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THE
FANS



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FAN APPRECIATION

Sat Sept 20 1:00 PM

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Burnaby

NEW PLAYER:

VANCOUVER RISE FC BRING BACK ACADEMY PRODUCT JAIME PERRAULT

Vancouver Rise FC announced on Friday, September 5th that the club has signed former Whitecaps FC Girls Elite Academy player, Jaime Perrault.

"We're pleased to welcome back Jaime [Perrault], one of our academy graduates," said Interim Sporting Director Robyn Gale. "She is a young, talented, and versatile player whose return demonstrates the strength of our academy system. There is a unique pride in being a homegrown athlete, and we look forward to seeing that passion in action."

Perrault, 19, joins from Danish team FC Nordsjælland. Perrault played 11 matches in all competitions for the Danish side since joining in January 2025, including eight times in the A-Liga and three times in the Kvindepokal where she scored one goal.

"I'm so excited to come back home to Vancouver," said Perrault on her signing. "I can't wait to join up with my new teammates and get back on the field!"

Before joining FC Nordsjælland, Perrault was part of the then-Whitecaps FC Girls Elite Academy. Having joined in 2019, Perrault was part of the Girls Elite team that won back-to-back League1 British Columbia titles in 2023 and 2024. She also won the League1 Canada Women's Inter-Provincial Championship twice in those seasons and played in all three 2024 Concacaf Women's Champions Cup group stages matches for the Academy, facing top teams such as NWSL's Portland Thorns and San Diego Wave, as well as Liga MX Femenil's Club América Femenil. Now with the establishment of the Northern Super League, Perrault returns to Canada to pursue a professional pathway here in Vancouver.



"We are very excited to welcome Jaime back to Vancouver," said Rise FC Head Coach Anja Heiner-Møller. "Jaime is a player who has great potential and now joins us after getting some professional experience abroad in Europe, so we are really looking forward to seeing her in our environment."

Internationally, Perrault has represented both Canada's Under-17s and Canada's Under-20s. For the U17s, the forward/full-back made 11 appearances, scoring one goal and registering one assist. She was part of the squad that played in both the 2022 CONCACAF Women's U-17 Championship and the 2022 FIFA U-17 Women's World Cup, playing in every available match. Later, Perrault made eight appearances for the U20's across the 2023 CONCACAF Women's U-20 Championship and the 2024 FIFA U-20 World Cup, scoring once and registering two assists.

NEW PLAYER:

VANCOUVER RISE FC SIGN NEW ZEALAND DEFENDER REBECCA LAKE

Vancouver Rise FC announced on Thursday, September 11th that the club has signed New Zealand defender Rebecca Lake as their final addition of the transfer window.

We're excited to welcome Rebecca Lake to our roster" said Interim Sporting Director Robyn Gale. "Rebecca brings an ambitious mindset with strong leadership qualities, adding valuable depth at the center back position."

Lake, 26, joins from A-League side Wellington Phoenix FC. The Kiwi joined New Zealand-based Phoenix FC in 2023, playing 19 times across two seasons where she was vice-captain.

"I'm already loving the environment here at Vancouver Rise—great players, but even better people" said Lake on her signing. "Everyone's got a winning mindset, and I can't wait to get involved."

Prior to joining Phoenix, Lake played for Northern Tigers FC in 2023 in the New South Wales National Premier Leagues (NPL), Australia's third division for Women's football. She played 18 times and made 14 starts for Tigers FC, helping them finish fifth in the table out of 14 teams. In New Zealand, Lake was an integral part of New Zealand National Women's National League side Canterbury United Pride, having played there from 2014 until 2022. The defender was captain of The Pride for three seasons, including when they won the historic three-peat league championship in 2020, scoring three goals on the way to the title.

"We are very happy to have Rebecca at Vancouver Rise FC." said Rise FC Head Coach Anja Heiner-Møller. "Rebecca comes in with

great experience and leadership skills as a centerback. She has only been with us for a few days, but her willingness to impact the ball and positive mindset has been noticed already."

