The Heat looked to return to their winning ways on Friday Night as the hosted the Flushing Raiders in Metro League action. The Heat dominated the Draw Circle (17/21) and scored often against the young Raider team. Before the ten-minute mark, the Heat had a 10-0 lead. After the half, The Heat shuffled the line-up and added six more goals. The Raiders scored two of their own and after 50 minutes the final score was 17-2.

Goalkeeper, Rylee Morse stopped 4 of the 6 shots sent her way because of strong defense from Kyla Lynch, Maggie Cates, Holly Fijolek, Sam Enright and strong midfield play.

Scoring (Goal/Assist): Lara Kemp, 4/2; Kaitlyn Mossett, 4/0, Daisey Horne, 2/2; Korryn Smith, 2/1; Jordyn Bliss, 1/2; Hannah Ludwig, 1/1; Emilee Guertin, 1/0; Maggie Cates, 1/0; Chloe Justus, 1/0

The Heat are now 3-0 in Metro League and 4-1 Overall.