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SEASON PREVIEWS

GET THE INSIDE SCOOP ON 2024-25 FROM COACHES AND GMS ACROSS ALL MANITOBA JUNIOR CLUBS.

SCHEDULES INSIDE

2024-25 WINNIPEG JETS AND MANITOBA MOOSE SCHEDULES RIGHT AT YOUR FINGERTIPS.

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SIGHTS ON THE STANLEY CUP

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BRAMO SCHEDULE

2024-2025



SAT, OCT 26, 2PM
HOME OPENER
PRESENTED BY CANADA LIFE
BLANKET GIVEAWAY (FIRST 2,000 FANS)



SUN, JAN 19, 2PM
MINOR HOCKEY WEEKEND



SUN, OCT 27, 2PM
HOCKEY 101



SAT, JAN 25, 2PM
MASCOT PALOOZA



FRI, NOV 1, 7PM
SHARE THE WARMTH
PRESENTED BY RED RIVER CO-OP IN SUPPORT OF SILOAM MISSION



SAT, FEB 8, 2PM
MANITOBA MADE DAY
PEROGY GIVEAWAY (ALL FANS)
COLLECTOR PIN GIVEAWAY (FIRST 1,000 FANS)



THU, NOV 21, 10:30AM
PROJECT 11 SCHOOL DAY GAME
PRESENTED BY SALISBURY HOUSE



SUN, FEB 9, 1PM
BOWL GIVEAWAY
(FIRST 2,000 FANS)



SAT, NOV 23, 2PM
25TH SEASON GAME
COLLECTOR PIN GIVEAWAY (FIRST 1,000 FANS)



FRI, FEB 14, 7PM
VALENTINE'S DAY



FRI, NOV 29, 7PM
HOCKEY FIGHTS CANCER
IN SUPPORT OF CAMP QUALITY MANITOBA



SUN, FEB 16, 2PM
FOLLOW YOUR DREAMS DAY
PRESENTED BY SCOTIABANK IN SUPPORT OF WASAC



SUN, DEC 1, 2PM
TEAM POSTER GIVEAWAY
(FIRST 2,000 FANS)



MON, FEB 17, 2PM
SUPER HERO DAY



FRI, DEC 6, 7PM
HOLIDAY GAME
FREE PHOTO WITH SANTA



TUE, MAR 4, 10:30AM
PROJECT 11 SCHOOL DAY GAME



SAT, DEC 7, 6PM
TEDDY BEAR TOSS PJ PARTY
PRESENTED BY BOOSTER JUICE IN SUPPORT OF CHRISTMAS CHEER BOARD



SAT, MAR 8, 2PM
MINI BOBBLEHEAD GIVEAWAY
(FIRST 2,000 FANS)



FRI, DEC 20, 7PM
SHUT OUT HUNGER
PRESENTED BY RED RIVER CO-OP IN SUPPORT OF HARVEST MANITOBA



SUN, MAR 9, 2PM
FAIRYTALE DAY



SUN, DEC 22, 2PM
COLLECTOR PIN GIVEAWAY
(FIRST 1,000 FANS)



SAT, MAR 22, 6PM
NIGHT AT THE MOOSEM



SUN, DEC 29, 2PM
MINI BOBBLEHEAD GIVEAWAY
(FIRST 2,000 FANS)



TUE, APR 1, 7PM
SPRING BREAK



TUE, DEC 31, 4PM
NEW YEAR'S EVE



WED, APR 2, 7PM
SPRING BREAK



FRI, JAN 17, 7PM
MINOR HOCKEY WEEKEND



SAT, APR 5, 2PM
NORTHERN LIGHTS
COLLECTOR PIN GIVEAWAY (FIRST 1,000 FANS)

AUTOGRAPH ALLEY

PRESENTED BY MANITOBA BUILDING TRADES

OCT 27, 2PM • NOV 23, 2PM
DEC 1, 2PM (FULL TEAM - SEASON TICKET MEMBER EXCLUSIVE!)
DEC 29, 2PM • JAN 19, 2PM • FEB 17, 2PM



SUN, APR 6, 2PM
AUTISM ACCEPTANCE
IN SUPPORT OF ST. AMANT FOUNDATION



SAT, APR 12, 6PM
FAN APPRECIATION





Green Blade in the Community

Green Blade has been an annual supporter of multiple charities for many years. In the past 10 years we have donated over \$250,000 to various local charities. We are annual supporters of the Make-a-Wish Foundation and Children's Rehabilitation Foundation. Green Blade regularly sponsors gala dinners, golf tournaments, and much more.

We are an annual supporter of the Adult and Teen Challenge Sled for Eternity and donate all of our old trucks to Adult and Teen Challenge as well.

In addition to donating tens of thousands of dollars in services to charity auctions, over the years we've donated many autographed NHL jerseys to sick children, donated box seats at Goldeyes games to children's charities, and given away a multitude of tickets to NHL and CFL events to families with sick children.

You can also catch Green Blade advertising in the outfield at Blue Cross Park and at Princess Auto Stadium.

Green Blade is also the official lawn care company of the Winnipeg Humane Society and we annually support one of their charity events. Our newest charities are STARS Air Ambulance, Wounded Warriors, and Special Olympics. Green Blade has also won the Consumers Choice Award in Lawn Care for the past three years. If you would like to join us at any of the following events, please feel free to contact us!

May 10

Make a Wish Gala
The Delta Hotel

June 20

Tee Off for Ability
Breezy Bend Country

July 2

STARS Golf Tournament
Glendale Golf & Country Club
(SOLD OUT!)

September 19

Night with STARS Gala Dinner
The Royal Aviation Museum
of Western Canada

September 19

Inspire Gala Dinner for
Special Olympics
RBC Convention Centre

September 20

Slow Pitch for a Wish
Presented by QX104

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THE HOT LINE BY JOE DALEY'S

This magnificent framed and autographed wall-hanging is 36" wide by 28" high and features the three stars who gave the Jets their identity when they first became World Hockey Association champions – Anders Hedberg, Ulf Nilsson and Bobby Hull.

Bobby Hull had already signed his \$1 million contract with Winnipeg Jets owner Ben Hatskin at the corner of Portage and Main when Winnipeg orthopaedic surgeon Dr. Gerry Wilson began a year's study in Stockholm. The Jets' team doctor at the time, Wilson was asked by GM Billy Robinson to look for any players who might be interested in playing for the Jets.

One night in 1974, the Swedish national team was playing the USSR in Stockholm and Wilson caught the game. He was amazed at the speed of a young Swede named Anders Hedberg and immediately called Robinson to rave about the right winger's incredible skill and how good he'd look on a line with Hull. Hedberg had already been drafted by the NHL's Toronto Maple Leafs, but that didn't mean the rival WHA couldn't scoop him up.



ANDERS HEDBERG

WHA JETS' STATS

286
GAMES

236
GOALS

458
POINTS



BOBBY HULL

WHA JETS' STATS

411
GAMES

303
GOALS

638
POINTS



ULF NILSSON

WHA JETS' STATS

300
GAMES

140
GOALS

484
POINTS



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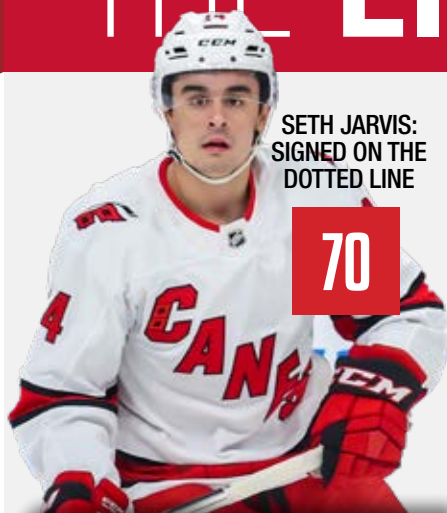
CANNABIS STORE



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THE LINEUP

SEASON PREVIEW
2024-2025



SETH JARVIS:
SIGNED ON THE
DOTTED LINE

70

COMMUNITY

LEAGUES

2024-25 MANITOBA ELITE LEAGUES'
SEASON PREVIEWS

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Connor Hellebuyck
is hungry for more
– Our exclusive
chat with the Jets'
Vezina Trophy
winner.

MANITOBA'S BEST CELEBRATING OUR PLAYERS OF THE MONTH



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DYLAN
SAMBERG



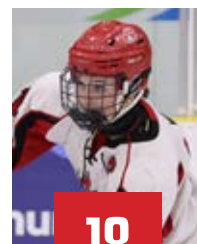
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JETT
WOO



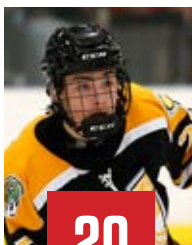
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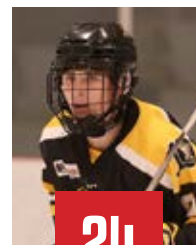
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MAXX
HAMELIN



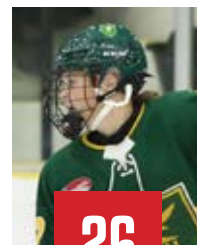
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AYDEN
DANIELS



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KAISER

GAME ON EXCLUSIVE



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KEVIN'S GAME

Kevin He is the highest-drafted Chinese-born player in NHL history. Get to know the Jets' 2024 fourth round pick.

FANTASY HOCKEY PRIMER.....34

Prepare yourself for the 2024-25 NHL fantasy season with the Top-150 players list.

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The Batoon Family: Immigrating to Canada from the Philippines in 2019, Finn Batoon and his family have fallen madly in love with the game of hockey.

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New food, entertainment and a sound system are just a few ways that True North Sports + Entertainment has renewed the game-day experience for fans at Canada Life Centre this season.



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Small-town Manitobans Dawson Barteaux and Mark Liwski have found their every-day roles with their local AHL club.

HEY MOM!74

The Northern Stars' Rayley Goetz is not only one of the leading scorers in the MWJHL, she is also a mom.

UNDERRATED AGGIE.....98

Cohen Thomas is a full-time agriculture student who still manages to play high-caliber hockey for the Pembina Valley Twisters on the side.

MANITOBA MOOSE



60

PREPARING PROSPECTS FOR FLIGHT

Brad Lambert and Nikita Chibrikov aim to be the next Kyle Connor and Josh Morrissey AHL-turned-NHL duo in Winnipeg.

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GAME ON is Manitoba's hockey community. This is where hockey fans will meet the stars of the game here in Manitoba and where our goal is to pay tribute to those who make hockey this province's most beloved sport.
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Magazines
Canada



AN ODE TO THE PHOTOGRAPHS

With the 2024-25 hockey season fully underway, there is no better time to send out a public piece of thanksgiving for our wonderful photographers. From minor hockey to the many clubs within Manitoba's vast male and female Junior circuits, all the way to the AHL and NHL, we have camera operators in every building, rink, arena, venue and barn that you could imagine.

The kilometres at times can be tough. The roads and weather conditions, tougher. The hours sifting through negatives and editing shots, tireless. And for better part of it, unpaid. But much like that of most others gathered in these tight-knit places of sporting community, our Game On

photographers are there solely for the love of the game.

Whether it's James Carey Lauder and his trusty sidekick Rusty Barton out on a mission in Brandon shooting the Wheat Kings, or Jonathan Kozub down between the benches shooting a featured player from the Manitoba Moose, we know very well the quality of image that will soon be sent our way for publication.

The ever-growing team at Ice Wave Media – led by cameraman/social media extraordinaire Scott Stroh – operates in a league of its own. Veteran shooters Kelly Jacobson, Darryl Gershman and Rayme Thomson have continued to supply our magazine with countless snapshots of passion, excitement and raw emotion, all while providing leadership to the group's younger up-and-coming

photogs as the years progress.

The daily Winnipeg Jets content from Lauder and Stroh is by far some of the best imagery to come out of Canada Life Centre. And the best part is, it will continue as long as there is a team to shoot. Operating in a province that quite literally turns into a sheet of ice for nearly half the year, finding hockey games to photograph certainly isn't an issue. But for these fine ladies and gentlemen, it's managing the rigorous schedules that cause the most difficulty.

They say a picture is worth a thousand words. If they're true in that saying – which they certainly are – we are millions of words indebted to our wonderful team of photographers.

From the bottom of our hearts, we at *Game On* thank you for your passion and true love for the game of hockey. Without you, we'd be black and white written copy with nothing bright and colourful to tell our story.

CARTER BROOKS,
Editor-in-Chief



JAMES CAREY LAUDER



KELLY JACOBSON



DARRYL GERSHMAN



SCOTT STROH



JONATHAN KOZUB



RUSTY BARTON



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DYLAN SAMBERG

54

DEFENCE // SHOOTS LEFT // 6'4" // 216 POUNDS

BORN JANUARY 24, 1999 // SAGINAW, MN.

2024-25 TEAM: WINNIPEG JETS

2023-24 SEASON STATS WINNIPEG JETS

18
POINTS

43
PENALTY MINUTES

+16
PLUS/MINUS



Dylan Samberg had himself an eventful summer. First, he married his long-time girlfriend Destiny Schmitz in late-July, before serving as the sponsor exemption at the Manitoba Open – a PGA Tour Canada event – in late-August.

Although playing Southwood as an amateur in a field of professionals, the avid golfer held his own against some of the game's very best. After shooting a two-over opening round, Samberg finished his second round eight-over par for a total of 154. It is by far the best performance by any Winnipeg Jets player serving as an exemption.

The fourth-year Jets defenceman started the 2024-25 NHL season well, scoring in his first game, and is set for new responsibilities as a top-four blueliner this season.



Photos by Rusty Barton and Scott Stroh



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JETT WOO

4

DEFENCE // SHOOTS RIGHT // 6'0" // 205 POUNDS

BORN JULY 27, 2000 // WINNIPEG, MB.

2024-25 TEAM: ABBOTSFORD CANUCKS

2023-24 SEASON STATS

ABBOTSFORD
CANUCKS

62

GAMES

31

POINTS

93

PENALTY MINUTES



Winnipeg product Jett Woo enters an important season with the Abbotsford Canucks in 2024-25. The stay-at-home defender signed a one-year, two-way contract with the Vancouver Canucks this offseason and is looking to prove his worth to the big-league coaching staff.

Having matched his goal total (seven) from 2022-23 last season, Woo also added an additional 10 assists (24) from his previous best go alongside his 93 penalty minutes in 62 games for Abbotsford.

The 2018 second round pick has 19 goals, 65 points and 244 penalty minutes over 202 games of AHL play. A strong 2024-25 season would be a critical steppingstone to Vancouver for the former Winnipeg Warriors AAA phenom.



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COLE SHEFFIELD

29

GOALTENDER // CATCHES LEFT // 5'11"

BORN MAY 8, 2004 // LONDON, ONT.

2024-25 TEAM: DAUPHIN KINGS

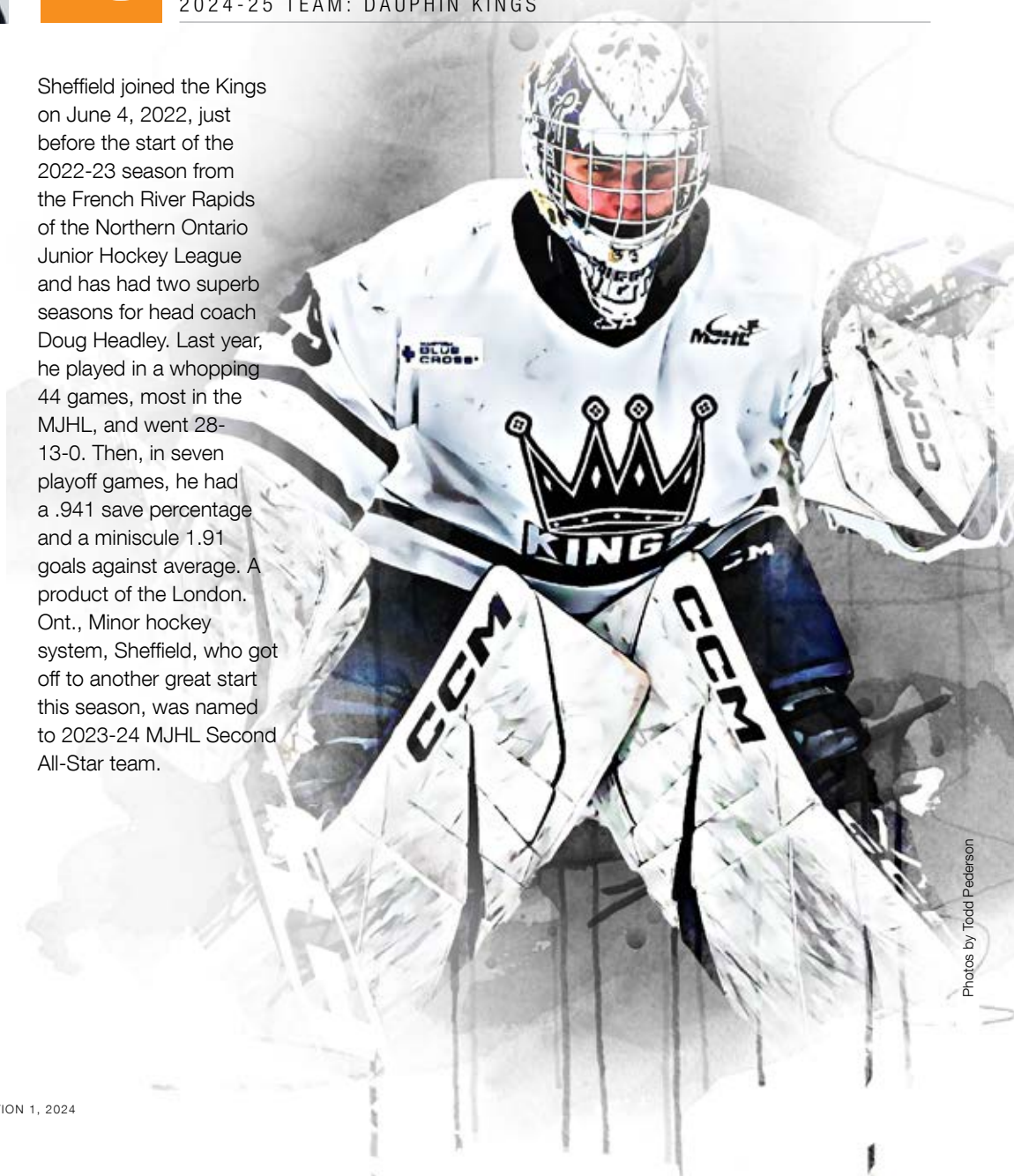
2023-24 SEASON STATS DAUPHIN KINGS (MJHL)

44
GAMES

2.38
GOALS AGAINST
AVERAGE

.921
SAVE PERCENTAGE


Sheffield joined the Kings on June 4, 2022, just before the start of the 2022-23 season from the French River Rapids of the Northern Ontario Junior Hockey League and has had two superb seasons for head coach Doug Headley. Last year, he played in a whopping 44 games, most in the MJHL, and went 28-13-0. Then, in seven playoff games, he had a .941 save percentage and a miniscule 1.91 goals against average. A product of the London, Ont., Minor hockey system, Sheffield, who got off to another great start this season, was named to 2023-24 MJHL Second All-Star team.



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EVY WEST

21

DEFENCE // SHOOTS LEFT // 5'6"

BORN JULY 28, 2007 // WINNIPEG, MAN

2024-25 TEAM: WINNIPEG AVROS

**2023-24
SEASON STATS**
WINNIPEG AVROS
(MFHL U18 AAA)

63
GAMES

7
GOALS

28
POINTS



The captain of the Avros, Evangeline (Evy) West is in her third year with the team and just earned a spot with the Team Manitoba squad that will represent the province at the National Women's U18 Championship in Quispamsis, N.B., from November 3-9. According to Avros head coach Ashley van Aggelen, she is "a brilliant leader who hates to lose." "Evy is great, she's our leader and obviously she's our captain this year," said the coach. "The girls love her. Everyone flocks to her. You walk into practice or just walk into the rink, she's always got teammates around her. She is dialed in, she means business and she knows what it takes to win."



Photos by Darryl Gershman




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MAXX HAMELIN

27

FORWARD // SHOOTS RIGHT // 5'10"

BORN MAY 30, 2007 // WINNIPEG, MAN

2024-25 TEAM: VIRDEN OIL CAPITALS (MJHL)

**2023-24
SEASON STATS**
WINNIPEG BRUINS
(MU18HL)

44
GAMES

23
GOALS

58
POINTS



Hamelin is a player that Team Manitoba head coach Jason Smith loves having on his squad. "He's very fast and very skilled," said Smith. "But he's also a great teammate. He's a really good kid off the ice and in the dressing room. We're very excited about having back in the lineup this spring." In his first full season with the MJHL's Virden Oil Capitals, the 17-year-old graduate of the Winnipeg Bruins' program is off to blistering start, scoring two goals and dishing out five assists in his first nine games at the Jr. A level. "He plays hard and really hates to lose," said Smith. "He's just a really talented hockey player."

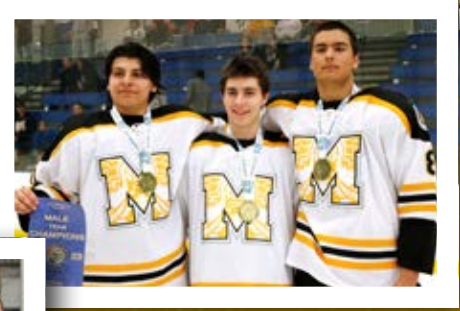
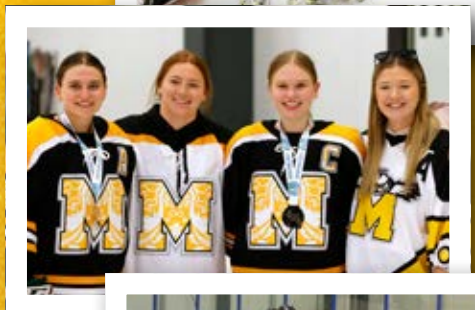
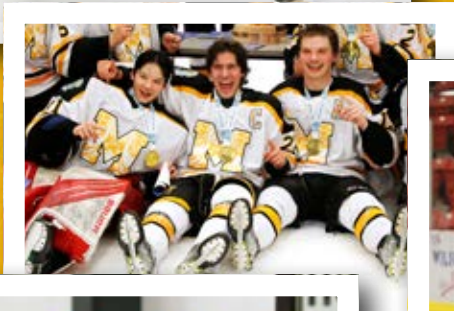
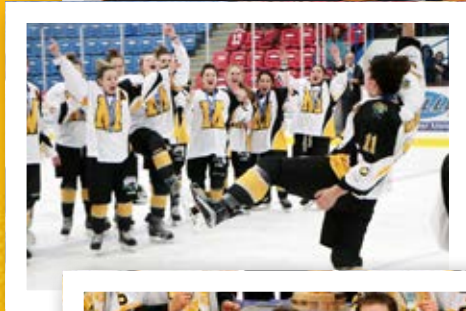
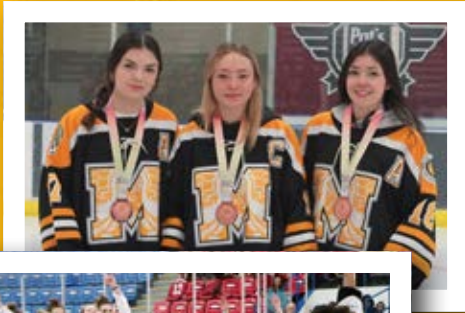


Photos by James Carey Lauder

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AYDEN DANIELS

27

DEFENCE/WING // SHOOTS RIGHT // 5'11"

BORN NOV. 11, 2005 // PEGUIS, MAN

2024-25 TEAM: PEGUIS JUNIORS

**2023-24
SEASON STATS**
PEGUIS JUNIORS
(KJHL)

27
GAMES

25
GOALS

58
POINTS



Peguis head coach Marty Favel is thrilled to have the local kid, Daniels, back in the lineup this season. "Ayden is a big-time penalty killer and is a power play specialist on the point," Favel said. "He can put the puck in the net. I'm trying to get Ayden to play at his full potential. He got some big goals for us last year and I'm expecting a lot more out of him this year." He's off to a great start, scoring six goals and racking up 10 points in the first four games of the 2024-25 season. Daniels just turned 19 but this is his fourth season with the Juniors. He helped the team win the last three KJHL championships.



Photos by Kelly Jacobson



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COLE LANDREVILLE

93

FORWARD // SHOOTS LEFT // 5'7"

BORN FEBRUARY 3, 2010 // ST. CLAUDE, MAN

2024-25 TEAM: PILOT MOUND U15 BUFFALOES

2023-24 SEASON STATS

PILOT MOUND
(CSSHL)

27
GAMES

10
GOALS

32
POINTS


Last season, Cole Landreville joined the Buffaloes U15 team as a 13-year-old and scored at a pace that was better than a point-per-game. This year, he is expected to be one of the leaders for head coach Colin Fafara.

"From Day 1, he has been an awesome kid," Fafara said. "He's obviously a fantastic hockey player, but he's also a great kid. He shows up every day with a smile on his face, has a positive attitude, works hard and never cuts corners. He never cheats in drills – he's all business. Sure, he has a lot of fun and is a great teammate, but when he shows up to work, he works with a purpose. He will be a very big piece for us this season."



Photos by Darryl Gershman



PILOT MOUND HOCKEY ACADEMY

“Western Canada’s most all-inclusive
hockey development experience”



WHY PLAY AT PILOT MOUND?

Ice Time / Fitness: Daily scheduled and regular ‘free time’ on ice practices, strength and conditioning sessions, and shooting / stick handling bay sessions, equating to 1000+ hours of dedicated hockey development over the 10 month all inclusive hockey program.

Education: PMCI is highly-recognized provincially and provides standard, custom, and flexible programs for our student athletes in a small class size setting, all with the regular support of student advisor(s). This, coupled with daily study hall sessions, enables focused learning and continued academic success.

Development: Seasoned coaches with a trusted and proven plan that support student athletes in working hard, staying focused, developing their game, and playing within a team environment toward continued hockey development success.

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Focused: Family oriented, small community atmosphere that provides a disciplined, focused, fun, and barrier free opportunity to focus on progressive hockey, academic, and citizenship development.

Facilities: Individual, private dorm rooms per student athlete; dedicated dressing room per team, huge open rec and dining areas; plenty of delicious and nutritious meals and snacks; and a safe community in which to live and flourish.