Internationally, Lake has represented New Zealand at both the U-17 and U-20 level, going to two youth FIFA World Cups in 2016 (U-17 in Jordan) and 2018 (U-20 in France). She was also called up to the senior national team in January of 2023 in their friendlies against the United States. Lake also captained the New Zealand futsal team in the 2022 World University Championship in Portugal. In her youth, she played for Waimakariri United in New Zealand.



YOUR VANCOUVER RISE FC

2025 ROSTER



KIRSTIN TYNAN

POSITION: GOALKEEPER

NATIONALITY: CANADA

DOB: MARCH 11, 2002

SHANNON WOELLER

CAPTAIN

POSITION: DEFENDER

NATIONALITY: CANADA

DOB: JANUARY 31, 1990

2





JASMYNE SPENCER

POSITION: DEFENDER

NATIONALITY: USA

DOB: AUGUST 27, 1990

KAYLA GONCALVES

POSITION: DEFENDER

NATIONALITY: CAN (PORTUGAL)

DOB: APRIL 14, 2000



QUINN

POSITION: MIDFIELDER

NATIONALITY: CANADA

DOB: AUGUST 11, 1995



SOFIA HAGMAN

POSITION: MIDFIELDER

NATIONALITY: SWEDEN

DOB: MARCH 21, 1997

NIKKI STANTON

POSITION: MIDFIELDER

NATIONALITY: USA

DOB: OCTOBER 26, 1990



SAMANTHA CHANG

POSITION: MIDFIELDER

NATIONALITY: CANADA

DOB: JULY 13, 2000



9

MARIAH LEE

POSITION: FORWARD

NATIONALITY: USA

DOB: JUNE 30, 1996

LISA PECHERSKY

POSITION: FORWARD

NATIONALITY: CANADA

DOB: JUNE 29, 1998



10



11

JESSICA DE FILIPPO

POSITION: FORWARD

NATIONALITY: CANADA

DOB: APRIL 20, 2001



JAYLYN WRIGHT

POSITION: DEFENDER

NATIONALITY: CANADA

DOB: AUGUST 1, 2003

MORGAN MCASLAN

POSITION: GOALKEEPER

NATIONALITY: CANADA

DOB: FEBRUARY 22, 2000



ANNA BOUT

POSITION: MIDFIELDER

NATIONALITY: CANADA

DOB: APRIL 23, 2001



ARIEL YOUNG

POSITION: DEFENDER

NATIONALITY: CANADA

DOB: AUGUST 30, 2001

KENNEDY FAULKNOR

POSITION: DEFENDER

NATIONALITY: CANADA

DOB: JUNE 30, 1999



SARA LILJA

POSITION: FORWARD

NATIONALITY: SWEDEN

DOB: SEPTEMBER 12, 2001

YUKA OKAMOTO

POSITION: DEFENDER

NATIONALITY: JAPAN

DOB: SEPTEMBER 20, 1997

18



19

HOLLY WARD

POSITION: FORWARD

NATIONALITY: CANADA

DOB: OCTOBER 25, 2003

JESSIKA COWART

POSITION: DEFENDER

NATIONALITY: USA (PHILIPPINES)

DOB: OCTOBER 30, 1999

21



REBECCA LAKE

POSITION: DEFENDER

NATIONALITY: NEW ZEALAND

DOB: MAY 13, 1999



JOSIE LONGHURST

POSITION: MIDFIELDER

NATIONALITY: WELSH

DOB: FEBRUARY 24, 2002

NEDYA SAWAN

POSITION: FORWARD

NATIONALITY: CANADA (USA, EGYPT)

DOB: APRIL 22, 2002



ANAIIS OULARBI

POSITION: MIDFIELDER

NATIONALITY: CANADA (ALGERIAN)

DOB: MARCH 24, 2003



JAIME PERRAULT

POSITION: FORWARD/FULLBACK

NATIONALITY: USA

DOB: AUGUST 8, 2006





JESSICA WULF

POSITION: GOALKEEPER

NATIONALITY: CANADA (JAPAN)

DOB: MAY 20, 2005

LATIFAH ABDU

POSITION: FORWARD

NATIONALITY: CANADA

DOB: OCTOBER 18, 2001



**STRONGER
BY NATURE**

