Val-er-and</i>

Roster Ottawa

Name	#	Position	FIFA Nationality
Mollie Eriksson	1	GK	Canadian/Swedish
Susanne Haaland	2	DF	Norwegian
Kayla Adamek	3	FW	Canadian/Polish
Miranda Smith	4	MF	Canadian
Emily Amano	5	MF/DF	Canadian
Julia Benati	6	MF	Canadian
Johanne Fridlund	7	FW	Norwegian
Ellen Gibson	8	MF	Swedish
Jazmine Wilkinson	9	FW	Canadian/American
Florence Belzile	10	FW	Canadian
Scott Desiree	11	MF	Canadian
Kelly Chiavaro	12	GK	Canadian
Negozi Sonia Okobi-Oke	13	FW/MF	Nigerian
Mina Lee	14	MF	South Korea
Nicola Golen	15	FW	Canadian
Olivia Scott	18	DF	Canadian
Melanie Forbes	21	FW/MF	Canadian/American
Delaney Baie (DB) Pridham	22	FW/MF	Canadian American
Mia Ugarte	26	MF	Canadian
Melissa Dagenais	30	GK	Canadian
Naomi Lofthouse	31	MF	Canadian
Jylissa Harris	33	DF	American
Stella Downing	98	FW	Canadian

Complete player bios also available [HERE](#).

Technical Director: Kristina Kiss

Head Coach: Katrine Pedersen

Assistant Coach: Soren Kiilerich

Goalkeeper Coach: Andrei Badescu

Pronunciation Guide | Ottawa: Audio files available [HERE](#).

#	Name	Pronunciation
1	Mollie Eriksson	Molly Eric-Son
2	Susanne Haaland	Ah-land
3	Kayla Adamek	Kayla Ah-dah-mek
4	Miranda Smith	Miranda Smith
5	Emily Amano	Emily A-man-o
6	Julia Benati	Julia Ben-nah-tee
7	Johanne Fridlund	Yo-ann-ah Frid-lund
8	Ellen Gibson	Ellen Gib-son
9	Jazmine Wilkinson	Jasmine Wilk-in-son
10	Florence Belzile	Florence Bell-zil
11	Desiree Scott	Desiree Scott
12	Kelly Chiavaro	Kelly
13	Negozi Sonia Okobi-Oke	Sonia O-koh-bee Oh-kay
14	Mina Lee	ME-na Lee
15	Nicola Golen	Nicol-a Golen
18	Olivia Scott	Olivia Scott
21	Melanie Forbes	Melanie Forbes
22	Delaney Baie (DB) Pridham	DB Pridham
26	Mia Ugarte	Me-ya Ou-gar-tey
30	Melissa Dagenais	Melissa Daj-neh
31	Naomi Lofthouse	Naomi Loft-house
33	Jylissa Harris	Jay-lee-sa Harris
98	Stella Downing	Stella Downing

Highlights

Halifax vs. Ottawa Match History:

- June 10 at Wanderers Grounds: Halifax 2 - Ottawa 1
- July 25 at TD Place: Ottawa 1 - Halifax 0
- August 28 at TD Place: Ottawa 5 - Halifax 0
- September 13 at Wanderers Grounds: Halifax 1 - Ottawa 1

Team Stats & Standings:

- Ottawa holds third place with 36 points and a 10-8-6 record.
- Halifax is at the bottom of the standings with 13 points and a 3-14-7 record.

Individual Performances:

- Éva Frémaux (Halifax) ranks fourth in the league for total tackles with 79.
- Anika Toth (Halifax) ranks second in the league for saves at 69.
- DB Pridham (Ottawa) ranks first in the league for goals with a total of 18 and shots on target at 42.
- Jylissa Harris (Ottawa) ranks first in the league for total passes completed and touches.

Stats

League leaders, Player Stats, Club Leaders & Club Stats:

[HERE](#)

League Standings:

[HERE](#)

Previous Match Results

September 18 | Halifax vs. Montreal | 0-2 ([view match summary here](#))

September 13 | Toronto vs. Vancouver | 7-0 ([view match summary here](#))

Next Match For Each Club

Halifax - OUT

Ottawa

NSL Playoffs - TBD

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