Value: PMHA is truly Western Canada’s most all-inclusive hockey development experience where student athletes come to live, learn, play, and advance their hockey development, academic, and citizenship goals with little distraction.

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MADDIE KAISER

22

FORWARD // SHOOTS RIGHT // 5'6"

BORN OCT. 10, 2007 // WINNIPEG, MAN

2024-25 TEAM: BALMORAL HALL BLAZERS

**2023-24
SEASON STATS**
BALMORAL HALL
BLAZERS (CSSHL)

18
GAMES

18
GOALS

36
POINTS



Kaiser, a member of BH's leadership team, got off to a tremendous start this season jumping out to the lead in the CSSHL scoring race with seven goals and 19 points in her first five games. In 14 overall games by the end of October, she had 14 goals and 34 points. Uncommitted to any university program as of Nov. 1, 2024, she was a member of Team Manitoba that represented the province at the National U18 Championships in New Brunswick in early November. "What I love most about Maddie is her commitment to the team," said Blazers head coach Sarah Zacharias. "She carries the weight if she's made a mistake on the ice and is the first to share the praise when she's potted a game winning goal or a hat trick."



Photos by Darryl Gershman and James Carey Lauder

STORM

THE ICE

BALMORAL
HALL SCHOOL

MELIORA PETENS



FROM THE CLASSROOM TO THE ARENA, BALMORAL HALL BUILDS CHAMPIONS ON AND OFF THE ICE
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Advertorial

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WHEN IT COMES TO PEAK PERFORMANCE ON THE ICE, YOU MAY ALREADY KNOW THE IMPORTANCE OF FUELING YOUR BODY OPTIMALLY. BUT, CHOOSING THE RIGHT FOODS DOESN'T NEED TO BE COMPLICATED. AMIDST THE SEA OF DIETARY OPTIONS, EGGS MAKE A NUTRITIOUS, SIMPLE AND DELICIOUS MEAL OR SNACK. THESE NUTRITION POWERHOUSES AREN'T JUST A BREAKFAST STAPLE, BUT A VERSATILE CHOICE FOR HOCKEY PLAYERS STRIVING FOR EXCELLENCE AT ANY TIME OF DAY. HERE'S HOW YOU CAN REACH YOUR FULL PERFORMANCE POTENTIAL, POWERED BY EGGS!



SCAN FOR RECIPE



WE'RE EGG FARMERS
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SUPERCHARGE YOUR WORKOUT RECOVERY WITH EGGS

Eggs are renowned for their high-quality protein, essential for muscle repair and growth. A serving of two whole eggs contains 13 grams of protein, featuring all nine essential amino acids. For hockey players, this complete protein profile aids in repairing muscle damage from intense training and supports lean muscle development, which is critical for strength, speed and agility on the ice.

POWER YOUR PERFORMANCE ALL DAY LONG

Not only are eggs the perfect staple for a post workout recovery meal, but the protein and healthy fats help to keep you full for longer after a meal. This means better focus and concentration for school, work, or whatever else your day might throw at you.

Include eggs at your breakfast, lunch, dinner,

or as a snack between meals to optimize your mental and physical performance no matter the time of day!

VITAMINS FOR VITALITY: A BOOST FOR PERFORMANCE AND RECOVERY

Eggs are also a source of a number of essential nutrients which also support your body's repair and recovery.

VITAMIN D: Eggs are one of the few natural sources of vitamin D, which is essential for bone health and immune system function. Vitamin D helps in calcium absorption, supporting strong bones and reducing the risk of fractures—important for hockey players who face frequent physical contact.

B VITAMINS: Eggs are rich in several B vitamins, including B12, riboflavin (B2) and folate (B9). Vitamin B12 is crucial for red blood cell formation and energy production, while riboflavin helps in converting carbohydrates, fats, and proteins into energy. Folate supports cellular function and repair, essential for recovery and overall health.

VITAMIN A: Found in egg yolks, vitamin A supports optimal eye health and vision, and is involved in immune system function. For hockey

players, maintaining good vision and a robust immune system is vital for peak performance and minimizing downtime due to illness.

CHOLINE: *Brain Power and Metabolism* Choline, a nutrient found abundantly in eggs, is crucial for brain health and cognitive function. It plays a role in the synthesis of acetylcholine, a neurotransmitter involved in muscle control and memory. For hockey players, optimal brain function means better decision-making on the ice and improved focus during high-pressure situations. Additionally, choline supports metabolism, aiding in efficient energy use and helping maintain an optimal body composition.

ANTIOXIDANTS FOR RECOVERY: Egg yolks contain antioxidants like lutein and zeaxanthin, which are known for their role in eye health. These antioxidants help protect against oxidative stress and inflammation, which can be particularly beneficial after intense physical activity. By reducing oxidative damage, these nutrients support faster recovery.

Powering up your diet with eggs offers a range of health and performance benefits.

The high-quality protein, healthy fats and essential nutrients each play a unique role in enhancing performance both on and off the ice, aiding recovery and supporting overall health.

So next time you're planning your meals or looking for a quick, nutritious option, remember that eggs are more than just a breakfast staple—they're a powerful tool for boosting your game and achieving peak performance, anytime.



STEPHANIE HNATIUK RD, CDE, PTS is a Registered Dietitian and Fitness coach based in Winnipeg, Manitoba. She specializes in helping athletes reach their full potential by optimizing their fueling, training, and recovery strategies. You can find her at www.stephaniehnatiuk.com, or as the host of The Fuel Run Recover Podcast.



IT'S OUR ANNIVERSARY!

It's been one year of blending and sharing speed and yoga knowledge to develop better athletes. Thank you to our sponsor, WCHA (Western Canada Hockey Academy) for making this happen! After one year, the big question goes beyond "What did we learn?", to "How do we feel?".

THE ANSWER IS IN OUR ATHLETE TESTIMONIALS.

From a speed perspective we have heard:

"FOR THE FIRST TIME I FEEL STRONGER IN MY FEET!"

"I AM DEFINITELY STRONGER FROM THE GROUND UP."

"I FEEL FASTER ON ONE EDGE."

"I FEEL MORE BALANCED WHEN MOVING FASTER."

We teach our clients that effort doesn't always win. In other words, sometimes it's not just how fast you move, but HOW you move to get there. We have witnessed first-hand our athletes going from being "just fast" to being "quick and powerful!" It is this

blend of strength and speed that will give you the edge to stand out and be different.

From the yoga perspective, our hope as we wrap up this series, is that you've been convinced of the value of yoga as far as the literature goes, the next step is to test it out and experience the benefits in your own body.

There are two Major Junior testimonials that we would like to share here, as they are not only rich with authenticity, they showcase the benefits of this practice:

"I FELT LIKE YOGA REALLY HELPED MY MENTAL AND PHYSICAL STATE AFTER A HARD DAY ON THE ICE OR THE TRACK. IT HELPED TO

CALM MY BODY AND BRAIN DOWN AND REALLY SPED UP THE RECOVERY FOR MY LEGS, GETTING RID OF THE DAYS WHERE I FEEL SORE IN THE MORNING LIKE I CAN'T MOVE"

"I THINK THAT YOGA REALLY HELPED ME A LOT WITH MY RECOVERY, AND JUST THE OVERALL WAY THAT MY BODY FELT AFTER DOING IT. I THINK THAT WE TOOK MAYBE A LITTLE TIME OFF TOWARDS THE END OF THE SUMMER, AND I COULD DEFINITELY TELL A DIFFERENCE FROM DOING YOGA, TO NOT DOING YOGA. IT ALSO REALLY HELPED ME TO RELAX AND CALM DOWN WHENEVER MY BODY WAS ANXIOUS OR I WAS STRESSED OVER SOMETHING."

As players you need it all; you have to be fast and strong, yet supple; you need to be balanced physically, but also mentally. In that spirit, the Inside Edge will continue to be a melding of the minds to share with you everything we know about speed, yoga and ice hockey.

What's next? Get in touch! Contact us to book your next speed or yoga session and join us on this journey as we use our passion to help you live out yours.





WCHA

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"Your staff came just now and scraped the snow and cleaned right down to the asphalt. My driveway has never looked better. Please give them a big thank you from us."

Ron and Rhonda B.

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Jillian L.

"I would like to compliment you and your crews on the excellent work you provide. Thank you again for the great job. Well worth it!!"

Wilf S.



WE'RE FAST

Our fleet of 60 trucks ensures that your driveway and walk will be cleared quickly, even after the biggest winter storms. We start clearing the moment the snow stops, even if that happens in the middle of the night. Most snowfalls are cleared in 8 hours or less.

WE'RE RELIABLE

Our 28 years of experience is on your side. We know Winnipeg winters and plan accordingly, with staff at the ready when you need them most. Your property will always be cleared, not always the case with other operators who may become overloaded and vulnerable to equipment failures under the stress of a big storm.

Ask About Our Priority Service

Snow clearing GUARANTEED within 6 hours of snowfall ending. Priority Service also guarantees your driveways and sidewalks are scraped down to the concrete within 72 hours of every snowfall.

GREENBLADEWINNIPEG.CA

November 1st to April 15th Every snowfall over 2 cms.

FANTASY HOCKEY TOP-150



Game On Editor-in-Chief Carter Brooks Provides His Picks for the 2024-25 Fantasy Hockey Season

The 2024-25 National Hockey League season is shaping up right in front of our eyes. Yes, it feel like just yesterday that the Stanley Cup was presented to Paul Maurice and the Florida Panthers. If the former Jets head coach's wish comes true, it would mean that Winnipeg will be celebrating with Lord Stanley next summer. But if not, well, maybe a fantasy hockey championship will be enough to moisten your palate.

With keeper leagues, dynasties and annual start-ups now in mid-season form, we take a look at the best expectations for superstars across the NHL. Who will take the NHL's scoring crown in 2024-25 after Auston Matthews lit up the league with 69 goals last season? Who will lead the league in points? Do either of those

questions even need to be asked, or will Connor McDavid give up his seat atop some 750 hopefuls?

In taking into account the countless coaching changes, signings, trades and draft selections from what was an absolutely wild offseason, Game On's Fantasy Hockey Top-150 NHL fantasy point producers (for standard leagues) are listed below. In selecting the expected Top-30 goaltenders, Top-50 defencemen and Top-100 forwards for 2024-25, potential injuries, future trades and contract holdouts were not taken into consideration.

These lists were created with the sole purpose of domination within your upcoming fantasy hockey league. Now, go out there and prove us – and our expectations – wrong.

TOP-50 DEFENCEMEN

Bold Signifies Current Winnipeg Jet or Manitoban Player

1. Cale Makar (COL)
2. Roman Josi (NSH)
3. Rasmus Dahlin (BUF)
4. Evan Bouchard (EDM)
5. Adam Fox (NYR)
6. Victor Hedman (TB)
7. **Josh Morrissey (WPG)**
8. Dougie Hamilton (NJ)
9. Noah Dobson (NYI)
10. Charlie McAvoy (BOS)
11. Miro Heiskanen (DAL)
12. Moritz Seider (DET)
13. MacKenzie Weegar (CGY)
14. Brandon Montour (SEA)
15. Morgan Rielly (TOR)
16. Mikhail Sergachev (UTA)
17. John Carlson (WSH)
18. Zach Werenski (CBJ)
19. Kris Letang (PIT)
20. Vince Dunn (SEA)
21. Devon Toews (COL)
22. Jake Sanderson (OTT)
23. Mike Matheson (MTL)
24. Alex Pietrangelo (VGK)
25. Brent Burns (CAR)
26. Noah Hanifin (VGK)
27. Gustav Forsling (FLA)
28. Jakob Chychrun (WSH)
29. Shea Theodore (VGK)
30. Brock Faber (MIN)
31. Brady Skjei (NSH)
32. Seth Jones (CHI)
33. **Neal Pionk (WPG)**
34. Mattias Ekholm (EDM)
35. Aaron Ekblad (FLA)
36. Drew Doughty (LA)
37. Darnell Nurse (EDM)
38. Justin Faulk (STL)
39. Rasmus Andersson (CGY)
40. Thomas Chabot (OTT)
41. **Travis Sanheim (PHI)**
42. Shayne Gostisbehere (CAR)
43. Luke Hughes (NJ)
44. Colton Parayko (STL)
45. **Ryan Pulock (NYI)**
46. Jacob Trouba (NYR)
47. Filip Hronek (VAN)
48. Sean Durzi (UTA)
49. **Zach Whitecloud (VEG)**
50. K'Andre Miller (NYR)



RYAN PULOCK



JOSH MORRISSEY



ZACH WHITECLOUD

TOP-100 FORWARDS

Bold Signifies Current Winnipeg Jet or Manitoban Player

- Connor McDavid (EDM)
- Nathan MacKinnon (COL)
- Auston Matthews (TOR)
- Nikita Kucherov (TB)
- Leon Draisaitl (EDM)
- David Pastrnak (BOS)
- Mikko Rantanen (COL)
- Matthew Tkachuk (FLA)
- Jack Eichel (VGK)
- Kirill Kaprizov (MIN)
- Aleksander Barkov Jr. (FLA)
- Artemi Panarin (NYR)
- J.T. Miller (VAN)
- Jack Hughes (NJ)
- William Nylander (TOR)
- Jason Robertson (DAL)
- Mitchell Marner (TOR)
- Kyle Connor (WPG)**
- Sidney Crosby (PIT)
- Brady Tkachuk (OTT)
- Sebastian Aho (CAR)
- Zach Hyman (EDM)
- Connor Bedard (CHI)
- Filip Forsberg (NSH)
- Brayden Point (TB)
- Steven Stamkos (NSH)
- Sam Reinhart (FLA)
- Jake Guentzel (TB)
- Mark Scheifele (WPG)**
- Tage Thompson (BUF)
- Seth Jarvis (CAR)**
- Chris Kreider (NYR)
- Brad Marchand (BOS)
- Tim Stutzle (OTT)
- Mika Zibanejad (NYR)
- Alex Ovechkin (WSH)
- Andrei Svechnikov (CAR)
- Carter Verhaeghe (FLA)
- Adrian Kempe (LA)
- Vincent Trocheck (NYR)
- Dylan Larkin (DET)
- Nikolaj Ehlers (WPG)
- Joel Eriksson Ek (MIN)
- Jesper Bratt (NJ)
- Kevin Fiala (LA)
- John Tavares (TOR)
- Timo Meier (NJ)
- Clayton Keller (UTA)
- Travis Konecny (PHI)
- Wyatt Johnston (DAL)
- Roope Hintz (DAL)
- Robert Thomas (STL)
- Nick Suzuki (MTL)
- Bo Horvat (NYI)
- Ryan Nugent-Hopkins (EDM)
- Nico Hischier (NJ)
- Jordan Kyrrou (STL)
- Nazem Kadri (CGY)
- Alex DeBrincat (DET)
- Matt Boldy (MIN)
- Mark Stone (VGK)**
- Brock Nelson (NYI)
- Jonathan Marchessault (NSH)
- Cole Caufield (MTL)
- Alex Tuch (BUF)
- Mathew Barzal (NYI)
- Martin Necas (CAR)
- Brandon Hagel (TB)
- Juraj Slafkovsky (MTL)
- Anze Kopitar (LA)
- Elias Lindholm (BOS)
- Elias Pettersson (VAN)
- Jamie Benn (DAL)
- Gabriel Vilardi (WPG)**
- Owen Tippett (PHI)
- Pavel Buchnevich (STL)
- Mats Zuccarello (MIN)
- Evgeni Malkin (PIT)
- Brock Boeser (VAN)
- Dylan Guenther (UTA)
- Alexis Lafreniere (NYR)
- Drake Batherson (OTT)
- Macklin Celebrini (SJ)
- Jared McCann (SEA)
- Lucas Raymond (DET)
- Frank Vatrano (ANA)
- Tomas Hertl (VGK)
- Bryan Rust (PIT)
- Brett Howden (VEG)**
- Sam Bennett (FLA)
- Nino Niederreiter (WPG)**
- Matt Duchene (DAL)
- Dylan Strome (WSH)
- Quinton Byfield (LA)
- Pierre-Luc Dubois (WSH)
- Cole Perfetti (WPG)**
- Matvei Michkov (PHI)
- Matty Beniers (SEA)
- Morgan Geekie (BOS)**
- Jonathan Huberdeau (CGY)



MARK STONE



CONNOR HELLEBUYCK



TOP-30 GOALTENDERS

Bold Signifies Current Winnipeg Jet or Manitoban Player

- Connor Hellebuyck (WPG)**
- Juuse Saros (NSH)
- Jake Oettinger (DAL)
- Andrei Vasilevskiy (TB)
- Jeremy Swayman (BOS)
- Ilya Sorokin (NYI)
- Alexandar Georgiev (COL)
- Sergei Bobrovsky (FLA)
- Stuart Skinner (EDM)
- Jacob Markstrom (NJ)
- Thatcher Demko (VAN)
- Linus Ullmark (OTT)
- Ukko-Pekka Luukkonen (BUF)
- Jordan Binnington (STL)
- Pyotr Kochetkov (CAR)
- Joseph Woll (TOR)
- Frederik Andersen (CAR)
- Darcy Kuemper (LA) DTD
- Adin Hill (VGK)
- Cam Talbot (DET)
- Logan Thompson (WSH)
- Ilya Samsonov (VGK)
- Filip Gustavsson (MIN)
- Tristan Jarry (PIT)
- Sam Montembeault (MTL)
- Joey Daccord (SEA)
- Joonas Korpisalo (BOS)
- Semyon Varlamov (NYI)
- Charlie Lindgren (WSH)
- Dustin Wolf (CGY)



AS TOLD TO CARTER BROOKS

Photos by Jonathan Kozub, Rusty Barton, Scott Stroh and James Carey Lauder

Fishin' for Stanley

CONNOR HELLEBUYCK is the best goaltender in the National Hockey League. No, he wasn't a highly-touted prospect, he didn't play for his country at the world juniors, nor was he a first, or even second round draft pick.

Selected 130th overall in the fifth round by Winnipeg back in 2012, the Michigan product worked his way through the American Hockey League's St. John's IceCaps and Manitoba Moose before ultimately finding a fit with the Winnipeg Jets in 2015-16.

Ten years and two Vezina Trophies later, Hellebuyck remains locked in with the Jets as the best goaltender the organization has ever seen. Last fall, he – alongside Mark Scheifele – proved his doubters wrong when opting to sign a seven-year, \$59.5 million contract to remain in Winnipeg through the 2030-31 season.

In 509 career appearances, the 6-foot-4, 207-pound backstop has a 275-173-41 record, a

2.63 goals against average and a .917 save percentage with 37 shutouts to his name. He is a four-time NHL all-star and finished Top-3 in Vezina Trophy voting four times in his career. Last year, Hellebuyck took home the NHL's Jennings Trophy, awarded to the goaltender on the team allowing the fewest goals against in a full season. His goals saved above expected was off the charts last year, as he out-did the No. 2 ranked goaltender by a full 10 goals denied.

But, there is also another side to the Jets' stoic netminder – one that isn't quite as regimented and serious. That side comes out when he's out on the lake, either frozen or thawed, in his element with a rod in hand a line in the water.

Hellebuyck sat down with *Game On* editor-in-chief Carter Brooks and chatted all about his love for the great outdoors, his time in Winnipeg and the burning desire for the Stanley Cup for the *Season Preview* issue

INTERVIEW



CONNOR HELLEBUYCK

HEIGHT / 6'4"

WEIGHT / 207 POUNDS

AGE / 31 YEARS OLD

BORN / MAY 19, 1993

BIRTHPLACE /
COMMERCE, MICHIGAN

POSITION / GOALTENDER

CATCHES / LEFT

DRAFTED / 5TH ROUND,
130TH OVERALL, 2012
NHL DRAFT



WHAT DOES A TYPICAL OFFSEASON LOOK LIKE FOR YOU? ARE YOU OFF THE ICE? DO YOU HIT THE GYM? WHAT TAKES UP YOUR TIME?

"So, at the end of the year, we take off. It usually takes me a couple days to get home, but I take a full month off. I take it at home and just fish as much as I can. I hang out with the family, no stress, completely relaxed. Then after that month, I'll slowly start ramping things up with lighter workouts. Depending on the year and the workload, it'll be three times a week for that first week, or right into it, depending on where I'm at. So, it's a big thing, but it's one hundred percent a month off. Then I start ramping it up and I start skating relatively early, second to last week of June, somewhere in that range. And then I will amp it up a little bit right after July 4 and start skating two-to-three times a week every day until camp. I do that basically until I come back to town and get myself set back up in Winnipeg. Oh, and I'm fishing through all of that, throughout that time."



HOW DOES FISHING LOOK FOR YOU? DO YOU HIT THE LAKE IN YOUR BOAT? DO YOU GO OUT IN WADERS? ARE YOU WETTING A LINE OFF THE DOCK?

"No, I take my bass boat out, basically, all the time. As much as I can. But when in Winnipeg we tend to go ice fishing quite a bit. That's mainly on our off days in between the months of January and the end of March. That's when we go ice fishing; there is some really good walleye fishing in Manitoba. And during training camp and around the fall time, it's a little bit of hunting. We just don't really have all that much time."

LAST SEASON YOU WON YOUR SECOND VEZINA TROPHY AS THE TOP GOALTENDER IN THE NHL. WHAT DOES THAT MEAN TO YOU?

"Right, so, being the Vezina winner was something that I've always prided myself with. Just trying to be the best in the world. And, you know, I thought the chase would be more fun than actually accomplishing it. So, once I finally accomplished it, I realized that I enjoy the chase more. And that's why it's not necessarily my end goal. I want to continue to chase that because I've been here long enough

to realize that once you have it, it doesn't mean you are it, or defined by it. You have to prove it every single day. And every single year is different."

TELL ME ABOUT YOUR DESIRE FOR THE STANLEY CUP, AS I KNOW YOU'VE SAID BEFORE THAT THAT IS YOUR END GOAL.

"So, I've loved the chase for the Vezina, but really at the end of the day when I was growing up it was only the Stanley Cup that I wanted. That



was my dream. Be the best in the world and by doing that I'll hopefully achieve a Stanley Cup some day. And now that I've won one of them it feels like the other isn't really linked. But in the same sense it feels like it's a goal that is going to take more than myself to accomplish. I'm just going to continue driving and hoping the guys around me drive with me. Don't get me wrong, they have, and every year it's great to come back and see that. See that hunger in the guys for more. When I'm looking for that Stanley Cup, it's what can I do every single year? So it helps me drive forward just like the chase for the Vezina was more fun. The chase for the Stanley Cup is a whole different chase and a whole different enjoyment."

EA SPORTS RANKED YOU THE NO. 1 GOALTENDER FOR NHL 25 BACK IN SEPTEMBER. DOES THAT MEAN ANYTHING TO YOU?

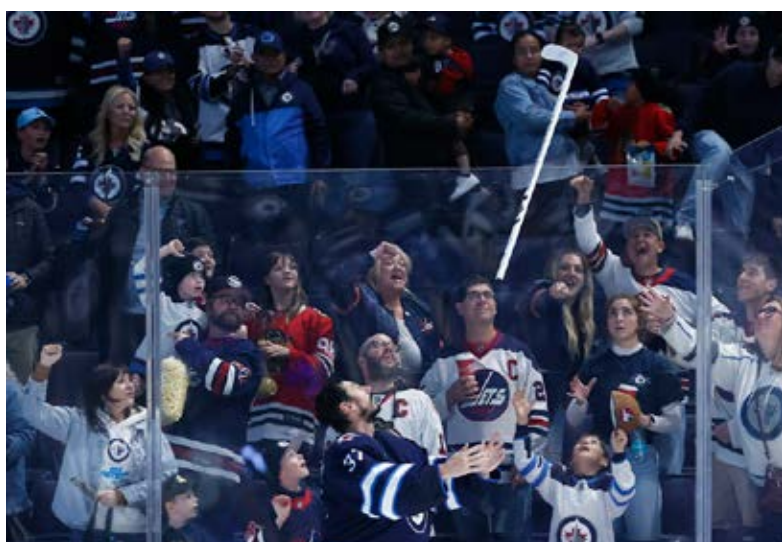
"Oh, is that right? Well, I did not know that they did that. That's pretty cool, because I played that video

game as a kid all the way up through college. I know some guys here still play it now actually. Some of the younger guys. But wow, that's really neat. I honestly did not know that. Thanks for that."

YOU SAID YOU'VE BEEN HERE A WHILE NOW. IT HAS SOMEHOW ALREADY BEEN 10 YEARS. WHAT HAVE YOU LEARNED ABOUT THE CITY OF WINNIPEG, THE FANS AND THE ORGANIZATION?

"We get taken care of very well here. We get fed, we get transported around, we get everything we need and would want. So the organization takes good care of us. From the fan base, it's been crazy.

It's hard to go out in the city without getting recognized, no matter who you are. The playoffs, it is just a different level of insanity. You can really see the community come together, which is great. And then the little things we do for community impact, it really means a lot to them. So, what I've noticed is it's very caring. It's also really good hunting and fishing. It's an outdoor Disneyland."



YOU MENTIONED THE PLAYOFFS. LAST YEAR THERE WAS SOME POSTSEASON DISAPPOINTMENT. WHAT DO YOU PLAN TO BUILD OFF OF FROM LAST YEAR'S PLAYOFF RUN TO HELP THE TEAM THIS YEAR?

"Honestly, it's hard to say we're building anything off of that, because I feel like a lot of us achieved some really good things last year. I think it's more of what did we learn that is going to help us move forward. I'm not saying we aren't going to take our

game to another level, but it's more of where can we tweak something and where can we get better, instead of building off what we did last year. Remember, every year is different. We're not coming in here and saying, 'Oh, we need to be exactly what we were last year,' because expectations kill you. I have learned that in this league, and probably in most other sports too. We want to come in here with a clean slate and add things to our game for a strong 2024-25 season and playoffs."

10

QUESTIONS WITH CONNOR HELLEBUYCK

DO YOU PREFER SWEET
OR SALTY TREATS?

Sweet.

BEER OR
LIQUOR?

Beer.

WHAT IS YOUR
FAVOURITE
MUSIC GENRE?

Country.

WHAT SPORT OTHER THAN HOCKEY
DO YOU ENJOY WATCHING?

I like watching fishing, the Bassmaster and the MLF. I also like watching football, specifically the Detroit Lions.

WHAT VEHICLE DO YOU
CURRENTLY DRIVE?

Ford F-150.

WHAT IS YOUR FAVOURITE FISHING BRAND?

Rods would be G. Loomis. Reels would be Shimano. Lures... there are so many. I'm stuck between Rapala, Z-man, Strike King, or Berkley.

WHAT KIND OF BOAT
DO YOU HAVE?

I have a Vexus VX-21.

WHAT PART OF WINNIPEG
DO YOU LIVE IN?

South Tuxedo.

DID YOU HAVE A
FAVOURITE PLAYER
GROWING UP?

Olaf Kolzig and
Dominik Hasek.

MORGAN WALLEN
OR LUKE COMBS?

Riley Green... or
Luke Combs.





④ ⑥ OR ⑧

**GAME
PACKS**

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KEVIN HE

A photograph of Kevin He, a hockey player, in a red Chicago Blackhawks jersey with the number 11. He is wearing a black helmet and CCM gear, skating on an ice rink. The background is a blurred arena setting.

BY SCOTT TAYLOR

Photos by Scott Stroh and James Carey Lauder

KEVIN'S GAME

FOR KEVIN HE, IT WAS ALL ABOUT THE SPEED. MORE SPECIFICALLY, IT WAS THE THRILL OF THE WIND BLOWING IN HIS FACE.

He, the Winnipeg Jets fourth-round selection in the 2024 National Hockey Entry Draft, is the highest-drafted Chinese-born player in NHL history. The speedy, 18-year-old winger will play the 2024-25 season with the Niagara IceDogs of the Ontario Hockey League, but of course, a spot on the Jets is certainly high on his list of future goals.

As a rarity among elite hockey players, He spent most of his career as the only Asian player on whichever team he happened to be scoring goals for at the time. But during his time in the game, he has met more players of Asian, South Asian and Filipino heritage embracing the sport he loves.

This year, as he attended Jets training camp, it became clear to him that his status as one of only two Chinese-born players ever to be drafted, will reverberate through the game for many years to come. Today, it's Kevin He. No one doubts that tomorrow, the number will multiply.

"I was born in Beijing, China and I lived there for about six years before we moved to Montreal," he explained. "I picked up hockey in Montreal – West Islands/Pointe-Claire. I grew up playing minor hockey in Montreal until my first year of Pee wee and that's when we moved to Toronto. I played there for another three or four years and then



got drafted into the OHL and ended up in Niagara.”

Like so many Canadian kids, He picked up his love of the game from his father.

“It all started with my dad, Jason,” He continued. “He went to the University of Moncton. He did his studies abroad and that’s where he discovered hockey and fell in love with it.

“He was living in Canada and hockey was the No. 1 sport and he’d watch it every night. It’s interesting to me that the games were late, so he’d only watch two periods and then check up on the final score the next day. When he was young in China, he was a speedskater, but never played hockey.

“As soon as we moved to Montreal and hockey was obviously the No. 1 sport there, so he wanted me to be a hockey player. I played different sports growing up, but I found hockey to be the most fun. I even did

competitive swimming when I was younger, so I was going to pursue one of those two sports, but hockey was the No. 1 sport in Canada and my introduction to the game was a bit easier, that’s for sure.”

He started his minor hockey career with the West Island Royals in Montreal. Kevin and his brother played on the same team as they moved through the system from U-8 to U13. He played one year for the Lac-St-Louis Lions and then moved to Toronto. He played one year with the Toronto Jr. Canadians and then moved to the Toronto Red Wings before the COVID-19 pandemic hit the world. He finished his minor hockey journey with the U1-16 North York Rangers and then jumped to the OHL.

“I actually started skating in China, but when I got to Montreal, I’d lost all my ability,” he said with a laugh. “There were only a few rinks around where I lived in China so I would

rollerblade quite frequently with my dad. I played a bit of hockey in China although, I didn’t play on a team until I moved to Montreal.

“There was a brief time when I didn’t skate for a few months, so the first time I was on the ice in Montreal, I fell everywhere. But once I got it going, I was moving down the ice pretty fast. That’s my first memory of playing

hockey in Canada. I just loved the speed of the game.”

An outstanding student, He graduated last year from the very highly-regarded private school, Blyth Academy in Downsview Park, Ont. He is fluent in English, French and Chinese.

Still, he considers himself first and foremost, “a hockey player.”

“Hockey is where I met a





lot of friends I've kept for life," he added. "I'm pretty thankful that one of my good buddies, Kieron Walton, who I've known for five or six years now, is living with me here in Winnipeg. We played together when I first moved to Toronto. We played Red Wings together and I finished off my minor hockey with him with North York Rangers. I met most of my friends playing hockey."

Although clearly a Canadian-trained hockey player and Canadian citizen, He and his family still celebrate all the Chinese holidays.

"My family usually gets together to celebrate Chinese New Year and other festivities," he said. "I have always loved celebrating the Chinese New Year. It's a nice time to get together and create happy memories. I have thought more about it now than when I was younger. As a kid growing up, my passion for the game went beyond the cultural differences and

being the only Asian player on my team. Especially now, it feels refreshing to see more Asian hockey players picking up the sport that I love and how guys like Jason Robertson have become role models to look up to."

Known throughout the game as "a hard worker," He certainly caught the eye of Jets scouts. The 6-foot, 185-pounder had 31 goals and 53 points in 64 games with the IceDogs last season and now has 52 goals in 130 OHL games over the last two campaigns.

"I've loved the game because as far back as I can remember," he said. "I just loved the feeling of going on the ice and skating full speed with the wind blowing in my face. That's my first memory of me skating. And more and more, as I grew up playing the game, the more I loved it. I've played hockey pretty much my whole life now and I'm thankful to have met so

“HOCKEY IS WHERE I MET A LOT OF FRIENDS I’VE KEPT FOR LIFE”

— KEVIN HE

many great people in hockey to build relationships with. It's a big part of my life. But I love the speed, that's what got me hooked originally.

The Jets traded their fourth-round pick (123rd overall) and their seventh-round pick to move up in the Draft and select He.

"We were staring at our list and when He was still sitting there, we just felt we had to be decisive there," said Winnipeg General Manager Kevin Cheveldayoff. "We didn't think he was going to be around that much longer, so we just worked the phones to try and find somebody that we could partner up with to make that pick."

With their choice, the Jets made He the highest China-born draft pick in NHL history, and only the second in league history after Andong Song was picked 172nd overall by the New York Islanders in 2015.

"When I started playing in Montreal, I was alone in terms of my heritage," he explained. "But as I grew up, playing more, I found out there were a lot of Asian kids who had started to play hockey and were getting involved in the game. In Toronto, I didn't feel as alone as I did when I first started to play.

"I would absolutely recommend this game to new Canadians. I just love it."



BY SCOTT TAYLOR

Photos by James Carey Lauder and courtesy Jets First Shift

IN LOVE WITH THE GAME

FINN BATOON ARRIVED IN CANADA WITH HIS FAMILY IN 2019 HOLDING ON TO A DEEP LOVE FOR BASKETBALL AND HIS HERO STEPH CURRY.

Five years later, the 13-year-old Winnipegger has fallen madly in love with hockey and cheers passionately for his new favourite, Mark Scheifele and the Winnipeg Jets. He also dreams of playing in the National Hockey League one day.

It's amazing what winter in this country can do to people.

"We were newcomers back then," said Marcel, Finn's mom. "We came to Canada from Tuguegarao City, Philippines, in October of 2019. In the Philippines basketball is the most popular

sport played across the country. Before coming to Canada, eight-year-old Finn was an avid fan of basketball and a big fan of Steph Curry. When we arrived here, Finn was still playing basketball. He had his basketball jerseys and we bought him a basketball hoop to play in the backyard.

"So, he played until November came along and when it started to snow, he couldn't play basketball anymore, so my sister who sponsored us in coming to Canada, said 'OK, let's go to the Forks and maybe you guys might want to try skating.'"

This was new for the family, mom Marcel, dad Gail, son Finn and daughter Zoe. Of course, a Winnipeg winter was certainly new for the family, as well.

"Our first skating experience was fun and memorable," Marcel recalled. "Me and my husband were having trouble on the skates, but the kids were good at it. When Finn stepped on the ice, he just took off and just kept running on the ice

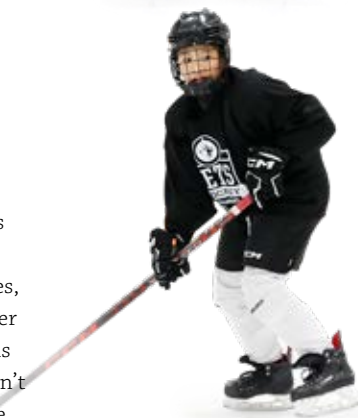
and from that day onwards he loved to go and skate.

"At first, we rented skates, but my sister said, it's better for you guys to buy the kids their own skates so you don't have to rent them anymore. So, when he got his skates, he started learning how to skate."

For Finn, the next step forward from skating was hockey.

"As he was learning to skate, on his own we always saw the Jets games were on TV," Marcel continued. "So, we started to watch the Jets and he became interested in hockey. He watched every Jets' game and he made us watch all the Jets games with him. We supported him, but we were newcomers and we didn't have much money to buy him the stuff to play, so skates first, then the stick and so on. But we improvised. He used pillows for his knee pads and that sort of thing, and during the pandemic he was always found playing hockey in the basement with his dad."

When the family decided that it would be a good idea





FINN'S GROUP AT HOCKEY FOR ALL CENTRE'S GROW THE GAME PROGRAM

for Finn to learn to play the game properly before trying out for a team, it wasn't easy to find a place for a newcomer to learn the game – aside from being costly -- until they found the First Shift program at hockey for all centre.

"He was so happy when we registered him into the First Shift program," Marcel said. "For an affordable price, he got 10 sessions and all his gear and he'd put it in the bag and he was so happy because he was now learning from the professionals. My husband had no idea how to teach him, but at First Shift he was now learning to play.

"Then, Finn wanted to play on a team. So, he took a development program in the spring of 2022 and had his first tryout at the age of 11. The Single A coaches were amazed at how he started, because he looked like he had been playing hockey for quite a while. He had been practicing and we bought him roller blades so he could practice in the summer. And he was now a good skater."

Finn is now in his third year with the Seven Oaks Raiders.

"I love hockey. It's really fun to play," Finn said. "It's great to be on a team. I want to make it to the NHL. I'm trying to. I can't wait to put up my backyard rink this winter and we've had it the last two years. It's fun."

That backyard rink has become Finn's pride and joy.

"Before we moved to our own house, Finn would come home and he wanted to go to the outdoor rink and skate," Marcel said. "Even if it was negative-40, he didn't care, he wanted to go to the outdoor rink. So, of course, we would take him to the outdoor rinks at Tyndall Park or Seven Oaks. Now, that we have our own house and we have a nice size of backyard, we started to make Finn's own rink to practice shooting and skate around whenever he wants.

"So now, even though it is really cold weather, we can be at the window, watching him, instead of standing outside in the cold. And he takes good care of the rink. When he comes home from school, he goes straight to the rink, shovels it and makes sure it's smooth with no bumps."

Despite being 11,600 km from their original home, the Batoon family is as Canadian as a slap shot from the point. And young Finn is holding on to his dream of playing in the NHL one day. But it wasn't always easy to make the jump from basketball to hockey.

Finn is now a 13-year-old Grade 8 student at Stanley Knowles School. In the five years, since the day he first stepped on ice, he and his family have become hockey fanatics. The family is even involved in the Jets' Filipino Heritage Nights and are regulars at Jets Fan Fest.

"And now our daughter, Zoe, is learning to play

hockey with Winnipeg Jets First Shift," Marcel added.

"Our family was able to meet new friends and is very grateful for their support. Ron Cantiveros, for instance, was very instrumental in Finn's hockey progression. He involved our family in various initiatives, particularly Jets Hockey Development and Grow the Game. As well, we are thankful to Roger Pockett and his family who have been guiding us through our hockey journey. Everyone will continue to support Finn because his ultimate dream is to become an NHL player someday."





SOUTH ASIAN *Heritage Night*



**JOSH MORRISSEY OF THE JETS AND PATRICK KANE OF THE BLACKHAWKS
TAKE PART IN THE CEREMONIAL OPENING FACEOFF IN 2023**

The Winnipeg Jets will host their third annual South Asian Heritage Night presented by Canada Life on Dec.12 at 7 p.m. when they meet the Vegas Golden Knights.

As Winnipeg is home to over 60,000 people whose heritage is tied to one of India, Pakistan, Sri Lanka or Bangladesh, the game has become a huge celebration for Winnipeg's South Asian community, featuring music, food and dance influenced by South Asian culture.

The visual hallmark of the initiative is the stunning logo which decorates the Jets' classic logo with a fusion of Rangoli, henna patterning and Bandhani designs. The logo is featured on merchandise at Jets Gear and on the limited-edition team-issued Winnipeg Jets South Asian Heritage jerseys, which will be auctioned at the game in support of initiative partner Punjabi Community Health Services (PCHS) Manitoba. Since their founding in 2022, PCHS Manitoba has gained a lot of momentum in supporting the health and wellness needs of South Asian and diverse underserved communities across Manitoba.

presented by Canada Life

Don't miss the South Asian Heritage Night
visit winnipegjets.com/tickets for tickets.

BY JOHNSTON HALL

Photos by Jonathan Kozub and courtesy True North Sports & Entertainment

KEEPING THINGS FRESH

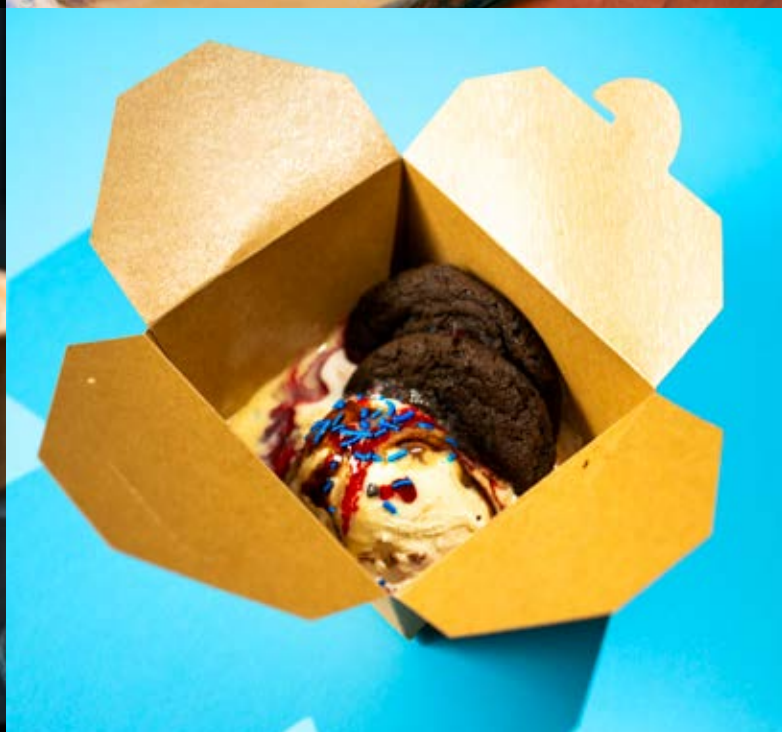


TRUE NORTH IS ALWAYS REIMAGINING GAMEDAY TO BOOST THE FANS' EXPERIENCE. THERE IS NEW FOOD, NEW ENTERTAINMENT AND A BRAND NEW SOUND SYSTEM AMONG THE MANY CHANGES AT CANADA LIFE CENTRE THIS SEASON.

Each new NHL and AHL season brings new Jets and Moose squads, a fresh on-ice start to pursue the ultimate in hockey hardware, and new ways for fans to enjoy the game. This year, that includes new snacks, new entertainment and new conveniences for fans at Canada Life Centre.

"As much as Jets fans are hardcore into hockey, we know the experience of coming to a game is more than the action on the ice, so we are always working to keep things fresh and new from season to season," said Kevin Donnelly, Sr. Vice President, Venues & Entertainment with True North. "True North continuously looks for both the big and small ways that we can make things better at every touchpoint for fans, and this season is no exception."





THE NEW HOUSE BAND



NEW ENTERTAINMENT AT THE SPEED OF LIGHT

The sound of Canada Life Centre's new house band, Mach 10, is sure to travel fast – ten times the speed of sound fast. A brand new in-bowl stage will host a variety of live music, DJs and cultural performances for pre-game and intermission entertainment at each game this season.

HEAR THE DIFFERENCE WITH THE NEW SOUND SYSTEM

Adding to the excitement of the new live music in the bowl is a brand new state-of-the-art arena sound system which more evenly disperses sound ensuring that no matter where fans are sitting – behind the glass or in the upper bowl – they all enjoy the same high-quality audio experience.

"Introducing the new stage, house band and sound system together this year was really the perfect trifecta to amp up the excitement in the bowl," said Sr. Director of Game Presentation, Kyle Balharry. "From the high-fidelity sounds to the bass, it's a more immersive audio experience

that brings both clarity and power to the music, and also to every aspect of sound within a game."

EXPRESS ENTRY GETS FANS IN FASTER

If you've been to Canada Life Centre this fall, you may have noticed shorter lines at the gates. This is thanks to a new express security system that differentiates everyday metals like keys and phones, and no longer requires fans to remove these items from pockets and bags when going through security. As well as making entry easier and more efficient, it eliminates bottlenecks for security scanning and reduces the time fans spend in line – especially during peak entry times for high-attendance events.

"We continue to hear from fans that the streamlined entry process is making a noticeable difference in how much more quickly they are getting into the venue to enjoy their event," said Donnelly, noting entry will become even faster as ticketholders get used to the process and not needing to stop or slow down. "Right now, this improvement is

a convenience, but as the weather gets colder, getting into the venue more quickly will also be about comfort."

NEW SAVOURY AND SWEET FOOD OPTIONS

Indulge in a hot sandwich or satisfy your sweet tooth with two new concession concepts added to Canada Life Centre's food lineup: Carvery Sandwiches and The Sweet Spot.

Carvery Sandwiches serves hot, fresh, carved sandwiches, including a slow roasted and smoked beef brisket, porchetta Cubano melt, and a marinated beef sandwich with horseradish cream and caramelized onions. Housemade sides of mac and cheese, kettle chips, deviled egg potato salad, or rustic pork and beans are less traditional for arena fare but make the perfect comfort food accompaniment.

Canada Life Centre's Director of Culinary and Executive Chef Richard Duncan always loves experimenting and introducing new concepts, but what he is most excited about this season is the expansion of dessert and treat

options with the new Sweet Spot concession featuring ice cream, cake pops, warm cookies, brownies, and a special treat he grew up with.

"When I think about what cooking means to me, it's those special family moments and I do remember spending time in the kitchen with my grandmother on the farm," said Duncan. "I'm especially excited to feature her delicious banana bread at The Sweet Spot."

The emphasis will be on the Jumbo Jet Dog with the ever-popular perogies returning as a staple add-on topping as well as a rotation of featured Jet Dogs with unique topping combinations.

"The Jumbo Jet Dog is iconic to the Winnipeg Jets gameday experience, and while we are always looking to have fun with new concepts, it's also about focusing on what fans love and making sure we deliver on their favourites every single time."

PRE-PAID EVENT PARKING

Fans can now take the guess work out of parking by reserving and pre-paying for parking in area Platinum Parking and Impark monitored parkades – not just for Jets and Moose games but for any Canada Life Centre and Burton Cummings Theatre event. Parking can be purchased directly through TicketMaster when purchasing event tickets or can be added subsequently by visiting canadalifecentre.ca/fanguide/#parking.

Cheer on your home teams and experience everything new Canada Life Centre has to offer this season. winnipegjets.com/tickets.

2024/25 WINNIPEG JETS CHALLENGE CUP TOURNAMENT

U7 HL

U9 HL

U9A

U9 FEMALE

U9 A1 FEMALE

U9 A2 FEMALE

U11

U11 A1

U11 A2

U11 A3

U11 A4

U11 A5

U11 FEMALE

U11 A1 FEMALE

U11 A2 FEMALE

U13

U13 A1

U13 A2

U13 A3

U13 A4

U13 FEMALE

U13 A1 FEMALE

U13 A2 FEMALE

U15

U15 A1

U15 A1 (NO BODY
CHECKING)

U15 A2

U15 A2 (NO BODY
CHECKING)

DECEMBER 22 - JANUARY 2

**REGISTRATION
NOW OPEN!**





ONE SIDE AT A TIME: THE POWER OF UNILATERAL TRAINING

Bilateral training gets a lot of attention in the training world because of the heavier weights that are often associated with it.

However, unilateral training is also important as it impacts physical health in athletics and real life. Unilateral training is performing an exercise one side at a time, such as a single leg or single arm exercise. There are many positives associated with adding unilateral work into your training. It can help reduce injuries, promote balance, create challenging loading parameters, and increase intensity, stability, mobility, and strength in different positions.

When we look at the application of what we do in the weight room to athletics or real life, unilateral training offers plenty of benefits. It can help identify and correct strength imbalances between sides of the body, which is particularly beneficial for athletes who rely on specific movements and can develop asymmetries over time.

By focusing on one side at a time, you can ensure both sides are equally strong and capable. Unilateral exercises require greater balance and coordination, helping individuals develop these skills. This is particularly important for athletes who need to perform complex movements and for the general population to enhance daily activities.

Due to the increase in balance and stability, many unilateral exercises require more core engagement. This leads to improved core strength and function, which is crucial for overall athletic performance and in everyday activities.

Like all forms of strength training, unilateral training can

help reduce the risk of injuries by increasing stabilization, promoting a greater range of motion, and improving overall body mechanics. It can also be helpful when coming back from an injury as it allows for a more controlled environment to rehabilitate or strengthen an injured side. Along with performance and rehabilitation, training one side of the body can also lead to increased neural efficiency and coordination. This is particularly beneficial for athletes who need precise control and quick adjustments during performance or for people who are trying to come back from a significant injury.

Outside of sports, unilateral training often mimics real-life

activities where we use one side of the body more than the other. By training in this way, individuals can develop strength that translates to better performance in their daily lives.

Also, let's not forget that going to the gym is supposed to be enjoyable and by incorporating unilateral exercises we can add variety to a training program, keeping workouts fresh and engaging. This can increase motivation and adherence to training, making it easier for individuals to stick with their programs.

Until next time, Strength, Courage, Hustle, Commitment



AJ ZEGLEN WORKING THROUGH A UNILATERAL TRAINING SESSION WITH TEAM CANADA GOALIE KRISTEN CAMPBELL

Photo by AJ Zeglen



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ADULT STRENGTH AND CONDITIONING



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BY KRISTA SINAISKY

Photos courtesy of True North Sports + Entertainment

NEXT GEN DEVELOPMENT

JHD'S HIGH-CALIBRE COACHING
AND SKILL-SPECIFIC TRAINING
GIVE PLAYERS THE EDGE

There have been many changes to the game over the past few generations, not the least of which is tremendous growth in skill, speed and flair – and this is not by accident.

“In my own playing days, there was playing time and practice time – there was no additional work unless you went out looking hard to find it,” said Dave Cameron, head on-ice instructor and program manager with Jets Hockey Development (JHD), based out of hockey for all centre.

Growing availability of skill-specific training, such as what is offered through JHD, and a high calibre of coaching has been key to this

evolution, providing players – both minor and pro – with options and opportunity to take every aspect of play to the next level.

“The biggest change is people like myself, who are available to work with players, which has expanded these opportunities.”

A 1998 NHL draft pick of the Pittsburgh Penguins, Cameron has been coaching for more than 25 years and has worked with players of all skill levels, from those taking their first strides to those on the cusp of making the bigs, and pros who have made the jump to the big show. He is also the skating and skills coach for both the Winnipeg Jets and Manitoba Moose and works with hockey for all centre tenant teams, including the MJHL's Winnipeg Blues and Winnipeg Freeze, as well as Winnipeg AAA/AA, and Winnipeg Ice (U18 female).

“All of our JHD coaches demonstrate a high level of hockey sense and understanding of the game, but each have had their own unique career path that has led them here, creating complementary experiences and perspectives that benefit our entire program

**DAVE CAMERON
WORKING WITH YOUTH**





DAVE CAMERON





DAVE CAMERON WITH A SMALL FEMALE GROUP

delivery,” Cameron shared.

Communication and relationships are a key part of Cameron’s coaching philosophies, and he sees them as impactful to players’ training outcomes.

“Players who succeed the most are the ones with the best attitudes and who are open to change,” said Cameron. “I try to be as open as I can with players and I want them to come talk to me about what they are doing well and struggling with; this helps to build a rapport that strengthens the connection between goals and the plan we build to achieve them.”

The communication aspect is even more critical when it comes to team coaching sessions where JHD coaches work to parlay individual strength and skill to elevated team play through communication.

Team coaching begins with a conversation with the coaches to get a sense of what they’d like to see from a development plan.

After an on-ice assessment session, Cameron outlines a curriculum, maps out the plans and builds the drills.

With so many development options available now, determining the best fit can be overwhelming, but that’s where the relationship starts for Cameron and the other coaches.

“We get a lot of calls from families, some know exactly what they want and some want guidance, and so we work with you to match the program to the player.”

In addition to Power Skating, Puck Skills, Female Programs, 3 vs. 3, and Junior Prospects programming, new to the spring lineup this year are small group programs (8-10 players) during prime-time hours including after school and evenings.

“Our programs can be the perfect supplement for a spring hockey season – or replace spring hockey altogether – with more individual attention, focused work, and puck

touches than in games.”

Even with his vast experience in the game, Cameron is also focused on continued learning. He spent time during COVID exploring hockey experiences off the ice, including doing colour commentary for the Manitoba Moose and writing a book, *Coaching Hockey with Small Area Games*, and is currently working on a second book focused on developing defensemen.

He is in the process of completing a Hockey Canada Master Skills program – just one of 10 Canadian coaches selected to receive this certification.

“For me, on the JHD side, it just lets me take our coaching to a whole other level,” Cameron said noting the plan for all JHD coaches to achieve Skills Coach Certification with Hockey Canada.

He is adamant that a good skills coach should be able to adapt to impact players of any skill level.

“Because I work with the

Moose every day, I get to see where they’re at, and the goal of reaching the NHL is so close at this point. The way they prepare for practice, I can take those messages to the younger kids, scale down and explain to them why these same concepts are important. They get a lot of info that the pros are getting, similar concepts to be taught and worked on.”

The ultimate goal, through any JHD program, is to make the tactical to practical connection, correlating training to the game scenario.

“The best thing for me is seeing a player when they have that aha moment, and they understand what they are working on, how it relates to them and how they can use it in the game,” said Cameron. “When they call or text to let us know, the joy they feel in connecting it with the game – and that can be a pro or a young player – for me, the excitement doesn’t change.”

Explore JHD’s spring programs at hockeyforallcentre.com.

2025 SPRING PROGRAMS



**REGISTRATION
NOW OPEN!**

- 3v3 - U7 & U9
- Second Shift
- Adult
- Small Group
- Developing Defence
- U13 AA
- U15 AAA
- Power Skating
- Puck Skills
- Junior
- All Female
- Dynamic Forwards
- U11 Shooting



hockey for all centre



BRAD LAMBERT

canada



25
SEASONS

BY DANIEL FINK

Photos by Nicolas Carrillo and Tim Garland

MOOSE PREPARING PROSPECTS FOR FLIGHT

As the primary affiliate of the Winnipeg Jets, the main purpose of the Manitoba Moose is to prepare players to skate in the NHL. During the 2023-24 season, 87 percent of all NHL players spent time in the AHL. Looking to the beginning of the 2024-25 campaign, 594 AHL grads were on opening night rosters of NHL teams. Winnipeg was tied for the third-most former AHL-ers on the roster with 21 slated for the opening night squad.

The 2024-25 season is special for the Moose as it marks the team's 25th season and recognizes the squad's success in developing NHL stars over the years. Off the ice, the Moose are celebrating the accomplishments of their alumni with the Jets' Connor Hellebuyck, Josh Morrissey, Kyle Connor and many more having worn antlers at some point in their careers. On the ice, the focus is fully on preparing the next wave of Jets stars for their time in the spotlight.

Which brings us to the exciting prospects currently fine-tuning their game as the Moose take their first steps of the 2024-25 season. Manitoba opened the season with six players selected in the first two rounds by the Winnipeg Jets. First round selection and 2024 AHL All-Rookie Team member Brad Lambert, along with second-round picks Nikita Chibrikov and Elias Salomonsson grabbed plenty of pre-season headlines through Jets training camp. Young goaltenders like Thomas Milic and Domenic DiVincentiis turned in solid starts in their opening games. There's plenty of possibility ahead for these young professional hockey players.

"I've always had a love for the game. I think that's where it all starts, just going out there and having fun. Ever since I was a little kid, that's what any hockey player dreams about is playing in the NHL," said Lambert, who led

“I STARTED HOCKEY AT THREE YEARS OLD AND STEP-BY-STEP I LIKED THIS GAME MORE”

– NIKITA CHIBRIKOV

the Moose with 55 points in 2023-24. “It makes you drive harder when you get a taste of that. Playing a game last year and all that stuff it just makes you want it more.”

Lambert made his NHL debut, along with Chibrikov, on April 18, 2024 in a 4-2 Jets win over Vancouver. Lambert picked up an assist while Chibrikov scored the eventual game-winning tally. In many ways, it was the culmination of impressive rookie campaigns for the pair in the AHL. Now the duo is focused on making the improvements in their game that will lead them to their ultimate goal.

“The game is details. Everybody says details win the game in hockey. So you always try to find some small things that can help you,” commented Chibrikov. “I’m doing a lot of stuff like grabbing one player in the NHL and watch all his shifts, what he’s doing. I grab the best and try to use it in my game.”

At this stage of the development process, those incremental improvements can have a large impact.

“It’s the little things, right? Especially when you get to

the NHL level, everyone can skate, everyone can stick-handle, everyone can do that stuff,” added Lambert. “Being able to set yourself apart by something it’s about the details and the buy-in. It’s a lot more about the team stuff than your individual skills.”

As with most professional hockey players, Lambert and Chibrikov have been working at their craft since they were young. Over time the game they played for fun turned into the opportunity for a career. That doesn’t happen without plenty of hard work and support from their families.

“I started hockey at three years old and step-by-step I liked this game more,” Chibrikov recounted. “My father taught me always that you should be working hard every day. You chose this life, and you chose this job, and it starts now. Not after 10 years, it starts now. So, work hard and keep working. Do what you can to improve, and you’ll get the chance to be a professional hockey player.”

Some players have the added help of family members with experience in the professional ranks. Lambert’s father Ross played

professionally, and his uncle Lane played nearly 300 games in the NHL before embarking on a lengthy coaching career. Having that perspective to call upon is a bonus for the 20-year-old Lambert as he works through the early stages of his career.

“They know what it takes, and to have that advice to lean on during the tough and good times, having someone there is big,” explained Lambert. “Whether it’s watching hockey with my dad or just going on the outdoor rink and playing with him, I think we both share that love for the game. Hockey’s something that we kind of bond over. It’s just kind of a family lifestyle, tradition thing.”

The duo of young prospects opened the season red-hot. Chibrikov tallied four points in his first two games while Lambert posted three assists in the same season-opening set against the Iowa Wild. With their goal of playing for the Winnipeg Jets firmly in mind, the focus is squarely on working day-by-day to be at their best.

“I try to improve myself every day. I have a couple

goals I should reach this season,” said Chibrikov. “You don’t know what it will be like in two years, so you need to be focused on this year. It’s more important I think.”

See the top prospects of the Winnipeg Jets in action all season long as the Moose celebrate their 25th Season in Manitoba. For more information on single game tickets, ticket memberships and group tickets, visit MooseHockey.com.





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24/25

SCHEDULE IS HERE



OCTOBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
IA 3:00PM					GR 8:00PM	GR 8:00PM
					25	RFD 2:00PM
RFD 2:00PM						

FEBRUARY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						CHI 7:00PM
						IA 2:00PM
IA 1:00PM			TEX 7:00PM		TEX 7:00PM	
MIL 2:00PM	MIL 2:00PM		LAV 8:00PM		LAV 8:00PM	
TOR 3:00PM			BEL 8:00PM		BEL 8:00PM	

NOVEMBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 MIL 7:00PM	2 MIL 8:00PM
						TEX 7:00PM
TEX 5:00PM					RFD 7:00PM	CHI 7:00PM
						CHI 2:00PM
						CGY 7:00PM

MARCH

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						TOR 3:00PM
						CGY 2:00PM
CGY 2:00PM						IA 6:00PM
IA 3:00PM					ABB 8:00PM	ABB 8:00PM
					RFD 7:00PM	RFD 7:00PM

DECEMBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
CGY 2:00PM					BEL 7:00PM	BEL 8:00PM
						ABB 9:00PM
ABB 8:00PM					RFD 7:00PM	
RFD 2:00PM						
TEX 2:00PM						

APRIL

2025

SUN	MON	TUE	WED	THU	FRI	SAT
		LAV 7:00PM	LAV 7:00PM			CHI 2:00PM
CHI 2:00PM						IA 6:00PM
						TEX 7:00PM
						TEX 7:00PM

JANUARY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	CGY 8:00PM	4
CGY 2:00PM					GR 8:00PM	GR 8:00PM
					TOR 7:00PM	
TOR 2:00PM				GR 7:00PM		GR 2:00PM
						CHI 7:00PM

HOME AWAY



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WINNIPEG JETS

SCHEDULE

2024-25

OCTOBER

WEDNESDAY, OCT. 9	AT EDMONTON	9:00 P.M.
FRIDAY, OCT. 11	CHICAGO	7:00 P.M.
SUNDAY, OCT. 13	MINNESOTA	5:00 P.M.
FRIDAY, OCT. 18	SAN JOSE	7:00 P.M.
SUNDAY, OCT. 20	PITTSBURGH	2:00 P.M.
TUESDAY, OCT. 22	AT ST. LOUIS	7:00 P.M.
THURSDAY, OCT. 24	AT SEATTLE	9:00 P.M.
SATURDAY, OCT. 26	AT CALGARY	6:00 P.M.
MONDAY, OCT. 28	TORONTO	6:30 P.M.
WEDNESDAY, OCT. 30	AT DETROIT	6:30 P.M.

NOVEMBER

FRIDAY, NOV. 1	AT COLUMBUS	6:00 P.M.
SUNDAY, NOV. 3	TAMPA BAY	2:00 P.M.
TUESDAY, NOV. 5	UTAH	7:00 P.M.
THURSDAY, NOV. 7	COLORADO	7:00 P.M.
SATURDAY, NOV. 9	DALLAS	6:00 P.M.
TUESDAY, NOV. 12	AT NY RANGERS	6:00 P.M.
THURSDAY, NOV. 14	AT TAMPA BAY	6:00 P.M.
SATURDAY, NOV. 16	AT FLORIDA	6:00 P.M.
TUESDAY, NOV. 19	FLORIDA	7:00 P.M.
FRIDAY, NOV. 22	AT PITTSBURGH	6:00 P.M.
SATURDAY, NOV. 23	AT NASHVILLE	6:00 P.M.
MONDAY, NOV. 25	AT MINNESOTA	7:00 P.M.
WEDNESDAY, NOV. 27	AT LOS ANGELES	9:00 P.M.
FRIDAY, NOV. 29	AT VEGAS	7:30 P.M.

DECEMBER

SUNDAY, DEC. 1	AT DALLAS	3:30 P.M.
TUESDAY, DEC. 3	ST. LOUIS	7:00 P.M.
THURSDAY, DEC. 5	AT BUFFALO	6:00 P.M.
SATURDAY, DEC. 7	AT CHICAGO	3:00 P.M.
SUNDAY, DEC. 8	COLUMBUS	5:00 P.M.
TUESDAY, DEC. 10	BOSTON	7:00 P.M.
THURSDAY, DEC. 12	VEGAS	7:00 P.M.
SATURDAY, DEC. 14	MONTREAL	6:00 P.M.
TUESDAY, DEC. 17	AT SAN JOSE	9:30 P.M.
WEDNESDAY, DEC. 18	AT ANAHEIM	9:00 P.M.
SATURDAY, DEC. 21	MINNESOTA	6:00 P.M.
MONDAY, DEC. 23	AT TORONTO	1:00 P.M.
SATURDAY, DEC. 28	OTTAWA	6:00 P.M.
MONDAY, DEC. 30	NASHVILLE	6:30 P.M.
TUESDAY, DEC. 31	AT COLORADO	7:00 P.M.

JANUARY

THURSDAY, JAN. 2	ANAHEIM	7:00 P.M.
SATURDAY, JAN. 4	DETROIT	2:00 P.M.
TUESDAY, JAN. 7	NASHVILLE	7:00 P.M.
FRIDAY, JAN. 10	LOS ANGELES	7:00 P.M.
SATURDAY, JAN. 11	COLORADO	6:00 P.M.
TUESDAY, JAN. 14	VANCOUVER	7:00 P.M.
THURSDAY, JAN. 16	SEATTLE	7:00 P.M.

SATURDAY, JAN. 18	CALGARY	6:00 P.M.
MONDAY, JAN. 20	AT UTAH	8:30 P.M.
WEDNESDAY, JAN. 22	AT COLORADO	8:30 P.M.
FRIDAY, JAN. 24	UTAH	7:00 P.M.
SUNDAY, JAN. 26	CALGARY	5:00 P.M.
TUESDAY, JAN. 28	AT MONTREAL	6:00 P.M.
THURSDAY, JAN. 30	AT BOSTON	6:00 P.M.

FEBRUARY

SATURDAY, FEB. 1	AT WASHINGTON	6:00 P.M.
TUESDAY, FEB. 4	CAROLINA	7:00 P.M.
FRIDAY, FEB. 7	NY ISLANDERS	7:00 P.M.
SATURDAY, FEB. 22	AT ST. LOUIS	6:00 P.M.
MONDAY, FEB. 24	SAN JOSE	6:30 P.M.
WEDNESDAY, FEB. 26	AT OTTAWA	6:00 P.M.
THURSDAY, FEB. 27	AT NASHVILLE	7:00 P.M.

MARCH

SATURDAY, MAR. 1	PHILADELPHIA	6:00 P.M.
TUESDAY, MAR. 4	AT NY ISLANDERS	6:30 P.M.
THURSDAY, MAR. 6	AT PHILADELPHIA	6:00 P.M.
FRIDAY, MAR. 7	AT NEW JERSEY	6:00 P.M.
SUNDAY, MAR. 9	AT CAROLINA	4:00 P.M.
TUESDAY, MAR. 11	NY RANGERS	7:00 P.M.
FRIDAY, MAR. 14	DALLAS	7:00 P.M.
SUNDAY, MAR. 16	AT SEATTLE	8:00 P.M.
TUESDAY, MAR. 18	AT VANCOUVER	9:00 P.M.
THURSDAY, MAR. 20	AT EDMONTON	8:00 P.M.
SUNDAY, MAR. 23	BUFFALO	2:00 P.M.
TUESDAY, MAR. 25	WASHINGTON	7:00 P.M.
FRIDAY, MAR. 28	NEW JERSEY	7:00 P.M.
SUNDAY, MAR. 30	VANCOUVER	2:00 P.M.

APRIL

TUESDAY, APR. 1	AT LOS ANGELES	9:30 P.M.
THURSDAY, APR. 3	AT VEGAS	9:00 P.M.
SATURDAY, APR. 5	AT UTAH	6:00 P.M.
MONDAY, APR. 7	ST. LOUIS	6:30 P.M.
THURSDAY, APR. 10	AT DALLAS	7:00 P.M.
SATURDAY, APR. 12	AT CHICAGO	6:00 P.M.
SUNDAY, APR. 13	EDMONTON	6:00 P.M.
WEDNESDAY, APR. 16	ANAHEIM	6:00 P.M.

HOME

AWAY

ALL TIMES CENTRAL



MARK LIWSKI

BY CARTER BROOKS

Photos by James Carey Lauder, Rusty Barton and Tim Garland/Iowa Wild

NEVER TAKEN FOR GRANTED

MANITOBANS ON THE MOOSE

FOR SMALL-TOWN
MANITOBANS
MARK LIWISKI AND
DAWSON BARTEAUX,
PLAYING HOCKEY
FOR A LIVING WAS
ALWAYS THE DREAM.

Doing so in their home province and with one another? A dream come true.

Liwiski, 23, was born and raised in Dauphin, while Barteaux, 24, grew up in Foxwarren, roughly 2.5 hours southwest of Liwiski. The two played AAA Minor Bantam, Bantam and Midget within the provincial circuit, and actually crossed paths on multiple occasions.

"Oh, I know Dawson," Liwiski told *Game On*. "He's a hell of a guy. Dawson is a standup guy. You need anything, you can ask him. We've had our battles being from rural towns, me with Parkland, and then him also being from Yellowhead. I'd see him every second year, as he's a year older than me. But he's been the same player he's always been: a good first pass, great shot, great offensive instinct. At the end of the day, he's just a really good guy, and a guy I look up to. If I ever need

advice, I can lean on him."

Fast forward 10 years and Liwiski and Barteaux are teammates on one of Manitoba's top professional hockey teams. For the two rural farm boys, it has been a dream come true. Both got their taste of Manitoba Moose action last season, but now have the opportunity to spend a full year together playing for their home province.

"It's honestly really special," Liwiski added. "It's definitely a full-circle moment. Anytime you get to wear those colours, it's truly an honor and I wouldn't trade a day for it. I remember seeing the Moose play when I was younger, it was pretty cool to see. A lot of great players came through this organization and battled. So, I'm just trying to put my mark on things here. It's pretty cool."

Liwiski, whose childhood memories of the Moose



DAWSON BARTEAUX

DAWSON BARTEAUX



stem from road trips to Winnipeg with his dad, brother and uncle, remembers his 'welcome to the AHL moment' like it was yesterday.

"It definitely started last year, just getting my first call-up in Rockford," he said. "Then it would have been getting to play a few games at home in Winnipeg. That was really the eye-opener for me, right? When you have people that have been with you your whole life, watching you, waiting for that one moment... I just don't take any of it for granted, any of the games I'm playing. I just try to leave it all out there. One of the bigger moments was definitely my first AHL goal. It was pretty special. Hopefully there's more to come."

Similarly, Barteaux, who was actually selected in the sixth round of the 2018 NHL Draft by the Dallas Stars, shares in the praise and thanksgiving for his family, friends, coaches and mentors who have helped him out along the way, and continue to

support him with his goals.

"First off, I was blessed with some really, really good coaches that I can't thank enough," he shared. "And what my family has given up to make sure that I got to all those games, all those practices when they were obviously a lengthy drive away. It's incredible. I try to take a second every once in a while, to remember where I'm from, where I've been and where I've gotten to now. It's just something that I want to continue taking steps forward with. I cannot thank those people enough for the opportunities they've given me."

Barteaux also remembers his time playing against his now-teammate, which he says dates back even further than the former Midget leagues.

"We definitely played against each other back in the day, it's pretty funny to think about." He said. "Obviously, I was a year older, so I kind of caught him on my second year of Bantam there, but, yes, we

definitely crossed paths even in some minor hockey before AAA started. But it's been really awesome having another Manitoban on the squad. He brings so much to the game. It's not hard to tell that he is a super hard guy to play against. He gives everything he can every night to the team, and

does whatever he can to get us going and just make it miserable to play against him."

The 6-foot-1, 195-pound defenceman actually had the opportunity to suit up in Junior for his home province as well, as Barteaux was dealt to the Winnipeg ICE in the later stages of the 2019-20 season. That experience was one that truly set the tone for his interest in playing for the Moose.

"That was a really cool experience too, being a part of that ICE team," he said. "It was kind of a shock, obviously, as I thought I was going to be a Rebel for life. But getting traded to your home province and not having played any junior hockey close to home before, being able to have family and friends there pretty much every game I played was obviously super special to me. Now to translate that to pro and have people coming in to watch me play every night is something I will never take for granted."

MARK LIWISKI





The Hockey Hut

The Hockey Hut Pro Shop located at hockey for all centre, (3969 Portage Avenue, Winnipeg, MB) was opened in September 2022 by owners Dean and Tracey Court, who have been involved in the local hockey scene for over 25 years. With years of experience and a proven track record, their mission is to provide superior customer service for everyone and make every visit memorable.

Customers require confidence that their skates will be professionally sharpened, and their pro shop needs will be met. The Hockey Hut ensures a top-notch sharpening for all skaters by ensuring all Hockey Hut members have an extensive background in skate sharpening for all skate types and styles. The store provides all your hockey needs at affordable prices that include skate blades, skate guards, hockey tape, sticks, laces, mouth and neck guards, helmet repair kits, water bottles, and many other hockey related items.

Open 7 days a week, conveniently located on the first floor of the hockey for all centre, The Hockey Hut has recently partnered with Sharon Bonar of Major Deals to provide jersey name bars, heat press services, and jersey repairs for all sports teams. "Sharon has been a staple in the community for over 30 years and it's truly an honor to partner with her," says Tracey. "She is experienced, hardworking and very reputable. We are excited to provide these services to our local community, and we can't wait to have you down!"



SETH JARVIS

BY CARTER BROOKS

Photos by Jonathan Kozub, James Carey Lauder and Ray Peters

Signed on the Dotted Line



Seth Jarvis is well on his way to becoming one of Manitoba's greatest hockey players ever. He's currently the top player from the middle province in the NHL, and it isn't even close. And the kicker? He is only 22 years old.

On the final day of August, the Winnipeg product put pen to paper on a brand new, eight-year, \$63.2 million contract with the Carolina Hurricanes, becoming the team's third-highest paid player behind Sebastian Aho and Andrei Svechnikov. The new contract features an annual average value of \$7.42 million and will run through the 2031-32 season, to which Jarvis will be 30 years old.

The 5-foot-10, 175-pound forward will have a long way to go to catch fellow Winnipegger Mark Stone's \$82 million in career earnings, and he'll never catch Jonathan Toews' \$118 million, but for the former Assiniboine Park Ranger, it's never been about the money. It's all for the love of the game. "You know, Carter, I just make sure that I can take care of what needs to be taken care of, and the rest will fall into place," Jarvis told *Game On*. "So, that's me being in the



gym, on the ice, taking care of my body. The contract stuff, that's everyone else's job. I've been with my agent for a long time now. I feel comfortable with the team and agent just sorting it all out. They gave me a call every couple days or so with updates, but it's all out of my hands. I just worry about being the best hockey player I can be."

Jarvis, of course, is now wrapped around the finger of head coach Rod Brind'Amour to do with as he pleases. As long as the Canes' former captain-turned-coach gives his star winger similar ice time this year to that of 2023-24, Jarvis should be able to produce numbers close to that of his breakout campaign – the final on his three-year rookie contract. Officially, he put up 34 goals and 67 points on the season – which were both career-highs.

"Seth is a cornerstone player for our franchise," Hurricanes'

GM Eric Tulsky said when announcing the deal. "He took another huge step last season, playing in all situations and displaying the skill and competitive drive that will make him a star in this league in the years to come."

A cornerstone. Even Jarvis couldn't believe it.

"That just meant so much to me, just knowing that they have that level of trust," the youngster said. "Being able to be part of a group like we've had the last couple years here, and the city as well. I've fallen in love with everything about the Hurricanes, about Raleigh in general. So, just knowing that they have the same kind of feelings that I have towards them, it means a lot to me."

Having spent his developmental years with the RINK, Jarvis has now gone on to earn his keep on a talented Hurricanes squad that has dominated competition for the better part of his career.

"I think a lot of it had to do with my confidence going into the season," he said of his success in 2023-24. "Just believing in myself and knowing what I'm capable of and waiting for my opportunity to show it. But it was just never really overthinking anything and just keeping it pretty simple."

The Winnipegger finished second in goals and points on Carolina last year, while setting new career-highs in nearly every statistical category. He is the third member of the 2020 NHL Draft class to put up a 30-goal season, joining Tim Stutzle and Lucas Raymond.

"I feel like when everything's going well, I'm just out there having fun," he laughed. "Everything boils down to fun. So, when I'm struggling or going through a rough patch, I just try to simplify everything and get back to work. Simply put, I'm

really just playing hockey and having fun with my friends. So, just being able to switch my mindset to that made it a lot easier for me to kind of get over those rough patches and be able to have success."

Jarvis also led Carolina offensively in the postseason, to which he scored five times and added four assists for nine points in the Hurricanes' 11 playoff contests. He ranked first in goals, power-play points and power play goals in the postseason. Taken 13th overall in 2020, the former Portland Winterhawk has 64 goals and 146 points in 231 career regular season NHL contests. He also has a silver medal to his name from the 2019 Hlinka-Gretzky Cup.

But, much like that of the average professional athlete, he has dealt with his share of injuries over the course of his career. For Jarvis, the biggest piece to staying in the lineup on a



nightly basis is preparation.

"Injuries, when you're away from the rink, it really sucks," he said. "Sometimes you're waking up a lot at night, it disrupts your day a little bit. But when you get to the rink, hockey's the only thing I ever wanted to do. So, I wasn't going to let anything like that take me away from the ice or stop me from playing. I know how much guys sacrifice to get on the ice, so knowing that, I basically had no choice but to not let it stop me and just kind of keep pushing through whatever it is I'm dealing with. I'll be able to take care of it another time."

'Whatever it is' turned out to be a torn labrum and rotator cuff in his right shoulder, as well as a broken finger and a strained hip, to be exact. Yeah, it wasn't easy going for Jarvis last season. But he didn't make a big deal of it or miss any time.

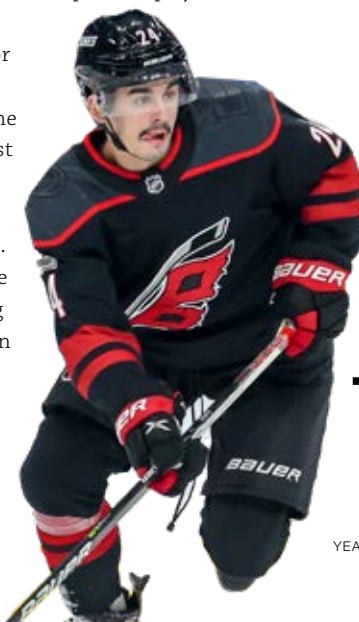
"It was in Philadelphia," he

said of his shoulder injury that occurred back in October of 2023. "I just kind of fell weird. It wasn't a hit. I fell, like an idiot, trying to skate and it just... the most, weirdest kind of sensation and you could kind of hear it and feel it tear, pop and everything under the sun. Scares you a little bit because I had never been through that, but at some point, it just becomes a new normal and now hopefully just with rest and a lot of rehab, I'll be good to go."

Coming off his best professional season yet, Jarvis says he is excited for what he'll be able to prove in 2024-25, but he isn't one to keep a book of stats, just for the sake of looking at numbers. In fact, he doesn't even like numbers. But as he says, he does like playing hockey and having fun. He'll get lots of that in Carolina again this year.

"I don't think I've really

ever set a statistical goal, that I can think of," he shared. "It'll all just come. I do want to be a more complete player again though. I've been working on face-offs a lot, that's been something I've really focused on, just being able to be trusted in all situations. But just like you said, building off of last year I think was a good jump for me. I expect myself to have a few more levels to my game and hopefully I can start unlocking those and really making a push to become a premier player in the NHL."



**“BELIEVING
IN MYSELF
AND KNOWING
WHAT I'M
CAPABLE OF
AND WAITING
FOR MY
OPPORTUNITY
TO SHOW IT.”**



BY SCOTT TAYLOR

Photos by James Carey Lauder
and Rusty Barton

HEY MOM!

RAYLEY GOETZ IS A RARITY. NOT ONLY IS SHE ONE OF THE LEADING SCORERS IN THE MANITOBA WOMEN'S JUNIOR HOCKEY LEAGUE AND A VETERAN LEADER ON THE NORTHERN STARS – ONE OF THE BEST TEAMS IN THE LOOP – SHE'S ALSO A MOM.

IT'S SOMETHING THAT IMPRESSES HER HEAD COACH EVERY DAY. "I'VE NEVER COACHED A PLAYER WHO IS A MOM IN THIS LEAGUE, AND I DON'T REMEMBER ANOTHER ONE," SAID NORTHERN STARS HEAD COACH DAVID STOESZ. "YOU KNOW, THERE MIGHT HAVE BEEN ANOTHER, BUT I DON'T RECALL IT."



**ZARIAAH AND RAYLEY
AND THE NORTHERN
STARS, FROM LEFT,
JILLIAN DOIRON, ASHLEY
HUDON, ERIC POUTEAU,
JENNA LEPA, LIAN FLEYY,
ZARIAAH WOOD AND
RAYLEY GOETZ**

It's amazing how Rayley manages her time, with a full-time job, being a mom and playing hockey. And she plays hockey at a very high level despite all the other responsibilities she has. It's quite a story."

Rayley Goetz just could be the best player in the MWJHL. She certainly has a knack for scoring goals. In the first five games of the new season, she had eight goals and 11 points and was already running away with the scoring title.

A receptionist in a dental office by day, she's a 22-year-old over-ager in the MWJHL this season. It's her fourth year in the league and in her first year (2021-22), she had nine goals and 20 points in 27 games. In 2022-23, while she was pregnant, she played only 15 games and had two goals and seven points.

Last year, in 35 games, she had 28 goals and 44 points. In league play she was the second leading scorer in the MWJHL with a league-high 22 goals and 33 points, just two points back of her linemate Jasper Devloo in the race for the scoring title.

"Rayley came to us during COVID," said Stoesz. "Last year was her breakout year, but the year before, with her pregnancy, it was a little tougher. She missed part of that season to have her baby. It was so neat how she was supported during her pregnancy, and she came back and played the next season. It's pretty neat. She's such a great athlete."

Rayley started skating when she was three-years-old and started playing hockey when she was five. She played all of her minor hockey in East Selkirk -- boys hockey until



TAYLOR WOOD, ZARIAAH WOOD, RAYLEY GOETZ AND RAYLEY'S DAD, NORTHERN STARS' ASSISTANT COACH ROD GOETZ, HOLDING A PHOTO OF RAYLEY'S GRANDFATHER, THE LATE ROGER GOETZ.

“DEFINITELY MY FIRST SEASON BACK WASN'T MY GREATEST, BUT LAST YEAR I HAD A PRETTY GOOD SEASON, AND THIS YEAR HAS STARTED OUT PRETTY GOOD, TOO, SO I CAN'T COMPLAIN.”

she was 14 -- and then moved to Lord Selkirk High School for Grades 10 and 11. In Grade 12, she jumped up to the RINK Hockey Academy.

“The RINK was great,” she said. “It was a great learning experience, and it was fun because it was just the experience of playing better hockey. It really helped with my improvement as a player.”

Obviously, it helped her become one of the best players in the MWJHL.

“I had my baby girl, Zariaah (with her partner Taylor Wood), almost two years ago, now,” she said. “Definitely my first season back wasn't my greatest, but last year I had a pretty good season, and this year has started out pretty good, too, so I can't complain.

“I definitely have a busy schedule. Working a full-time job and having hockey

practice and games during the week, makes it a bit difficult, but my daughter loves being at the rink, she loves all the girls on the team, so it just makes me happy that the girls on my team make her feel welcome. It's all pretty good.

“Weekends, I'm lucky because I'm off work so I can play all my games on the weekends. Weeknight games are tight. The rest of the time I spend balancing out family time and doing stuff Zariaah likes to do. We manage to do it, so I can't complain, although Zariaah does make it hard for Coach to talk during intermissions sometimes.”

Zariaah's presence certainly doesn't bother the coaching staff. After all, Rayley's father Rod is an assistant coach as is her former linemate and one of her closest friends, Anna Brownridge.

“I loved my linemates last year,” Rayley said. “I just loved playing alongside Jasper (Devloo) and Anna (Brownridge). They were a big part of my season last year. Me and Anna are really close, so we'd give each other a hard time if one of us missed a pass or messed up a breakaway so it was great playing alongside someone I'm so close to.

“This year, not having her in the lineup has been different and I miss her, but I'm glad she's on the bench with us. She's not totally out of the picture and it definitely helps to have her input and feedback that I can rely on. Playing with Jasper again this year has been great. I just love how hard she works. She's always in the right spot and always talking on the ice. She's the perfect linemate. It's the first time I've played with

Raven and she's show so much determination and brought so much grit to our line. So far, I'm enjoying my linemates.”

Rayley definitely wants to make this a special season.

“I want to make it a year to remember as I lost my grandfather (Roger Goetz) earlier this year and he was my biggest supporter through my whole hockey career,” she explained. “So, this year we have a stuffed animal with a Northern Stars' toque over it with a picture of him on it.

“With the start of the season we've had, I certainly think we could win it all,” she added. “These girls just show so much dedication and hard work. It seems that every year, our team gets a little stronger. If we can keep up our momentum, then I think we can definitely be back in the finals again.”

MANITOBA WOMEN'S JUNIOR HOCKEY LEAGUE



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WESTERN PREDATORS



MJHL LEAGUE PREVIEW

CHASING THE FLYERS

BY ERIK SWAR AND SCOTT TAYLOR

Photos by Scott Stroh, James Carey Lauder,
Todd Pederson and Rusty Barton



There is one thing about the Manitoba Junior Hockey League that is constant: That constant is always change.

Last spring, the Winkler Flyers raised the Turnbull Cup, emblematic of the MJHL's championship team, for the first time in nearly 30 years. They also represented the MJHL at the National Jr. A Centennial Cup Championship in Oakville, Ont., losing in the quarterfinal to the Calgary Canucks. This year, with new head coach Matthew Melo handling the duties behind the bench, the team will undergo a bit of a rebuild while it defends its title.

At the end of last season, Justin Falk, the head coach/GM who built the winner in Winkler, returned to the NHL as a scout for the Buffalo Sabres. That meant there were job openings for a head coach and a GM and Melo was hired to lead on the ice the team while Coltyn Bates took over the day-to-day duties as GM.

It also means that the new executive in Winkler will have 12 talented junior teams chasing them, led by the team they beat in four straight games in last year's final, the Steinbach Pistons, along with the red-hot Selkirk Steelers.

Over the last four seasons, four different teams have won the Turnbull Cup – Portage, Dauphin, Steinbach and Winkler. Will a brand-new champion make it five in a row? Let's take a close look at each of the 13 teams that make up the Manitoba Junior Hockey League



EAST DIVISION



NIVERVILLE NIGHTHAWKS

Last Season: Seventh in MJHL/Fourth in East Division – 30-24-3-1

For the second straight season as a franchise, the young Nighthawks made the playoffs but could not find a way out of the first round. This year, the Nighthawks boast more scoring throughout the lineup and a fast team that is deadly in transition, Niverville is deep, skilled and ready to move into the top tier of the league standings. The return of MJHL All-Rookie Team goaltender, Raiden LeGall, will be a big boost as the Bemidji State University commit was impressive.

BREAKOUT PLAYER:
LUKE MACKENZIE



PORTAGE TERRIERS

Last Season: Fifth in MJHL/Third in East Division – 36-14-4-4

Are the Terriers poised to return to the Turnbull Cup contender they've been in years past? The team struggled to find consistency and didn't win more than two games in a row until mid-December last season. With just five returning forwards and a pair of new goaltenders, legendary junior coach Blake Spiller has once again put together another competitive and consistent Terriers team.

BREAKOUT CANDIDATE:
NOLAN NENOW



SELKIRK STEELERS

Last Season: Eight in MJHL/Fifth in East Division – 25-23-5-5

This year, the Steelers hit the ground running, winning each of their first nine games. The hottest team in hockey in September and October, the Steelers play hard and controlled. They boast a roster with young promising players, and with Noel Olsonawski between the pipes, it gives Selkirk a chance to steal some big games.

BREAKOUT CANDIDATE:
REMY HLADY



STEINBACH PISTONS

Last Season: First in MJHL/First in East Division – 47-8-3-0

Coming off a third consecutive trip to the MJHL Finals, Steinbach looks hungry to try and get the job done again. A relatively young team last year, the Pistons expect to be more dynamic on offence this season without

STEINBACH PISTONS
NOAH SZABO

sacrificing anything on defence. The team is also slated to move into their brand-new rink in late December or early January.

BREAKOUT CANDIDATE:
JACKSON KOSTIUK



WINKLER FLYERS

Last Season: Second in MJHL/Second in East Division – 42-11-2-3

While many of their key contributors have moved on, the Flyers still have enough talent to remain in the hunt again this year. Returning players such as Brody Beauchemin and Jayce Legaarden look to help defend the title. The Flyers have the personnel to be a threat every night, especially with what looks like seven returning defencemen and returning goaltender, Liam Ernst. The Flyers have a new coach and a solid foundation in place to be a potential force this season in the MJHL.

BREAKOUT CANDIDATE:
KAM THOMAS



WINNIPEG BLUES

Last Season: 12th in MJHL/Sixth in East Division – 9-44-4-1

Coming in with a few returning players and having more Junior A experience under their belts, the Blues look to be competitive and scrappy. It may take time but the Blues have some solid offensive weapons and are led by new head coach and former NHL player, Josh Gratton. You can expect the Blues to be held accountable and to continue to improve as the season progresses.

BREAKOUT CANDIDATE:
WYATT DYCK



WINNIPEG FREEZE

Last Season: 13th in MJHL/Seventh in East Division – 8-45-5-0

A pesky group that refused to hand things over easily, the Freeze became known as a team that was going to make you earn what you got from them. This year, that attitude will be helped with a little more skill and grit. There will always be tough nights for any team, but a young group will develop that chip on their shoulders together, which will lead to success down the road. 2023 1st overall pick, Noah Oughton, will also be expected to help lead the young franchise along.

BREAKOUT CANDIDATE:
NOAH OUGHTON



WEST DIVISION



VIRDEN OIL CAPITALS

Last Season: Third in MJHL/First in MGEU West Division – 40-12-3-3

The Oil Caps may be a little on the younger side, but they are scrappy, hungry, and ultra-competitive. Virden has a reputation for strong structure and quick transition. They can play tough, and they'll look to score by committee. A young Oil Capitals team made it to the MJHL Final in 2022-23 followed by a second round series loss to the Flyers in 2023-24. This year, a solid mix of experience and first year players will be the formula that Virden will use to get back to the post-season.

BREAKOUT CANDIDATE:
MAXX HAMELIN



NORTHERN MANITOBA BLIZZARD

Last Season: Fourth in MJHL/Second in MGEU West Division – 39-15-1-3

Coming off an incredible playoff ride, the Blizzard have several important players back with a chip on their collective shoulder this year. Teams will have a tough time dealing with the constant presence and pressure from every line this season. Last year, rookie sensation Tomas

Anderson, a goalie from Minnesota who earned an NCAA Division 1 scholarship to Niagara, shut the door on a nightly basis. This year, the Blizzard will kick off the season with another rookie goaltender from Minnesota, Alexander Reedy along with 17-year-old Tye Timmerman from Winnipeg.

BREAKOUT CANDIDATE:
MARLEN EDWARDS



DAUPHIN KINGS

Last Season: Sixth in MJHL/Sixth in MGEU West Division – 38-17-2-1

The Kings boast a strong group of returning players that feel they deserved better last year. An extremely hard-fought west division playoff series loss to the Blizzard could have gone either way last season, but the experience gained from returning players will bode well down the stretch. Deep in all areas, the Kings also have one of the top

goaltenders in the country in Cole Sheffield. There are no easy nights when you face the Dauphin Kings.

BREAKOUT CANDIDATE:
ETHAN STEWART



NEEPAWA TITANS

Last Season: – Ninth in MJHL/Fourth in MGEU West Division – 28-29-1-0

Ken Pearson's Titans will look to build on what they were able to accomplish last season. Returning 18 players with a year of experience under their belt will give the Titans an edge. Strong leadership will push the younger players to be difference makers. One of the most underrated goaltending tandems in the league returns with Mason Lobreau and KC Couckuyt, giving the Titans an opportunity every night. This team is expected to return to the Turnbull Cup Playoffs.

BREAKOUT CANDIDATE:
KC COUCKUYT



WAYWAYSEECAPPO WOLVERINES

Last Season: 10th in MJHL/Fifth in MGEU West Division – 24-30-1-3

A few top producers have moved on -- like Sean Williams who earned an NCAA Division 1 scholarship to Robert Morris -- but potential new weapons are in place as the Wolverines look to get back to the post-season. The Wolverines kick off the new season with a pair of local 16-year-olds in the lineup as Cole Hunter (Oakburn) and Adam Chipelski (Foxwarren) will hit the ice for the big club. They have a new young coach, a new system, a new attitude, and they hope they'll enjoy some newfound success.

BREAKOUT CANDIDATE:
MIKEY THOMAS



SWAN VALLEY STAMPEDERS

Last Season: 11th in MJHL/Sixth in MGEU West Division – 11-44-3-0

Last season, the Stampeders failed to make the playoffs for the first time since the 2016-17 campaign. The Stamps will still give up their fair share of chances this season, but unlike last year, they have more offensive punch and can hit teams back if they're not detailed and ready. Building a culture and instilling a drive to succeed that the team can build on throughout the season and into the future is one of this year's goals.

BREAKOUT CANDIDATE:
DARREN HUNT



NEEPAWA TITANS
COOPER KASPRICK



CHANGES ON ICE

BY FERDI NELISSEN

Photos by Darryl Gershman
and Scott Stroh



PORTAGE LA PRAIRIE – Last season, under the guidance of head coach Eugene Kaminski and thanks to the incredible season by league MVP Stephanie Jacob, the Winnipeg Ice found a way to become the first repeat U18 AAA Provincial Champions in more than a decade.

This season, the Ice will return as one of the

preseason favorites, but can they possibly pull off the first three-peat since Pembina Valley's incredible run from 2012-2014.

The MFHL was the most competitive it has ever been during the 2023-24 season with eight teams in the loop. This year, however, with the addition of a ninth team in Brandon and the

redistribution of boundaries and players, it will be a different season in 2024-25.

Coach Kaminski returns to his spot behind the bench with the Ice where he has built a solid program that has reached the MFHL finals for four straight seasons, including the shortened Covid season. The past three seasons, the

Westman Wildcats were the only reason the Ice hasn't already won three straight, after beating the Ice in 2022.

During the past few seasons, the MFHL has seen the gap between their top and bottom teams decrease significantly. However, the addition of a ninth team could widen that gap for the next two-to-three years. Teams like

Westman, Central Plains and Yellowhead have all been significantly impacted by the addition of a team operating out of Brandon, either through the loss of significant returning players or by losing players to boundary changes.

Regardless, Brandon returns to the league after a 15-year hiatus and the opportunity provided them reduced the player pool -- especially for the Wildcats and the Capitals. In all fairness, this could create a two-tiered league for a few years.

Be that as it may, let's take a close look at the nine-team MFHL U18 AAA League as the 2024-25 season gets underway:



WINNIPEG ICE Last Season: First in MFHL – League and U18 AAA Champions

The Ice, who have won two-straight championships lost some significant players to graduation, including league MVP Stephanie Jacob.

However, Coach Kaminsky hopes that Chloe Nicolas and Cassie Carvalho who both have two years left can build on their solid rookie seasons. Avary Lazarenko will lead a youthful defence corp.

Expect the Ice to contend for a top 2-3 regular season spot and they won't be a team giving up their championship without a fight.

PLAYER TO WATCH:
AVARY LAZARENKO



WINNIPEG AVROS Last Season: Fifth in MFHL – Out in First Round

Ashley van Aggelen returns for her 14th year at the helm of the Avros and may have one of the top groups of forwards in the MFHL led by Rio Pierre who is off to a great start and has already committed to NCAA D-1 Robert Morris; Cali Lavallee who was a stellar Affiliate Player for the Ice last year; and Selene Wozney, who will also need to be a key contributor.

This group will put up goals but will only go as far the play of their goaltenders, Adriana Almeida and Madelyne Sylvestre -- and their defense -- take them. They will depend heavily on Evy West to lead the defense corp.

Expect the Avros to be fighting for a Top 3 finish this season.

PLAYER TO WATCH:
RIO PIERRE



EASTMAN SELECTS Last Season: Third in MFHL – eliminated in semi-finals

Last year the Selects were a relentless team on the puck and all indications are they will be again. Head coach Todd Mason has been replaced by Laird Laluk who was part of the staff last year and appears to be maintaining the same aggressive style.

Led by Sophia Heidinger and second-year forward Cheyenne Scott Cooke, the Selects will be solid in net with Addison Tomes of Team Manitoba, as well as the top goalie in the U15 AAA league, Isabelle Labossiere.

The Selects will come at teams with three lines and will play a solid 200-foot game.

PLAYER TO WATCH:
GOALIE ADDISON TOMES



YELLOWHEAD CHIEFS Last Season: Fourth in MFHL – Eliminated in Semi-finals

The Chiefs are always a tough team to play. Coach Derek Tibbatts always has them prepared and playing a tenacious hard on the puck style of hockey. They will depend highly on Kirby Gray and her line to produce offense as the Chiefs lost their Top 3 offensive forwards to graduation.

In fact, the Chiefs graduated half their roster and will be depending on some young players to get to the U18 AAA level in a hurry.

Returning goalie Claire Merckx will have to step up and become a solid No. 1 for the Chiefs to contend. On defence, Erica Miko will need to lead a youthful group.

PLAYER TO WATCH:
FORWARD KIRBY GRAY



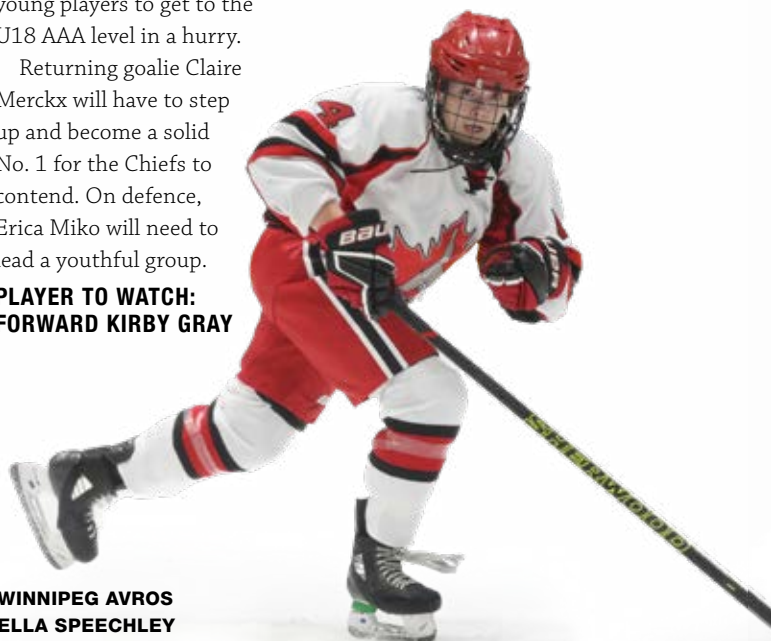
BRANDON WHEAT KINGS Last Season - New to MFHL for 2024-25

The Wheat Kings return the MFHL after a 15-year hiatus and although they're new to the MFHL for 2024-25 Head Coach Karisa Kirkup will have a very competitive team.

This is due to the fact that 10 players with significant AAA experience are on the roster who played for other MFHL teams over the past 2 seasons. Kirkup has been a very successful coach the past three seasons with the U15 AAA Wheat Kings winning back-to-back MFHL U15 AAA Championships.

The Wheat Kings will have enough offense as six of the 10 AAA players they picked up are forwards. They will also benefit from having one of the best young goalies, in Manitoba, Danica Averill, on their roster after being Westman's No. 1 last season.

PLAYER TO WATCH:
FORWARD PAIGE CROSSLEY



WINNIPEG AVROS
ELLA SPEECHLEY



BRANDON WHEAT KINGS
CHLOE KACHUR



WESTMAN WILDCATS

Last season – Second in MFHL – lost in league final

New Head Coach Troy Gould takes over a Wildcats team that suffered significant losses through graduation especially with loss of MFHL Top Defender Haley Franklin and six other significant players. Add this to the seven players they lost due to the Hockey Manitoba motion with six going to Brandon including their No. 1 goalie.

Brandon did allow some players the choice to return to Westman and Reese Schutte did exactly that. Schutte will be one of the Wildcats top forwards along with Ivy Perkins who they hope can build off a tremendous rookie season in which she

earned Rookie of the Year and First Team All-star status.

University of Regina commit Callie Hillhorst will need to step up and be a leader on the defensive corps that will be a complete rebuild with five rookies on the roster.

PLAYER TO WATCH:
FORWARD IVY PERKIN



INTERLAKE LIGHTNING

Last Season: Sixth in MFHL
– Eliminated in first round

The Lightning have made a recent coaching change with Kelsey Mcholm replacing Dean Rebek as head coach. She brings a strong level of experience at the elite level.

The Lightning return nine players including forwards Bre-Ann Windross and Chloe Minkus. The defense will be led by returning player Shelby Staples and Kait Yanchishyn.

The biggest hit for the Lightning came in net where they lost two-time MFHL All-star, Team Manitoba and MFHL Goalie of the Year Rachel Halldorson. This team will play hard but will need Jane Sugimoto to step up and be a solid No. 1 in net.

PLAYER TO WATCH:
FORWARD BRE-ANN WINDROSS



CENTRAL PLAINS CAPITALS
AVA MIRRLEES



CENTRAL PLAINS CAPITALS

Last Season: Eighth in MFHL
-- Eliminated in the first round

The Capitals will be a lot younger than they expected this season as they lost four players to the Hockey Manitoba motion allowing Brandon to re-form a team after 15 years. Key was the loss of three third-year forwards. The Capitals will be the youngest team in the MFHL with only three graduating players and 10 rookies on their 19-player roster.

The Capitals also have a new head coach as Ferdi Nelissen has returned to the U18 AAA program after coaching the U15 AAA Capitals the past two seasons.

The Capitals will be led by returning forwards Taylor Terin and Courtney Dupuis, third-year defender Lana Cipriano and returning goalies Elyse Denbow, the MFHL Goalie of the Year and First Team All-star last season.

PLAYER TO WATCH:
GOALIE ELYSE DENBOW



PEMBINA VALLEY HAWKS

Last Season: Seventh in MFHL
– Eliminated in first round.

The Hawks will be led by new Head Coach Matt Victor who will look to turn around the fortunes of a region deep in winning tradition in the MFHL.

The Hawks return 10 players and will be led by third-year forwards Abigail Brigg and Jessica Anderson (Team Manitoba).

Veteran Delaney Darby will need to lead an inexperienced group on defence as the Hawks lost three solid defenders to graduation

PLAYER TO WATCH:
FORWARD JESSICA ANDERSON

PEMBINA VALLEY HAWKS
ELLA VICTOR



HUNTING THE WARRIORS

BY SCOTT
TAYLOR

PHOTOS BY
RAYME THOMPSON,
JAMES CAREY LAUDER
AND SCOTT STROH





St. Malo Warriors head coach and general manager Ralph Collette knows that the rest of the Capital Region Junior Hockey League is coming after his team “hard.”

“I think we have a good team and we have the personnel that will help us defend our championship,” said Collette modestly. “But I also know that the rest of our league is very good and they will coming at us hard. I’ve told our guys that you have to be prepared every game to see the other team’s best because when you’re the defending champ, they all want to take you down.”

After last spring’s well-earned title after a tremendous championship series against the upstart Beausejour Comets, Collette’s Warriors have a new designation. They are no longer the young team trying to knock off Selkirk as league champs, they are now defending champs trying to keep an expanded seven-team league at bay.

This new dynamic was tested in Game 1 of the season when St. Malo journeyed into Beausejour’s Sun Gro Centre and got whipped 5-1. Since then, the Warriors have played much better, but they learned early that no other team is about to back down.

The 2024-25 CRJHL season will be close, hard-fought and highly competitive and with the expansion franchise in La Broquerie, there will be new pitfalls for any team that thinks they’re good enough to challenge for the title. Let’s take a look at the seven members of the CRJHL and how they stack up this season.



ARBORG ICE DAWGS

Head Coach Derric Gulay is thrilled to have a mix of returning and rookie players as he builds the culture in the Dawgs locker room.

"The majority of our roster is rookies, which is nice because we're looking years ahead, not just this year," Gulay explained. "With the rookies combined with a nice group of veterans, we now have a culture we're excited to grow and there has definitely been some leadership contributions this year, not just from our veterans but from our newer guys, as well, and that's nice to see. It's a good mix."

This is a team with plenty of talent.

"We definitely have a few guys in the Top 5-6 scorers in the league – Drayson Letendre, a rookie who is playing really well, and Tyson Barylski, an all-star

from last year who obviously is one of our top players. We have a new kid named Brandon Burak who we expect to be one of our top players this year, as well."

PLAYER TO WATCH: TYSON BARYLSKI



BEAUSEJOUR COMETS

The 2023-24 championship series finalists are off to a great start.

"We had a really good run last year and really woke the town up," said head coach Troy Kennedy. "We were filling the building and even getting 300-400 people coming on the road with us. It was awesome."

This season, the Comets are playing like a team that is ready to challenge for the title once again.

"We lost a couple of 21-year-olds and we had seven 21-year-olds coming back this year and, of course, we can only keep four, so we lost three of those guys," Kennedy added. "But we gained some

young guys to take their places and they're pretty strong. We're going to be in there and ready to go this year.

"Nik Bear is back. He was one of the top scorers last year. He was also the league's most sportsmanlike player. He didn't have a penalty minute last year and got four penalty minutes in our first game against St. Malo this year, so his Lady Byng is out the window already."

PLAYER TO WATCH: NIKOLAS BEAR



LA BROQUERIE HABITANTS

Coached by local hero Dan Taillefer, the former star of the 2012-13 MJHL champion, Steinbach Pistons, the expansion Habs don't look like an expansion team.

Although they have an almost complete rookie lineup, the Habs have already won a couple of games this season – a 1-0 win over powerhouse Selkirk in their season opener and then an 8-1 shellacking of visiting Lundar in

Mid-October. The Habs do not play like an expansion team.

Led by captain Felix Asselin and a leadership group that includes Colton Pakoo, Mario Gagnon and Caleb Normandeau, the Habs are going to make life difficult for all six of the other teams in the CRJHL.

PLAYER TO WATCH: CONNOR TALLAIRE



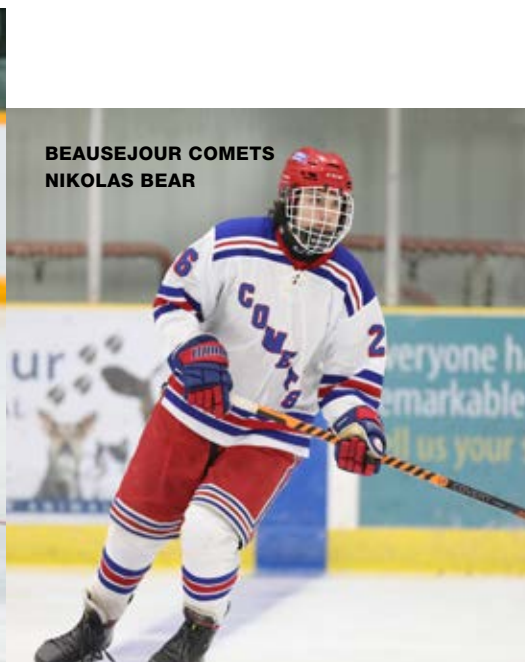
LUNDAR FALCONS

Falcons head coach Tyler Medeiros is quietly confident this season, and for good reason. He has a veteran lineup and plenty of smart, talented players.

"This year, we have a lot of returning players," said Medeiros. "We had a couple of good rookies crack our squad, but we have a lot of familiar faces this year. We have a lot of good players to keep an eye on."



ARBORG ICE DAWGS
TYSON BARYLSKI



BEAUSEJOUR COMETS
NIKOLAS BEAR



LABROQUERIE HABS
PEYTON PLETT

"Riley Zdan, the league MVP from last year and Kennedy Kerr, our goaltender who was co-rookie of the year last year are both back. We also have Zach Halldorson returning on defence, an all-star from the last couple years, and Gavin Miller an assistant captain veteran forward. I could name every guy on our roster. We're off to a decent start this year and its by committee. It's about all of our players buying into what the coaching and management staff have put together."

**PLAYER TO WATCH:
RILEY ZDAN**



**NORTH WINNIPEG
SATELITES**

Head coach Murray Monkman might be rebuilding once again, but he's also excited about the players he's brought into the Satellites locker room.

"We've got a lot of new guys coming into the lineup because we had a lot of guys move on to other

leagues, which is great for us in the sense that we had trouble recruiting the last few years there and now that players see you can move up if you play in the Satellites program, that really makes our recruiting more successful," said Monkman.

"We lost Jack Speechley, who was co-rookie of the year last year. He's moved up to the St. James Canucks in the MMJHL. Jared Unruh, our goalie who was the team MVP last year, has aged out as has our captain Daniel Valente, a league all-star last year. We also have four more players who have gone to the Superior-International Jr. A League or the MMJHL so we're proud of them. It's meant I've had to do a lot more recruiting this year.

"It's great to have Aidan Marchand back, my 21-year-old overaged goalie and then Emerson Veloso, a member of our leadership group, is going to have a tremendous season, I think. He was Glenlawn's leading scorer two years ago. And Bryce Raven, a local North End boy, who will be our captain this year."

**PLAYER TO WATCH:
NATHANIEL FLETT-NEAPEW**



SELKIRK FISHERMEN

General manager Chris Poponick figures that as soon as his team figures out how to score on the chances it gets, the Fish will be off to the races.

"It kind of started last year in the playoffs," said Poponick. "We just started squeezing the stick a little too hard. We've been putting up 40-45 shots every night and just can't get the puck in the net. If we start converting our chances, I think we'll be in real good shape.

"We're a team that's building but we have some great young players. Our captain Kyle Folhoffer and assistant captain Dawson Bergagnini are real good players for us and on defence Ryland Schroeder and Ty Johnson have been looking really good back there. Also among our top forwards are Marcus King, Theo Courchene and Matt Wagner. I'm confident we'll start to score some goals and get this turned around."

**PLAYER TO WATCH:
KYLE FOLHOFFER**



ST. MALO WARRIORS

Head coach and GM Ralph Collette is confident he has the personnel to defend his hometown's first CRJHL championship.

"We look very good because 80 per cent of our team has returned from last year's championship team," he said. "We have a few local extra players from Eastman and the high school programs who are not quite ready for Jr. A which is OK for us.

"Ashton Curie, a local product who played at Eastman the last few years, already has seven points in his first four games in our league and we're excited to have him in the lineup. And of course, Zach Maynard, Jeremie (Collette) and Ashton Dubois are back. Ashton actually has two years left.

"We also picked up Riley Tirschman, a defenceman from Pinawa, who was an all-star with the Beausejour Comets last year. We're really happy to have him. He just kind of fell in our laps."

Having starting goaltender Jozse Gauthier-Urmos back in the fold is a big plus for the Warriors, as well.

**PLAYER TO WATCH:
JEREMIE COLLETTE**

**LUNDAR FALCONS
DAYSON MCCREEDY**



**ST. MALO WARRIORS
JEREMIE COLLETTE**



KJHL LEAGUE PREVIEW

The Peguis Juniors are an amazing seven-time defending Keystone Junior Hockey League and provincial Jr. B champions. They have become almost impossible to beat when the chips are down.

However, after a slow start to the 2024-25 campaign, this might be the year the Juniors are dethroned.

Of course, Juniors head coach Marty Favel isn't so sure.

"We had a late start, our ice wasn't in until the first of October, so the guys are just starting to get into it," Favel explained, after losing twice to the Cross Lake Islanders to start the season. "I actually don't mind starting the season off like that. It kind of opens the guys to how good the opposition is in this league. Teams are gunning for us. They really want to beat us. It opens our guys' eyes a little bit. And we started the season that way last year. We started off with a couple of losses but we've never let that bother us. We definitely have the talent to win it again."

It will be a new-look five-team KJHL this season as the PBCN Selects have requested a year off to get their affairs in order. With the Selects players dispersed through the north, that leaves a very strong OCN Storm, Cross Lake Islanders, Norway House North Stars and NCN Flames quartet ready to dethrone the seven-time champions.

Let's take a look at the five teams that will make up the KJHL this season:

PEGUIS JUNIORS
BRODY MCPHERSON



CAN
ANYONE
TAKE

BY SCOTT TAYLOR

Photos by Kelly Jacobson

DOWN
PEQUIS?





CROSS LAKE ISLANDERS

The Cross Lake Islanders have a talented hockey club this season, but of course when you have a high scoring local veteran like Wilfred McLeod in your lineup, you have trouble scoring goals.

McLeod, soon to be 21, is in his fourth season with Cross Lake and last year had 38 goals and 74 points in just 30 games. At 5-foot-9, 180 pounds, he's a solidly-built right-handed shot who makes a lot of room for himself around the net.

Head Coach Trent Spence will also have high-scoring 20-year-old Randy Siusangnark from Naujaat, Nunavut, up front along with two outstanding D-men in Chase Muswagon, a local 15-year-old who stepped right in and was strong early in the season, and dependable 21-year-old vet Bobby Orr-Roulette from

Sandy Bay, who has played for Peguis and North Winnipeg, as well as Cross Lake.

PLAYER TO WATCH: WILFRED MCLEOD



NCN FLAMES

"We're a pretty interesting team," said general manager

Nic Campbell. "Of our 25 players, we have 24 of them living in Thompson right now. We also have nine kids from Nunavut on our team. Ever since last year, when a number of these kids from the north played for North Stars and PBCN, it's become a growing market for us. There has really been an influx and that's been good for them. They're so good, in fact, it's crazy how good those kids are considering how little structured hockey they have there.

"They're all great skaters and they all have very good character. They are coachable. They say 'yes sir' and they all

do what the coaching staff tells them and they all grind."

"Our team is pretty strong. We have a full 25-man roster and we have some very good pickups. We picked up Greg Wiseman who had eight assists in our first two games. We also have Maddex Long back who had five goals and seven points in our first two games. We definitely have a strong team this year. If you're players 21-25, it's going to be really tough to crack our lineup. It's a really competitive group.

"Our No. 1 goaltender right now is Preston Kaludjak from Rankin Inlet played AAA Norman North Stars last year. He's one of the most squared-up goaltenders I've ever seen. We're really happy we added him, he's a real asset. And Conroy Halcrow is our captain this year. This is his third season with us."

PLAYER TO WATCH: GREGORY WISEMAN



NORWAY HOUSE NORTH STARS

"My team is looking pretty good this season," said head coach Skylar Tait-Reaume. "We have depth this year. I have 14 returning players and 10 newcomers so we have a mixed roster, but we have good players who will get lots of opportunity to show what they have."

Tait-Reaume will count on Dawson Osborne, a fast skilled player who is good with the puck and had a good year last season. We had a young player arrive just a few weeks ago from Ochapowace in Saskatchewan named Daine Thomas. He played U17 CSSHL last year and decided he wanted more development

NCN FLAMES
MADEXX LONG



CROSS LAKE ISLANDERS
WILFRED MCLEOD



and moved to Norway House. Veteran Quentin Kablutsiak is expected to have a big year, as well.

On defence, Tait-Reaume will count on Kade Bruyere and two new goaltenders: Connor Dawson from Rivers, Man., who came out of the AAA ranks with Yellowhead Chiefs and Chauncey Jack. Chauncey is a 6-foot-2, 220-pound goalie from Carry the Kettle First Nation in Saskatchewan who played on the same team as Daine Thomas in the CSSHL last year.

"Since I've been the head coach here, our program has been thriving and growing," said Tait-Reaume. "We've been drawing players from east-to-west and we're getting better every season. It's been great to see this program thrive again."

PLAYER TO WATCH:
DAWSON OSBORNE



OCN STORM

General manager Nelson Cote is convinced his new-look Storm are all set to challenge the Peguis Juniors for KJHL supremacy.

"I believe we will," Cote said emphatically. "Once the boys all start to click, they're going to get rolling. I really like this team. We have a number of first-year guys who didn't know what to expect but in our series against Peguis (a split at OCN) early in the season, they definitely know what to expect and they definitely know what they're up against."

Interestingly, despite all the new faces on the roster, Cote's Storm will be led by some highly-touted veterans.

"Drew Peters came back to us, which is huge for us,"

Cote said. "He's just electric. He was at Blizzard camp, but is back with us now. He had 61 goals and 107 points (in 30 games) last year. He's just one of those kids who knows where to be all the time.

"We also have Keillan Holland returning as a 21-year-old, which is also really big for us. He's just one of those kids who fills lanes and has a great stick. Jacey Melnyk came over from PBCN (taking a year off from. The league) and he's a big, skilled winger who can find guys anywhere on the ice. Our back end is young, but they have a lot of skill. We're pretty excited."

PLAYER TO WATCH:
DREW PETERS



PEGUIS JUNIORS

Juniors head coach Marty Favel is excited by his prospects this season and yes, he fully understands that

when you're the seven-time defending champions, opponents will be at their best against you every night.

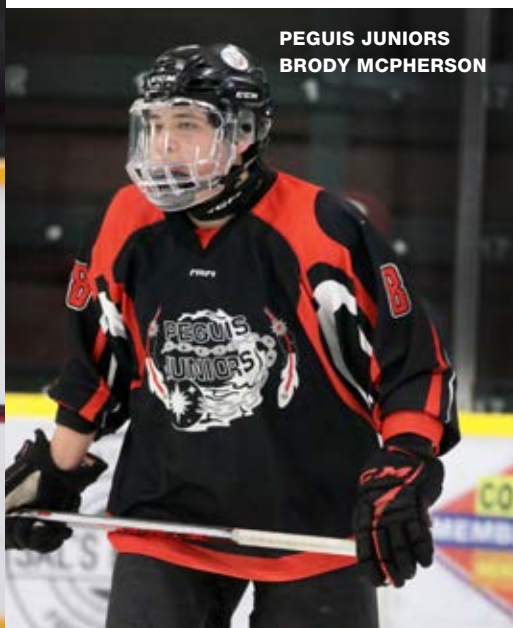
But he definitely has the talent to defend the league title.

"Our top players are Ayden Daniels, Tyrone Meldrum and Brody McPherson," said Favel. "They're all very good veteran players who we'll depend on all season.

"We also have a couple of good young kids, Corwin Bear and Derrell Murdock, Lyle's (last year's KJHL leading scorer with 108 points in 31 games) younger brother. Those are the two 16-year-olds I've got approval to play on the team. They both started last season playing U18 AAA before coming home to play Peguis minor hockey. They'll get their feet underneath them pretty quickly playing in this league.

"Meanwhile, it's great to have Brody back. He was our top defenceman last year and the top defenceman in the league. He's back as a 20-year-old and he's one of the team leaders along with Dyson Pelletier."

PLAYER TO WATCH:
BRODY MCPHERSON



IT'S ANYONE'S GAME



FULL
STEAM
AHEAD
FOR ALL
MMJHL
CLUBS



BY JIM BENDER

Photos by James Carey Lauder,
Scott Stroh, Rusty Barton,
Derek Thorsteinson

Nine of the Manitoba Major Junior Hockey League teams are hoping to take advantage of the turnover experienced by the league's reigning three-time champion to skate to better fortunes in 2024-25.

The powerful St. James Jr. Canucks, on the other hand, are hoping to become just the fifth franchise to win four consecutive championships. But they will have to find solid replacements for a number of players they lost since winning their third-straight title last year.

"Everybody's excited about the season," said MMJHL president Kerry Lines. "(Last year), the parity was incredible from three through nine, right up until the last game of the year. So, it was fun to be a part of; the playoffs were exciting and we're looking for more of the same again this year. I think there will be parity again this season.

"From my end, our ownership group is strong and they're very community-minded, and I'm proud of each of those franchises in how they conduct themselves with their players and their own communities."

The following will outline the expectations of each team, ordered by how they finished in the standings last season:

ANTHONY JACOB
RIVER EAST ROYAL KNIGHTS



ST. JAMES JR. CANUCKS

37-7-0-1 – 75 points

Not only did the Canucks lose such veterans as Tyrone Willan – the league’s leading scorer the past two seasons – but assistant coach Blake Harris has replaced head coach Mike Mooney, who stepped down to spend more time with family.

“We obviously lost quite a few players from the three-peat, if you will, some pretty key guys, so we’re kind of re-tooling,” Harris said. “I don’t want to say rebuild, it’s more of a re-load and just try to understand that we’re not the same team that we’ve been the last three years. But we’ve got to kind of create a new identity and probably win games in some different ways. We can’t really be expecting to score our way out of trouble any more.”

St. James also lost their No. 1 goalie, Noah Gilbert, captain Kale Price and Brady Whitely – arguably their best defenceman.

Defenceman Rory Neill returned a few games after the season started and the veteran was promptly named team captain. Coach Harris will lean on Neill and established forwards

Ashton Romaniuk and Griffin Haight to lead the team. Connor Murphy will replace Gilbert – who has joined the coaching staff – in net.



PEMBINA VALLEY TWISTERS

27-14-1-3 – 58 pts

Braeden Beernaerts earned MMJHL Coach of the Year honours for the way he guided the Twisters into second-place and into the final, where they lost to the Canucks. But the head coach/GM also has his work cut out this season.

“It’s a bit of a rebuild this year,” Beernaerts said. “We lost a lot of guys due to aging out or going different ways. So, we’ve got a lot of fresh faces, for sure.”

The Twisters lost Derek Wiebe, their leading scorer, Merek Degraeve, their second-leading scorer, Jake Carels, Caelan Russell, Riley Goertzen, and Kyle VanDeynze. Only seven players returned, including such keys as Slade Sotheran and Alex VanDeynze. And they will turn to two rookie netminders – Maysen Mazurat and Darion Penner.

“We’re pretty fresh – always looking forward to see how it goes,” Beernaerts said.



ZACH JOHNSON
CHARLESWOOD HAWKS



ST. BONIFACE RIELS

24-17-2-2 – 52 pts

“Our expectations are to finish in the top four – that’s our goal,” said Riels president Jason Frykas. “We finished last year in the top three, so we want to continue in that same spot. We’ve got a lot of returning defencemen and two returning goalies – Alex Domenico and Michael O’Sullivan – so we’ll be strong on the back-end, and we’ve got a good group up front – a lot of speed up front.”

“Our key players would be (forwards) Tyler McNaughton, Connor Davis, Aven Cockerill and Nathan Burzynski. Then, on D, it would be Dylan Bauknecht, Evan Lambert and both goalies are exceptional.”

St. Boniface lost Ashton Howarth, Nate Hinds, Aaron Neilson and Sam Alsip from last year’s squad.



CHARLESWOOD HAWKS

24-18-1-2 – 51 pts

“I think our team is going to do very well this year,” said Hawks’ GM Tim Scharer. “We’ve added a great goalie (Keegan Gordon) that came down from the (Manitoba Junior Hockey League). He’s phenomenal, like topnotch, so we’re excited to have him be part of the Hawks.”

Charleswood also added defenceman Dave Johnson and forward Tyson Sperber from the MJ.

The Hawks only lost four players from last year’s team, including Cam McDonald, their leading scorer, Hayden Forrest and Ben Zander.

“When we started this dream five years ago when I first took over the team to now, we’ve really built a consistent program,” Scharer said. “So, I’m really excited about our program now and looking forward to the future.”



MIKE HEPPNER
PEMBINA VALLEY TWISTERS



ST. VITAL JR. VICTORIAS

21-16-8-0 – 50 pts

“It’s the same as every year, we try to dress and compete for a championship,” said Victorias GM Jeff Mitchell. “We’ve got a veteran group this year, so we’re expecting them to build off last year and build off years in the past that they’ve been around and compete for a championship.”

This year’s key players will be forwards Tyler Rubigny, now the team captain, and Ryland Nechwediuk, as well as defenceman Brady Jaquet.

“Both goalies – Ethan Penner and Mason Tabak – are great,” Mitchell said.

The Vics only lost three key – Jack Kaiser, Davis Koga and Rhys Melmas.



FORT GARRY/FORT ROUGE TWINS

23-29-3-0 – 49 pts

“We think we’ll be very good this year because we are very, very heavy, numbers-wise,” said Twins co-owner Gord Southall. “We’ve got nine players who are 21 years-old. So, our expectations are that we will have a pretty good run this year. We’d definitely be looking to go deep into the playoffs.”

The Twins key players will be captain Dean Gorchynski, Carter Halamandaris, Sam Mitani on defence and recently-acquired Ryland Heuging.



PEYTON BATEMAN
STONEWALL JETS



TRANSCONA RAILER EXPRESS

20-20-2-3 – 45 pts

“We always expect to be a competitive team, and I think we will be a competitive team this year,” said Express head coach/GM Derek Gagnon. “We have a good crop of forwards, we’re pretty deep up front. We play pretty fast, we play pretty honest and we play real hard. Our defencemen will be led by three guys. Our expectation is to be able to be in every game and to be able to play defence and not have defensive breakdowns, and not have any blowout games.”

Transcona will be led by forwards Nolan Van Den Bussche and Evan Chudley, defencemen Kaden Bruchanski and Austin Campbell, and goalies Josh Rach and Sage Delaronde. The Railers only lost such key players as captain Rhonan White and Colton Pakoo, one of their leading scorers.



STONEWALL JETS

19-20-4-2 – 44 pts

“We haven’t made the playoffs in three seasons and we’re hoping that this year, we’ll

be in the playoffs, or firmly in a playoff spot,” said Jets GM Liam Wheddon. “We have solid players coming back.”

Reigning MMJHL MVP Peyton Bateman has returned and Stonewall has added such solid defencemen as Evan McMurtry and Brody Slatcher. The Jets will also rely on goalie Dylan Leclair. Stonewall only lost four players from last year’s team, including Jordan Gray, Matthieu Meier and Jeremy Klimchuk.



RIVER EAST ROYAL KNIGHTS

8-31-5-1 – 22 pts

“We’re just coming into a new season with a fresh start,” said Royal Knights coach Blake Bonni. “We had a good energy throughout our training camp and we just want to continue that each game, each practice and kind of take steps towards progress each and every week.”

Key players will include the recently-recruited forwards Nick Giasson, Layne Richardson and Logan Ashe, as well as goalie Keaton Woloshen. The Knights will also heavily rely on such veterans as captain Anthony Jacob, Graham Maslow and Kalen Reynolds.

“We made a number of trades so, as far as losing key players, we didn’t lose any,” Bonni said.



RAIDERS JR. HOCKEY CLUB

22-21-2-0, 46 pts

“Our expectations are always high,” said Raiders co-owner Ned Saunders. “We’re young and talented. We’ll need our vets to lead the charge, but I think our goaltending is still good. Our expectations are always high but guess what, it’s such a good league that when the season starts, you’ve got to continue to improve because all of the other teams continue to improve. It’s a fun league to be a part of.”

The Raiders will be led by defencemen Mat Wilson and Riley Yourchenko, as well as forward Ryan Cromie. They lost captain Jack Oleksiuk, who aged out, and is going to help coach. Former captain James Barkley arrived late to coach the squad this year. Evan Banera and Owen Savoie have returned to the goal crease.

UNDERRATED AGGIE

BY SCOTT TAYLOR

Photos by Merlin Heppner

COHEN THOMAS WILL BE THE FIRST TO TELL YOU HE'S NOT A FARMER. DESPITE THE FACT HE'S IN HIS FINAL YEAR OF THE AGRICULTURE DIPLOMA PROGRAM AT THE UNIVERSITY OF MANITOBA, THOMAS DOESN'T SEE HIMSELF DRIVING A COMBINE OR TAKING HIS LIVESTOCK TO MARKET.

Instead, this 5-foot-11 forward with the Manitoba Major Junior Hockey League's Pembina Valley Twisters is still feeling his oats, checking out different forms of agri-business to see where his diploma might take him.

"My dad farms but he doesn't own the land, he rents it," Thomas explained. "He doesn't do much. I'm taking Agriculture as a way to get into the farming business. I'm not actually in the program to become a farmer. There is a lot of business that is a part of farming and that's what interests me."

Born and raised in Winkler, the city he still calls home, Thomas is in his third season with the Twisters and isn't certain that he'll be back for a fourth. However, he is certain that the ag business is definitely his future.

"I'm not sure what I want to do next season because I'll be done school and you never know what could happen in terms of a job," he said. "Honestly, I'm still not sure what I want to do for a job when I graduate this spring. This past summer, I worked at Lowe Farm Co-op Agro and I'll try something different next summer. I've been trying different places to work to see what I enjoy and I'll probably keep doing that for a while."

Twisters' head coach Braeden Beernaerts certainly hopes the 20-year-old Thomas decides to





COHEN THOMAS



“LAST YEAR WAS A REALLY GOOD YEAR FOR US AND THIS YEAR HAS BEEN A LITTLE TOUGHER BECAUSE WE HAVE A LOT OF NEW FACES – A LOT OF ROOKIES.”

return next season. After all, Beernaerts already considers the 5-foot-11, 160-pounder and important part of this year’s team.

“Cohen is one of the most underrated players in the league,” said Beernaerts. “He can play big shutdown minutes and even be out there when we need a goal. Each year he’s grown to take on different and more demanding roles and has been excelling at each one.”

Thomas started skating at age three in his hometown of Winkler. He played in the Winkler minor hockey program until he was 16 and then joined the Pembina Valley AAA Hawks U18 team. He jumped to the Twisters in 2022 and is now in his third season.

Interestingly, his older brother Rylan played a season with the Manitoba Junior Hockey League’s old OCN

(now Northern Manitoba) Blizzard before returning home during the COVID year to play for the Twisters in 2021-22 and 2022-23.

Cohen gave some thought to playing Jr. A but school eventually became his priority. As so many other players have said, it’s a lot easier to play in the MMJHL than it is the MJHL and keep up your marks.

“I went to a couple of Winkler Flyers’ camps when I was younger and then I was traded to Dauphin,” he said. “I went to the Kings camp during COVID and I couldn’t go to the main camp because I wasn’t double vaxxed yet. So, I wasn’t allowed to go. So, that kind of finished my MJHL chances, but I didn’t mind all that much because I really wanted to go to school.

“It’s been really good doing it this way. It’s my

third season in the league and it’s a good league that gives me a chance to balance school and hockey.”

Attending school and playing for the Twisters makes for an interesting travel arrangement for Thomas. As he found out last year, home games are a trek. Road games are a piece of cake.

“Winkler is my home but, of course, I’m living in the city for school,” he said with a laugh. “It’s a half an hour drive to Morris for home games so as I learned last year, I live closer to most of my road games here in the city.”

Last season, the Twisters were great both at home and on the road. In fact, the team went all the way to the league final before losing to the powerful St. James Canucks, a defending champion that has won three straight Jack McKenzie Trophies.

This year, the after having nearly a dozen veterans age out of junior hockey last spring, the Twisters are off to a slow start as Coach Beernaerts works 12 rookies into the lineup. That makes Thomas one of the veteran team leaders this year.

“Last year was a really good year for us and this year has been a little tougher because we have a lot of new faces – a lot of rookies,” Thomas said. “We lost 11 guys after last year and our chemistry isn’t all that great yet, but I feel that we’ll grow as a team together as the season goes on. I think we’ll be a decent team as we get further into the season.

“There are six vets remaining and we’re all pretty close, so I think everyone will start to gel by the end of October. I don’t think it will take that long to feel like a team and not a bunch of rookies. We’re starting to gel together right now.”

THREE-TIME MMJHL CHAMPION

PEMBINA VALLEY TWISTERS

ARE PROUD TO BE A PART OF THE
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE



MIKE HEPPNER

ZANDER CARELS

LOGAN ENNS



MORRIS BIGWAY FOODS IS A PROUD SUPPORTER OF
THE PEMBINA VALLEY TWISTERS AND
THE MANITOBA MAJOR JUNIOR HOCKEY LEAGUE



654 MAIN STREET MORRIS, MB, R0G 1K0 1-204-746-2411

BY PAUL EDMONDS
Photos by James Carey Lauder



THE GREAT MERGER

A merger of any type is not without its challenges, especially when the absorption combines two large, established organizations. This is certainly accurate in the recent consolidation involving the Winnipeg AAA Hockey Council and Hockey AA Winnipeg to form one entity under a new umbrella now called the Hockey Winnipeg AAA/AA Council.

It is a unification that had been in the works for several years and seeks to enhance the high-performance levels of minor hockey in the city through restructuring and expanded collaboration.

For years, Winnipeg AAA Hockey operated U15, U17 and U18 teams in three areas of the city under the names Bruins, Thrashers and Wild. Under this new format, those same team names

were adopted this season to include the AA levels, beginning with the U13 age group and continuing through U18. In other words, every team playing AAA or AA hockey within the city will fly the Bruins, Thrashers or Wild banner.

According to Clifton Dorge, VP of AAA Hockey and Co-Chair of the new AAA/AA Council, it's a farm system model with an objective to maximize facility use, standardize development and create relationships between the two advanced levels of the game.

"That's definitely a giant part of it," he said. "Having everyone working together is important. There's still some work to be done in certain areas, but the progress is moving in that direction."

The new council is now a robust 25-plus member board with representation

from all 10 hockey area associations and members-at-large that reports directly to Hockey Winnipeg.

In creating a vaster body to administrate minor hockey at the AAA/AA levels, the goal in its composition is to allow for better collective and developmental governance of the game.

"It's a merger that puts a little more control back into the area associations," said Mike Segal, Vice-President, AA Hockey and the other Co-Chair of the AAA/AA Council. "I believe this is for the better."

In order to move ahead with the new combined board, the previous AAA and AA councils were dissolved and the new AAA/AA group







“IT’S A MERGER THAT PUTS A LITTLE MORE CONTROL BACK INTO THE AREA ASSOCIATIONS”

– MIKE SEGAL, VICE-PRESIDENT, AA HOCKEY

became official last May at the Hockey Winnipeg Annual General Meeting. From there, the group needed to move quickly to prepare for this season and certainly understand the heavy lifting has only just begun.

“I’m very excited for the years to come,” said Dorge. “We’re putting out fires, for sure. But where it goes in the future is exciting. I think it’s going to be a big task this year.

“But at some point, you just rip the band aid off and make it happen. Let’s deal with it this year and get it to a better place. Every decision we make is with the best interest of the kids.”

In addition to the formation of a new board, hockey at the AAA/AA levels also experienced a restructuring to create improved catchment zones. Those areas will be uniform for both AAA and AA in the Bruins, Thrashers and Wild areas with the idea to ensure balanced competition and development within the three areas.

The re-zoning immediately alleviates area associations like St. James and River East for example from being fragmented at the AAA level,

where previously kids in that region were sometimes split between two AAA teams. It also will help to equalize the areas in terms of enrollment numbers, ensuring more parity and better competition from each area.

“This isn’t anything new,” Dorge said. “We’ve been at this for quite a while. By going to bigger zones there’s multiple things that we gain with it, including picking the best kids not based on their address but on their ability within that area.”

Dorge says this will benefit slower growth areas like St. James and St. Vital and put them on a more equal playing surface with burgeoning areas like St. Boniface and Assiniboine Park, especially for teams at the AA level.

“We felt that by bringing this together with the help of Hockey Winnipeg the areas are getting better numbers and better development.”

It’s a sentiment echoed by Segal, a longtime volunteer in the Transcona Minor Hockey Association, who understands the changes to AAA/AA are somewhat drastic and fluid, but necessary to move minor hockey ahead at its two

elite levels within the city.

“We understand that if it’s not changing, it’s staying stagnant,” he said. “We’re always trying to make the program better.”

One of the unique features of the new zones under the administration of the AAA/AA board is the uniformity among the Bruins, Thrashers and Wild brands. All AAA and AA teams in the city will use one of those three nicknames according to area, making it exciting for kids to integrate into the system as early as 11 years old and potentially play for the same team’s nickname right through their U18 season via AA, AAA, or both.

There is one important distinction in this vertical integration, as the names and colour schemes between AAA and AA are uniform, however, the logos and jerseys of the Bruins, Thrashers and Wild will be different at the two levels, something Dorge felt was important to differentiate.

“We’re trying to build relationships with younger kids to create a community model behind it,” said the former president of the St. Vital Minor Hockey Association. “It’s a badge

of honour to make AAA and the kids love it, so we wanted to respect that, too.”

As the new AAA/AA Council works through its first year, both Dorge and Segal have additional ideas on how to enhance the programs, particularly at AA.

In the future they both envision all their AA teams playing out of certain rinks across the city, geared to their local areas with all home games and at least one practice using that facility once per week, with further development – in partnership with the Jets Development Program – at hockey for all centre.

It would mirror what AAA hockey has looked like in the city for several years when it comes to facility use and developmental augmentation. And that process has started in earnest this year, but they’re still navigating through some administrative obstacles.

“There were just too many moving parts, so we wanted to reduce the potential for errors, so we just pulled back on some things,” Segal said. “But I’m elated. It’s the start of a new program and let’s see what it can become.”

MANITOBA

U18 AAA



#17 TEGAN KURTZ F - WINNIPEG WILD U18 AAA

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2024 3RD ROUND DRAFT PICK (36TH OVERALL) - OCN BLIZZARD
2023 11TH ROUND DRAFT PICK (232ND OVERALL) - REGINA PATS
2023-24 TEAM MANITOBA - WHL CUP





BY CARTER BROOKS

Photos by Dylan Asmundson

SPEED, SKILL AND SCHOOLING

The players making up the RINK Winnipeg's U15 AAA team are the new kids on the block on South Landing Drive this year. A

new program offered for 2011 birth year students, the RINK has adopted the Grade 8 curriculum and serves in partnership with St. Ignatius School to offer its student-athletes quality education, while providing a Prep-style travel schedule over the course of the school year.

"All our kids go to school

at RINK here," says U15 head coach Jon Carlson. "We have two full-time teachers from St. Ignatius that are here working with the kids. They get dropped off at 8:00 AM and we hop in the boardroom. We do some team builders, video work, classroom stuff, chalk talk. From 8:30 to 9:45, the kids are in school, up in the classrooms. From 10:00 to 11:00 we are on the ice for practice. At 11:00 they hit the gym for a workout. 12:00 to 12:30 is lunch.

Classes are then back in session from 12:30 to 3:30."

Talk about a day!

"Yes, it's a very full day, and it happens every day," Carlson added. "It's very demanding, but at the same time, it's nice that they can cram everything into just an eight-hour window. When kids leave at 4:00 PM, it's nice to know that they've already got their daily workout in, got a practice in and they've had time to study and learn in class."

The idea behind the new U15 AAA program is to





HEAD COACH JON CARLSON



offer under-age U15 players (2011-born) an appropriate spot to play. Historically, RINK's U15 Prep teams have generally been filled with true-age players, serving within the youngest classification within the Canadian Sport School Hockey League.

"The big idea behind this new expansion team is to, No. 1, start these kids off on their early development plan, and then No. 2, climatize them with what we do here at work," Carlson shared. "Oftentimes what we found with our U15 Prep players, just because all of this is new when they're coming into the program, is that it takes them a little bit of time to settle in and get used to the day-to-day life."

"So, now the idea with this younger team is to climatize the boys and get them into this environment," he added. "We want them to understand that skating, working out, nutrition and sleep are all very important factors in their hockey development. Getting them into this environment and teaching them how to take care of their bodies, how to prepare for games, how

“IT’S VERY DEMANDING, BUT AT THE SAME TIME, IT’S NICE THAT THEY CAN CRAM EVERYTHING INTO JUST AN EIGHT-HOUR WINDOW”

to prepare after games, how to manage their time both in school and athletics, and as they move into U15 Prep here in their WHL Draft year, they are used to the routine. Their time management skills will have improved, and all of these skills that we teach and preach throughout our program, they're going to be familiar with that coming into their U15 year."

On the schooling side of things, the U15 AAA players will attend most of their studies right at the RINK's training facility, while reporting to class at St. Ignatius here and there, as needed in order to fulfill their Manitoba education requirements.

"The two St. Ignatius teachers work here with our

kids every single day," Carlson said. "They are obviously still affiliated with St. Ignatius, but they're here and working with our kids in the mornings and afternoons. But in looking at the school day cycle, every Day 4 our kids will get bused over to St. Ignatius for a few courses that we don't have the facilities or infrastructure to run. So, they'll spend some time on Day 4s at the actual school with different teachers and other classes that we can't offer here. Sometimes it's music, sometimes religion, or other hands-on stuff."

For Carlson, the team he is icing this year should be loaded up with talent. And not only are the players receiving their day-to-day education from trusted professionals, they are also getting their

gym sessions and on-ice practice under the tutelage of some of the very best educated coaches living in Manitoba. Carlson, a former Winkler Flyer and Portage Terrier, holds a Bachelor of Science Degree in Sports Management with a minor in Athletic Coaching and has a Master of Science Degree in Sports Administration.

"We've got an awesome group this year," he smiled. "They are built on speed and skill. That's going to kind of be our bread and butter, if you will, this year: speed and skill. But really, when it comes down to probably the most admirable trait of our players, it's just their work ethic every single day. Obviously, our sample size has been relatively small, but I have worked with a lot of these kids in the past through spring hockey and various camps. Their work ethic is unmatched. They show up every single day and they throw on their skates and really give it one hundred percent to the coaching staff every time. I am really excited for what this season brings with these players."



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A photograph of Head Coach Ian Duval, a man with reddish-brown hair and a beard, wearing a dark blue sweater over a patterned shirt. He is leaning forward, looking down at a whiteboard or clipboard he is holding, with a white marker in his right hand. In the background, a hockey player in a white jersey with blue and red stripes is visible, holding a yellow cloth. The setting appears to be a hockey rink or locker room.

HEAD COACH IAN DUVAL

BY CARTER BROOKS
(With files from Jacob Stoller)
Photos by Dylan Asmundson

WHEN OPPORTUNITY KNOCKS



For RINK Winnipeg's U17 Prep team, the 2024-25 will be a season of growth. As a newly expanded club team for the year, the U17 Prep squad will look to make an immediate impact within the Canadian Sport School Hockey League. And its first-year head coach is no exception.

Enter Ian Duval – A local product who grew up through Manitoba's minor hockey system, moved on to play Junior for four Western League clubs, before ultimately working his way back home and joining the University of Manitoba Bisons. It was there from 2009-14 that Duval says most of his true hockey development took place.

Interestingly enough, the people he was surrounded with as a member of the Bisons still remain at his side now in his ninth year with the RINK.

"Back when it started, I knew a lot of people that I played with at the U of M with the Bisons, they were a part of the RINK," Duval told Game On. "Mike Hellyer from Testify, I played with him at U of M. And then Brad Purdie, who I've been coaching with the last three seasons, he was my assistant coach at the U of M as well."

"For me and my coaching career, at first it started out with skill development, which I still do in the summers," Duval added. "But that was our inaugural season for our program. I was fortunate enough to get an interview and just see if I wanted to coach. That's how I kind of got into it and from there I just fell in love with the daily grind and the process of coaching. I still do like working with the skill development side,



“...ANOTHER OPPORTUNITY TO GET THESE KIDS PLAYING MEANINGFUL GAMES”

but just having the team aspect of it, I really enjoy it.”

Duval has completed eight years with RINK, and has now officially been handed the torch as head coach for Winnipeg's U17 Prep team.

"So, we had an opportunity as an organization to add two more teams, just because of the growing interest in the league and the program," he said. "Just like other programs in this league, we were given the opportunity to expand with two new teams, and in adding the U15 AAA and the U17 Prep, we did just that. We figured it would be a good time to add those two new teams in for 24-25 to expand and provide more players and families with opportunities for growth. This will allow more elite players to be able to play within our league in the CSSHL, have the opportunity to train at the RINK, and, of course, the biggest thing for us is seeing new players

come in, buy-in and begin to develop and get better.”

Prior to the 2024-25 season the RINK boasted U15 Prep, U17 and U18 teams within its male classification. Now, with the two added rosters, an additional 42 families will have the resources presented for on/off-ice training at the facilities in Winnipeg's southwest region.

"The league has kind of broken itself down into two different divisions or brackets this year," Duval said. "U17 Prep is in one bracket, and then U17 AAA is in the other. Last year with U17 there was like 33 different teams, and they were ranked in three tiers depending on their records through the season. We were in the second tier last year. But with two clubs this season, it will certainly allow us to be more competitive as a whole. Being in that top tier now, and being able to play all those top teams, it's beneficial

to our players' growth and development. It opens up that availability for our U17 Prep team to play those top-end 2008 and 2009 born players across the country.”

The players aren't the only ones with the added benefit either, as Duval says the two additional teams created two additional head coaching roles, which were filled from within.

"This opportunity with the expansion, I am just super grateful for," he shared. "But, in saying that, being an assistant coach, I did have a big role with Rob Smith and the U18s, and with Brad Purdie and I learned a lot at the U15 level the last three years. But it's obviously exciting to get the opportunity to be in charge at the top, if you want to call it that. I learned a lot of things from those guys, and I'm going to continue to grow and learn as a coach. Now, being in the head coaching position, I'm super grateful for it and looking forward to the challenge and opportunity this season.”

And as for his team? Yes, you guessed it. Opportunity is the name of the game.

"This year, it's just another opportunity to get these kids in the league, playing meaningful games and building and developing and getting better each day," Duval said. "It's still early, and there is still lots of work to do, but the kids here have been showing some good spurts. We have a pretty big team that can play with some pace. We definitely have skill and some guys that can move pucks. It's a competitive league, but I love the way our team is built. I think we have an opportunity here to make some noise this season if we continue to have the mindset of getting better every day.”



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HEAD COACH ED MAURO





BY CARTER BROOKS
Photos by Dylan Asmundson

BUILD AND GROW

The 2024-25 RINK U18 Female Prep squad is back, better than ever, fully restocked for what should be a thrilling year filled with change within the team. Having nine graduating players move on following the 2023-24 season, second-year head coach Ed Mauro has himself a younger – but equally competitive – group to work with this year.

“We only have two graduating players this year, as opposed to what was nearly half our team last season,” he told Game On. “So, we’ve gone towards a little bit of a youth movement. The 2008-09 age group here in Manitoba is pretty strong. We are really optimistic with skill level and the talent of our group here moving forward.”

According to Mauro, the majority of the team has played together in the past, with the players all sharing the attitude of bringing RINK Winnipeg a Female U18 Prep championship for the first time.

“It’s a great environment here with these girls, just a great dressing room – they have a lot of fun with each other,” Mauro said. “The hockey world is so small; everyone knows each other. It’s always good to walk into the room when they’re all laughing and joking around with each other. We’re having some good fun with this group of 20 here.”

“It is a young, talented group, though, so I am looking forward to watching them grow as a team and understand how to play the



game at the next level from a detailed perspective,” he continued. “We only have seven returning players. So, for them, we want them to take the next step in it, both on and off the ice, as a captain wearing a letter or not, we want to see that group that was with us last year try to pull the new players along with our routines that we do here, the discipline and the structure.”

Last season, the team finished fifth of 13 clubs with a 17-11-1-1 record over 30 games – good for 51 points and a +20 goal differential on the year.

“This year, the girls’ energy level and their interest is so high,” Mauro said. “We’re really looking forward to teaching them as much as we can here as the season progresses. We obviously want to exceed the previous years’ finishes and goals,

and if we can, well that would be awesome. But the reality is, you know, we are a young team. With 13 new players, we’re looking to build and grow, as the team continues to build and grow.”

Mauro, who has now had a complete year to come to fully understand the program at RINK, is impressed with what he saw from his new group over the offseason.

“The players this summer really took accountability of their own fitness,” he noticed. “That was a super promising start. We’ve tasked them with trying to stay off the ice as much as they can in the summer, as you have to find different sports and taking a break from hockey is really important. And the high majority of them did take some time off the skates, which is always beneficial to their wellbeing. We obviously don’t want

them to get burned out by the time they’re 16. So, they took accountability for their own fitness and maintained lots of off-season workouts with the help of our gym. But truly, they were on their own, in theory, to achieve certain individual fitness goals and levels during the offseason, and I really saw a number of them experience significant growth.”

Three players that Mauro expects to have strong seasons are defenders Attica Sobering and Neve Cockerill and returning forward Rowyn Street. All three players are off to strong starts, with Sobering (six points in seven games), Street (11 points in seven games) and Cockerill (three points in seven games) each having found offensive success.

“Those three girls really took the initiative to have

a strong offseason and came here to camp ready to roll late this summer,” Mauro said. “I’ll highlight Neve and Attica, who made Team Manitoba U18 – Attica made it as an under-ager, as a 2009 – but, you know, they could have taken many of our players. I still can’t believe Rowyn wasn’t chosen. But we are really proud of those players, the work they have put in for our team and Team Manitoba, and are really looking towards this season as one that cements their roles going forward.”

“We just have so many incredible individuals on this team,” he added. “There are so many good players here, young players too, but I just want to see how they all develop. Sure, they will each have different timeframes, styles and timing of their development, but it is really going to be exciting here the next few seasons.”



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ASHLYN KUFFLER

ALIA DRUMMOND



PILOTMOUNDHOCKEYACADEMY.COM



BY SCOTT TAYLOR

Photos by James Carey Lauder

THE LONG JOURNEY

ALIA DRUMMOND AND ASHLYN KUFFLER aren't from around the corner. In fact, their journeys to Pilot Mound, Man., took a lot longer than most.

Drummond, the 17-year-old captain of the U18 Buffaloes, has Manitoba roots but was born and raised in tiny Haines Junction, Yukon.

Kuffler, who wears the A this season, is also 17 and arrived in Pilot Mound last year from Chilliwack, B.C.

In total, these two members of Head Coach Ryan Carels leadership group travelled 5603.5 kilometres, just to get to the dormitories at PMHA. Drummond travelled 3,423.5 km herself via the Alaska Highway.

Coach Carels is certainly glad they decided to make the trek.

"Alia is our captain this year," said Carels, who grew up and still farms just down the road from Pilot Mound in Bruxelles, Man. "She's very confident in herself to say

the things that will help her teammates meet the team's standards and expectations and she does it in a pleasant way. She never gets angry.

"But she's very hard working and wants to get better every day. Her style is exactly the way you'd want any captain to lead. My daughter is on the team and I often think about it from her perspective. What kind of leader does she want on the team? Who is the person that the players need to look up to? Well, Alia is the perfect role model for this team.

"Ashlyn is a great kid. I always get a giggle or two out of her, both off the ice and in the dressing room. But when she gets to the game, she's highly-competitive and wants to win. She's strong on the puck, has great hands and loves to score goals. She's a good teammate and is part of our leadership group this year. She leads by example and has a real desire to win."



**ALIA DRUMMOND, CAPTAIN,
PILOT MOUND BUFFALOES**

SMALL-TOWN VIBE

Both Drummond and Kuffler are in the second seasons at PMHA and both love the small-town vibe. However, one of things that really drew them to the small town in Western Manitoba was the brand-new dormitory.

"I really like the program here," said the 5-foot-3 Drummond. "We have a great group of girls and we all live together in the new dorms.

Some of the other academies are billet-style so you don't get super close. Our whole academy is family-oriented and I really like it. The dorm situation is perfect. There is a lot to do, and we were pretty much a family just a month into the season."

Kuffler concurred.

"I liked the small-town vibe. It was just different. And I'm not a huge fan of billeting, so I thought the dorm concept was better for me, especially knowing what the future is going to hold for me in college. School in Pilot Mound is really good. The teachers are great. They understand the hockey program and they make it so welcoming. I really enjoy it."

Drummond is from a town of 600 about 90 minutes from Whitehorse, the capital of the Yukon and the largest city in Northern Canada with

a population of 28,200.

"I've been playing hockey for as long as I can remember," she said. "I grew up playing minor hockey in Haines Junction but when I got I older, I started playing in Whitehorse. My sister and I would drive 90 minutes both ways to play minor hockey. I played on girls' teams and some boys' teams and then, for my Grade 11 year, I moved to Manitoba to play at Pilot Mound to get more exposure because there aren't very many people in the Yukon.

"There isn't much to do in Haines Junction. Our minor hockey program is actually pretty big considering the amount of kids who live there. My parents have run it for the past couple of years. My sister is playing in Whitehorse and my little brother is still playing minor

hockey in Haines Junction."

Interestingly, Drummond has family ties to Manitoba.

"I picked Pilot Mound because they reached out to me," Drummond said. "I had a friend named Echo Kirk from the Yukon who came down here and played for two years. She kept telling me what an amazing program it was. They reached out to me and I'm very happy I came down here. It's a great program.

"Some of my mother's family is from Manitoba so we did a road trip and I visited the school and loved it."

LONG WAY FROM HOME

"She's a long way from home," added Coach Carels. "However, she has family in Ste. Anne. Her mom, Danielle, is from Ste. Anne, originally, and her grandparents are still there. She has family members



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who attend our games.”

Kuffler, meanwhile, is from Chilliwack, a city of 100,000 just 90 minutes east of Vancouver. Moving to tiny Pilot Mound was a bit of a culture shock at first but she’s grown to love the place.

“I started playing hockey when I was about seven years old in the Chilliwack minor hockey system,” she explained. “I played with the boys all the way up until bantam and then I switched over to girls. I moved all the way over to Langley (about an hour from Chilliwack) to play on a girls’ team there. Then I came back to Abbotsford (30 minutes from Chilliwack) until I decided I wanted to play at higher level so I came to Pilot Mound in Grade 11 and I’ve been here ever since.”

Both players want to continue playing the game after graduation this spring and Kuffler has already committed to an ACHA program in the United States.

COLLEGE CALLING

“I have verbally committed to play at (ACHA) Midland University in (Fremont) Nebraska,” she said. “I went to a showcase after our season had ended last year and I guess I stood out to them. I went down and toured the school. I really liked it and the coach seemed eager to have me on the team so that’s where I decided I wanted to go.

“I want to become a teacher so I’m taking an education course and as soon as I get there, they say they’ll have me in classes shadowing teachers in different parts of Nebraska. So, I’m looking forward to my next step.”

Drummond has not yet committed to a college or university on either side of the border.

“Next year, I plan to attend a post-secondary school and continue to play hockey,” she said. “I’m not sure where that is yet, but I have a couple of ideas. I

want to get into Kinesiology and hopefully become a physio-therapist and have a career in the sports world.

“I don’t know whether I’ll go back to the Yukon or not. My dad, who is originally from the Yukon, moved south and said his original plan was to never go back, but he ended up back there. My parents met at Notre Dame in Wilcox, Sask., and he became a wildlife biologist, so he moved back to the Yukon because that’s just about the best place to work if you’re a wildlife biologist.

Both young women are all-around athletes. Drummond also plays soccer and Kuffler enjoys lacrosse and basketball. For Carels, having solid athletes on his team has led to the squad’s constant improvement. This year, he hopes his CSSHL Buffaloes have one of their best seasons.

“We’re going to have a



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very competitive team,” he said. “Early in the season we were having trouble finding our way to score, but we got lots of looks. The girls understand it’s a process and we’re doing the right things.

“We knew winning would come. You want to do things the way you’re supposed to do them and if you get there, the winning will come. It’s a good group, very hard working and the kids are all really good kids. They play for each other over themselves and we have two outstanding leaders in Alia and Ashlyn.”



**ASHLYN KUFFLER, ASSISTANT CAPTAIN,
PILOT MOUND BUFFALOES**



TEAM MANITOBA BLAZERS



BY SCOTT TAYLOR

Photos by James Carey Lauder

When the 2024-25 school year ends, Makenna Williment will play at Syracuse University,

Shayna Bannister will drive down Pembina Highway and play for the University of Manitoba Bisons and Maddie Kaiser will have chosen one of the many university hockey scholarships she's been offered.

As they head into Grade 12 at Balmoral Hall, all three have decided they will play hockey at the post-secondary level.

However, in the meantime, there is work to be done. Not only do these three outstanding Grade 12 Blazers' leaders have a season of U18 AAA Prep hockey in the Canadian Sport School Hockey League ahead of them, they also have an appearance with Team Manitoba at the National U18 Female Hockey Championship in November.

So, before any of these players play their first shift of university hockey, there is one tough season ahead. Fortunately, Blazers' head coach Sarah Zacharias has her gifted trio to lead the way.

"Makenna, or 'Big Mak' to us, is a three-year vet of our program and was unanimously voted to be our captain this season," said Zacharias. "It's been so rewarding watching her put in the work-day in

and day out over these last few years and to see her now, as one of the leading players, not only on our team, but in our league, is truly a testament to the old adage that hard work and perseverance always pays off.

"Big Mak is a work horse, she sets the tone for the rest of the team in terms of our standards and expectations. She's a full package player, not only with the advantage of strength and size, but also in her hockey IQ, second efforts, tenacity, speed and scoring touch."

"Maddie 'Kais' Kaiser, a two-year vet and assistant captain of the team, is a real student of the game," Zacharias said. "She outworks everyone else on the ice in games, I love seeing her second effort if someone strips the puck from her, she's relentless in her pursuit of getting it back.

"Kais has the perfect combination of an insatiable work ethic and desire to grow mixed with the gift of a soft touch and poise with the puck, which I've been told is reminiscent of her dad, Kevin, who played NCAA D-I at Minnesota Duluth. The apple doesn't fall far from the tree in this case. She's selfless and relentless.

"To top it off, the kid can make anyone laugh, no matter the day they're

having. It's been a pleasure to watch her grow into the leader she's become."

"Shayna, known to us as 'Banny,' is a first-year rookie with us, but boy does she ever fit in with this team," Zacharias added. "It truly feels like she's been here forever already. Banny said to the team after we got onto a seven-game win streak, that she'd never been on a team with a win streak before. Well, I hope she gets used to it, because with her and the rest of our talented roster, we're going to have another solid season of hockey ahead.

"Banny is a versatile forward, playing centre or wing, power play and penalty kills, and is incredibly responsible in all three zones of the ice. She's a coach's dream, because I know she understands our systems and expectations, and she has the maturity to help guide and teach our younger players along the way as well.

"Off the ice, she can be seen helping other players with homework, making sure they are getting assignments done and although she's not wearing a letter, a lot of the young players gravitate towards her for advice or guidance because of the person she is."

Let's meet these three outstanding players and members of Team Manitoba:

FROM LEFT TO RIGHT, BALMORAL HALL'S UNIVERSITY-BOUND STARS MADDIE KAISER, SHAYNA BANNISTER AND MAKENNA WILLIMENT



SHAYNA BANNISTER

Manitou, Manitoba //
University of Manitoba

“I started playing hockey when I was old enough to walk, probably three,” she said. “I played Manitou Minor Hockey, then moved to Pembina Valley Hawks AAA in my bantam year and then I went to the RINK Hockey Academy, then to Pilot Mound and now I’m here at Balmoral Hall.”

Hailing from Southern Manitoba, she has always wanted to play at the University of Manitoba.

“Going to the U of M to play hockey has been a dream of mine for a very long time,” she said. “Lauryn Keen from Manitou played at U of M and I grew up watching her. She was really an inspiration for me. I really love the coaches there. They took me on a tour and the campus is great, the rink is great and they really

value the culture there.”

Bannister is totally committed to the game and is not only excited about the upcoming season and her role on Team Manitoba, but can’t wait to get to the U of M to extend her hockey dreams.

“I eat, sleep and breathe hockey,” she said. “I’m either playing hockey or watching hockey.”

“I’m going to take biological sciences at the U of M and I’m excited about playing there. Playing with Team Manitoba in the Bisons Series was really fun. Playing against those girls really showed me what I have to be prepared for next season.”

MAKENNA WILLIMENT

Thompson, Manitoba //
University of Syracuse

“I grew up in Thompson playing for the King Miners,” she said. “I played boys hockey until I moved to Winnipeg when I was 10. Then I started playing Stars up to bantam and then, in Grade 10, I came here to Balmoral Hall.”

She is one of BH’s leaders, but she’s also excited about heading to the United States to play NCAA D-1 hockey at Syracuse

“I chose Syracuse because I liked the culture and the atmosphere around the team when I had my virtual visit,” she explained. “The coaches were really nice and really welcoming. The team culture was something they were passionate about which was something I’m also passionate about. It made me feel like it was the right fit.”

When she’s not playing hockey, she loves playing golf. In fact, Coach Zacharias has suggested she start a women’s golf team at Syracuse.

“I’m really big into golf during the summer,” Makenna said. “I give golf lessons to kids aged 7-14. I’m studying bio-chemistry at Syracuse, but Coach Zach wants me to start a women’s golf team at Syracuse. They don’t have one.”

In the meantime, she calls playing on Team Manitoba “a great opportunity.”

“Playing on the Provincial team is a big deal,” she said. “It’s a great group of girls. Obviously, everyone deserves to be on the team and it’s such a great atmosphere.

It’s a really fun team.”



MADDIE KAISER

Winnipeg, Manitoba //
Uncommitted

“I started playing with the Dakota Lazars, then I played Chill after that, because they changed the name,” she said with a laugh. “Then I played with the Vics and then I went to St. Mary’s for Grade 9 and 10 and came here to Balmoral Hall for Grades 11 and 12.”

Kaiser has offers from both USPORTS and NCAA Division 1 schools and is still weighing her options.

When she’s not playing hockey, she loves to spend her summers on the lake at the family cabin.

“I like to surf,” she said. “I always go surfing in the summer at my cabin behind the boat. And I love spending time with my dog. I love my dog so much.”

Her plan is to take business at university, but meanwhile, playing for Team Manitoba is one of her hockey highlights.

“I’m very excited about it,” she said. “When we did the Bisons Series in August, I had so much fun. Everyone gets along. It’s a great team.”





**"I EAT, SLEEP AND
BREATHE HOCKEY"**

SHAYNA BANNISTER



**"I'M REALLY BIG INTO GOLF
DURING THE SUMMER"**

MAKENNA WILLIMENT



**"I LIKE TO
SURF "**

MADDIE KAISER

BY JOHN JAMESON

Photos courtesy of the Hockey Hall of Fame (Toronto) and the Manitoba Hockey Hall of Fame



HONOURING THE BABY-FACED ASSASSIN

This fall, the tremendous career and achievements of Edward Amos Irvine, an honoured member of the Manitoba

Hockey Hall of Fame, will be celebrated with his induction to the Manitoba Sports Hall of Fame.

Better known as Teddy, his remarkable journey in hockey began on Strathcona Street in Winnipeg's West End. Whenever time allowed, he could be found at nearby Isaac Brock School or Community Club, a busy hub of sports activity and well known for producing top athletes in baseball and hockey.

Irvine excelled at all sports, and his hockey talents caught the attention of local Boston Bruins scout Jake Epp. Irvine was offered a 'C' Form with the NHL Bruins when he was sixteen years old. The contentious 'C' Form was regularly offered to up and

coming young athletes by NHL teams usually along with the enticement of a \$100 dollar bill and it secured their playing rights with that team forever.

The tall and lean Irvine's speed and goal-scoring skills led him to the St. Boniface Canadiens of the Manitoba Junior Hockey League for the 1961-62 season. His energetic play earned him league all-star status twice during his junior career. He'd be traded to the MJHL Winnipeg Braves at the tail end of the 1963-64 season. The Braves missed the play-offs, but Irvine was added to the eventual MJHL champion Brandon Wheat Kings roster in their unsuccessful pursuit of the Memorial Cup.

It turned out that Irvine's season was not quite over after Brandon was eliminated. Shortly after the Wheat Kings' demise, Teddy was sitting in the Metropolitan Theatre in downtown Winnipeg when he was surprised to hear his Father's voice interrupting the movie with the news that Boston wanted him down there, "Now!"

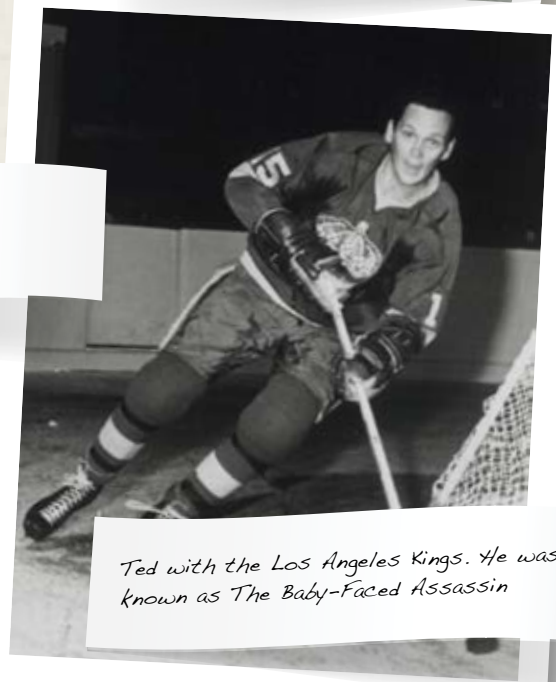




Irvine celebrates a hat trick with the junior St. Boniface Canadiens



Ted on the left, with Bobby Hull, Phil Roberto and Bryan Watson is awarded the Charlie Conacher Humanitarian Trophy



Ted with the Los Angeles Kings. He was known as The Baby-Faced Assassin



Ted Irvine with the St. Louis Blues



Ted with his young son Chris, now better known to the world as Chris Jericho, a superstar of professional wrestling.

“IRVINE’S AGGRESSIVE BUT DISCIPLINED STYLE OF PLAY WAS EMBRACED BY KINGS FANS AND THE LOCAL PRESS GAVE HIM THE NICKNAME, “THE BABY-FACED ASSASSIN.””

OFF TO THE PROS

After a one game introduction to the NHL, Irvine joined Boston’s farm team in Minneapolis of the Central Professional Hockey League for the remainder of their season. After the 1964-65 season he was sent to the CPHL Oklahoma City Blazers where he’d be part of two league championships.

With only six teams, NHL jobs were few at the time, and the prospect of a life spent in the minor leagues would hang over players with every missed call-up opportunity. However, in 1967 the NHL expanded to 12 teams and an expansion draft was held for the new clubs to stock their rosters with players left unprotected by their teams.

On June 6, 1967, the Los Angeles Kings claimed Irvine and he was on his way to sunny California. The Kings had also claimed a fellow-Manitoban, legendary goalie Terry Sawchuk, who would lead the Kings’ roster of aging pros and minor-leaguers under Coach Red Kelly to a Western Division title.

Sawchuk was winding down a Hall of Fame career and would act as a mentor for the young Kings as they settled in and battled for respect in the NHL. Irvine’s aggressive but disciplined style of play was embraced by Kings fans and the local

press gave him the nickname, “The Baby-faced Assassin.”

During a 1969 game against the St. Louis Blues, New York Ranger Coach and General Manager Emile Francis was in the stands scouting talent. He noted Irvine’s determined checking and that he would not hesitate to stand up for his teammates. That included battling the Blues’ Bob Plager and Noel Picard at the same time. Francis knew that Irvine was the kind of player that the Rangers needed, and he acquired Irvine from the Kings in exchange for Real Lemieux and Juha Widing on Feb. 28, 1970.

THE BIG APPLE

Joining Pete Stenkowski and Bruce MacGregor on a checking line, the 6-foot-2, 195-pound Irvine provided the Rangers the grit they needed, often intervening on behalf of his teammates during the NHL’s roughhouse years in the ‘70s. He also added some timely offence, punctuated by the “Irvine Shuffle” celebratory dance when he scored. The Ranger’s fans loved him. His teammates loved him too, awarding him the Player’s Player Award in 1973/74 while the New York Chapter of the Professional Hockey Writers association presented Irvine their first Good Guy Award in 1975.

It was during this period

that Irvine became involved with the Special Olympics and received the NHL’s 1974-75 Charlie Conacher Humanitarian Award.

The Rangers would make it to the 1971-72 Stanley Cup finals, eventually losing to the Boston Bruins 4-2. Irvine loved playing in New York, but after an overtime loss to New York Islanders in the 1974-75 play-offs, the Rangers would be dismantled. His time in New York came to an end when he was traded to the St. Louis Blues in June of 1975 along with Jerry Butler and Bert Wilson in exchange for John Davidson and Billy Collins.

AFTER HOCKEY

Retiring after the 1976-77 season, Irvine returned to Winnipeg and built a successful financial planning career. He continued his work with the Special Olympics and took the lead in starting a Manitoba chapter.

He also became a radio personality in Winnipeg where he served as a hockey analyst on Winnipeg Jets broadcasts on CJOB and later, was a regular on the Jets pre-game shows live from the old Chi-Chi’s Restaurant. He was also a regular guest on the old CKY TV Show, Headline Sports.

He loved telling the story of his relationship with legendary New York hockey

writer, Stan Fischler.

“Stan called me ‘a mediocre hockey player who never reached the heights of mediocrity,’” Irvine would say, laughing. Truth is, he was far from just a mediocre player.

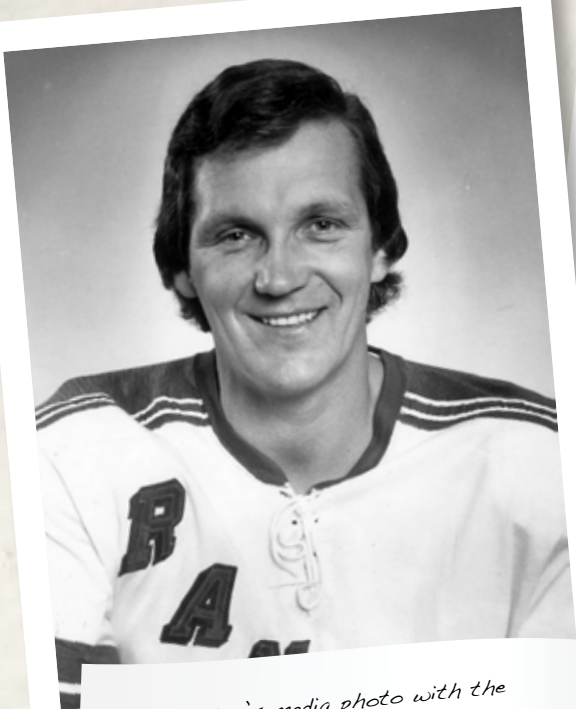
Irvine scored 86 goals and added 91 assists along with 478 penalty minutes in 378 regular season games as a Ranger. He led the team in penalty minutes in 1970-71 (137) and 1973-74 (105). He also contributed 10 goals and 18 assists in 60 playoff games with the Rangers. Overall, in 724 NHL games with the Kings, Rangers and Blues, Irvine scored 154 goals with 177 assists along with 657 penalty minutes.

Ted has retained his connections to New York and still finds himself in the spotlight through his son, wrestling superstar, Chris Jericho, who also inherited the nickname, “The Baby-faced Assassin.”

In 1985, Ted Irvine was inducted into the Manitoba Hockey Hall of Fame.

To hear directly from Ted himself, just click on the QR code below:

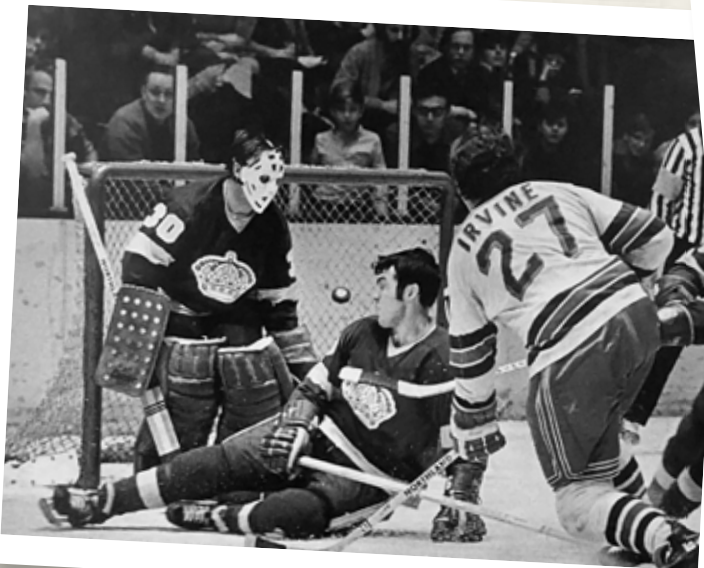




Ted Irvine's media photo with the New York Rangers, 1970.



The 1980s CJOB Hockey crew Ted Irvine, (top left) with Bob Holliday (top right), Les Lazaruk, Scott Taylor, Bob Irving and Reyn Davis.



Ted with the Rangers playing against his old team, the LA Kings. Here is scoring his third goal of the game.



Ted Irvine's 1974 Media Package with the Rangers.



BY SCOTT TAYLOR

Photos by Darryl Gershman,
Lucas Rotondo and Nick Lacoste

THE FUTURE

RIO PIERRE (FRONT LEFT)
LEADS TEAM MANITOBA
INTO THE 2025 NAHC





RIO WITH HER MFHL U18 AAA TEAM, THE WINNIPEG AVROS

ABORIGINAL TEAM MANITOBA HEAD COACH DALE BEAR DOESN'T WANT TO GET IN TROUBLE WITH THE POWERS THAT BE.

However, he also knows that the people in charge of the Manitoba Aboriginal Sport & Recreation Council – the folks who operate and fund the two Indigenous Team Manitoba squads -- know a thing or two about hockey. After all, they've run a very successful provincial program since 2002.

So, when the coach says that a fast, skilled, strong and highly-motivated player like Rio Audrey Irene Pierre, didn't really need to attend too many tryouts in order to be awarded a spot on his 2025 provincial team, he won't get much of an argument from the folks

running the program.

"Technically, we have to say everyone has to try out to make the provincial team," Bear said with a nervous chuckle. "But if you've seen Rio Pierre play, you know she's going to be my star next spring. She's just a tremendous hockey player. She was just so good at NAHC last year. I mean, she's just so good.

"She brings everything to the rink. She can obviously put the puck in the net, but she's also a great playmaker. She's a hard back-checker, a strong skater with great edge work and it's almost impossible to get her off the puck. She does everything within that 200-feet."

FIRST NATIONS' STAR

Rio Pierre, a member of Roseau River First Nation, just could be the next female hockey star in Manitoba. If you listen to her provincial coach and her U18 AAA coach, you just might get the sense that she's already a star.

"She's incredible," said

Winnipeg Avros head coach, Ashley van Aggelen. "She hit 100 points in her Avros career in October and she did it in just 78 games – the fastest player to ever get to 100. She's playing a super selfless game this year and really distributing amongst her team members. She's matured and, in 13 years as head coach of the Avros, she's probably one of the best players I've ever coached. I'm just super happy for her."

A Grade 10 student at Vincent Massey Collegiate in Winnipeg, Pierre has already committed to play NCAA Division 1 hockey at Robert Morris University in Pittsburgh, Pa. In fact, she'll start the 2026-27 season with the Colonials.

After leading the bronze medal-winning Team Manitoba in scoring at the 2024 National Aboriginal Hockey Championship in Alberta, she earned a spot with Hockey Manitoba's Team Manitoba squad that will represent the province at the National Women's U18 Open

Championship in Quispamsis, N.B., from November 3-9.

Last season, she broke the Avros' all time rookie scoring record when she put up 33 goals and 69 points, earning her the team's 2023-2024 leading scorer and rookie of the year awards. This year, again with the Avros, she's already running away with the scoring title. She has seven goals and 17 points in just five games. However, including tournament play, she has 16 goals and 32 points in only 15 games.

Obviously, she's very, very good.

NATURAL GOAL SCORER

"I met Rio as she was playing U15 hockey, when she was a phenom back then and probably the best U15 forward that year," said van Aggelen. "I remember when she was a minor-aged Bantam and she was skating at a hockey academy and she probably had the most raw offensive talent I've seen in a player in my 13 years coaching Avros and the provincial team.

"She's just a natural scorer. She also spends more time on the ice in a day than I could ever imagine. When she's training in the summer, she'll have three skates a day and train in the gym. Her strength is obvious. It's hard to take the puck away from her. This year, she has been playing such a selfless game which is nice to see. She's distributing the puck very well."

Pierre started playing hockey a little later than most. In fact, much later than players who enjoy success at the U18 AAA level and get offered NCAA D-1 scholarships.

"I started hockey very late," she said. "I started when I was seven and a lot of girls that I know started when they were five or six because they played TimBits. I started at Storm (South Winnipeg Hockey Association) and was always one of the bottom players, but I was also one of the players who never gave up. I finally made AA and played Twins for four years. Then I had really good year, last year with U15 Twins (125 points) and I made the

jump to Avros and I love it."

It's actually amazing to think that a young player who has only been playing the competitively for eight years could be offered an NCAA D-1 hockey scholarship, but Pierre is indeed a rare talent.

"The (RMU) Colonials assistant coach, Liam Cavanaugh, DM'd me on Instagram and I got his number," Pierre explained. "We just clicked right off the hop. They contacted me formally as soon they were allowed, at 6 a.m. on June 25th. We just clicked from there. We had a lot of calls, and we were in touch often during the Team Manitoba series against the Bisons from Aug. 30-Sept. 1. So, I committed on the Saturday (Aug. 31).

"I just knew it was the right place for me. It just felt right being there and everything. I love the coaches. They contact me a lot and they watch every single one of my games. It's just so good. I talked to (former RMU goaltender) Raygan Kirk's dad and he had nothing but good things to say about it.

PROUD OF HER HERITAGE

Rio is a Winnipegger, but she has family at Roseau River First Nation, where she is a member.

"For my dad, our Indigenous heritage is really big," Rio said. "We do a lot of pow wow's and we like to keep the culture in the family."

It's probably why she enjoyed playing at the National Aboriginal Hockey Championship so much.

"I loved the NAHC," she said. "I would consider it the best week of my life. All the girls were so nice. We all stayed in a hotel together. My roommate was Ginger Fast, she was the best. She's so nice, I love her."

"And I played pretty good."

That's an understatement. Rio led Team Manitoba in points and was the third highest scorer in the tournament.

"Coach Bear is fun to play for," said Pierre. "He has a connection to all the girls and while he seems very scary on the outside, he's actually just a big Teddy Bear.

I love his wife, 'Cin, too."

For Rio Pierre, hockey is a joy. Whether it's playing for the Avros or Team Manitoba, she's always ready for a challenge and tries to bring her A Game to the rink every day.

"She's super smart, she understands hockey and she knows where to go," said van Aggelen who can't say enough about her. "Rio makes her teammates better. She's getting four or five points a game, and while she often has opportunities to get eight or nine points a game, she'd rather get her linemates and teammates the puck which is nice to see because you don't often see it at this age. Her raw skill is just ridiculous and the fact she is so strong, teams shadow her and target her and yet they can't physically get the puck off of her."

"The best part about her game now is that she's playing both ways – a strong 200-foot game. She's first in on the forecheck, she's hard on the backcheck, she's good with the puck and good without the puck. Rio is just a force."



RIO, SECOND FROM LEFT, WITH TEAM MANITOBA IN GRAND PRAIRIE

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INSIDE

GINGER
FAST
Taking her
skills to T.O.

AN OFFICIAL SPORTS PUBLICATION OF

GAMEON





BY SCOTT TAYLOR

Photos by Scott Stroh,
James Carey Lauder and
Yaron So/York University
Athletics & Recreation

TAKING HER SHOW ON THE ROAD

GINGER FAST is part of the new breed, a group of young Red River Metis citizens who are taking their skills far and wide. After playing in two National Aboriginal Hockey Championships and five seasons of U15 and U18 AAA for the Eastman Selects, Fast has accepted an offer to extend her hockey dreams at York University just north of Toronto.

And for York Lions head coach Dan Church, who now has six Manitobans on his roster, the addition of Fast is expected to add some scoring touch to the offence.

"We're really excited to have Ginger here at York," said Church. "One of the things that attracted me to her as a player was her instinctive knack around the net. She has an ability to find pucks and get quality



shots off and that led to a bunch of goals playing in the U18 Manitoba Female Hockey League.

“Since she’s joined our program, getting to know her personality, she’s someone who brings a lot of fun to the team while at the same time, when she’s on the ice, she’s dialed in. She’s really competitive and I think that’s what makes her so special in those areas around the net and along the boards. She plays really, really hard, she’s physical and she’s tough to play against.”

Fast grew up in Niverville, was on skates at three and plying TimBits by five. She played boys’ hockey in Niverville until her first U15 season and then earned a spot with the AAA Selects. She played two years of U15 AAA and then three seasons of U18 AAA with Eastman before accepting an offer from Coach Church at York.

“I love it here, I honestly do,” said Fast, who is in the Kinesiology faculty at York. “Since I got here, if I’m not playing hockey, I’m working out in the gym or hanging out with my teammates. When we have

days off, we do a lot of team bonding, it’s awesome.

“Back when I was talking to schools, the Avros’ coach Ashley (van Aggelen) really helped me out with school stuff. She helped me out with emails and stuff and so, when I started talking to schools, I talked with Dan (Coach Church at York) and he had the most experience coaching in Canada. I never heard a bad thing about him. Every coach I talked to said he was a great guy. So, I think really highly of him. I’m just so excited about playing here and I love it.”

It’s clear that one of her best hockey experiences was playing for Team Manitoba at the National Aboriginal Hockey Championships, first in 2023 in Winnipeg and then in 2024 at Grand Prairie, Alta. Team Manitoba is funded and operated by the Manitoba Aboriginal Sports & Recreation Council and has been a tremendous stepping stone to the future for so many Metis athletes.

“I loved playing at the NAHC. It’s truly an incredible experience,” she said. “You meet so many people that you usually play against, it’s just a great opportunity to make

new friends. I know that I came out of that two-year experience with a bunch of new friends that I still talk to. I’m sad that it’s over. My roommate last year, Rio (Pierre), was just awesome. She was a lot of fun and she’s just an ‘08 and she’s already committed to the States. She’s got a great future.”

Fast’s future plans aren’t quite mapped out, but she knows she has options and is confident that York will prepare her for whatever life throws at her.

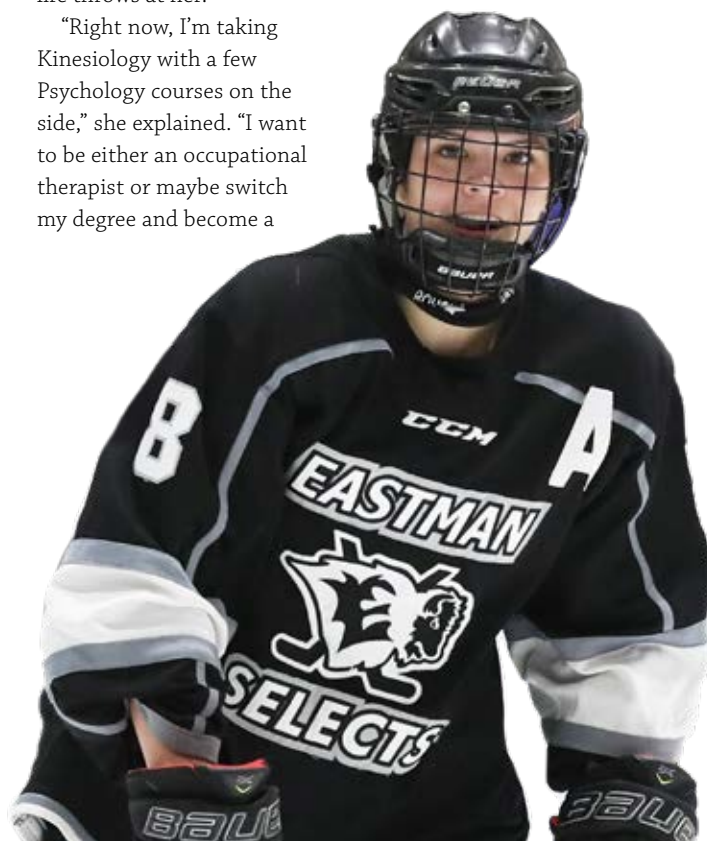
“Right now, I’m taking Kinesiology with a few Psychology courses on the side,” she explained. “I want to be either an occupational therapist or maybe switch my degree and become a

cop. I’m just going to see how this year plays out.”

For her new head coach, adding another Manitoban to the fold has become sort of a natural part of his annual recruiting process.

“I’ve been lucky to get a bunch of Manitobans to our program over the last seven or eight years,” said Coach Church. “So, I have a bit of an eye on that league. Someone had told me you should take a look at Ginger and then we reached out to her. She then reached out to me, and we connected. Then I watched her play and was impressed, so we invited her out here to come for a tour of the campus and that went well. She decided it was a good spot for her to come and we’re happy to have her.

“As a teammate, she’s really supportive and someone who brings the fun every day. She has a great combination of characteristics that adds to our program and I’m really looking forward to seeing how she’s going to develop.”





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Métis Sports & Youth



BY SCOTT TAYLOR

Photos by James Carey Lauder, Russell Hons and courtesy the University of Minnesota-Duluth

RISING TO THE TOP

KYLE BETTENS had a pretty nice time at the rookie camp of the Toronto Maple Leafs.

Last year, the 22-year-old from Winnipeg had five goals and eight points in 33 games for the NCAA D-1 Minnesota-Duluth Bulldogs and earned himself a trip to the summer development camp of the Las Vegas Golden Knights.

This summer, after a season in which had six goals and 18 points in 36 games, he was invited to camp by the Leafs.

"I took away from this week just what it means to be a Maple Leaf," he said. "I attended Vegas's camp last year and learned a lot, I mean, they were coming off a Stanley Cup, so everything was super fun, but I think growing up as a Leafs' fan, it had a different level here. They have so much talent on and off the ice, it's incredible. A big thing

is what it means to be a Maple Leaf, day in and day out, from how they eat, train, practice, and go about their business. That was my biggest take away."

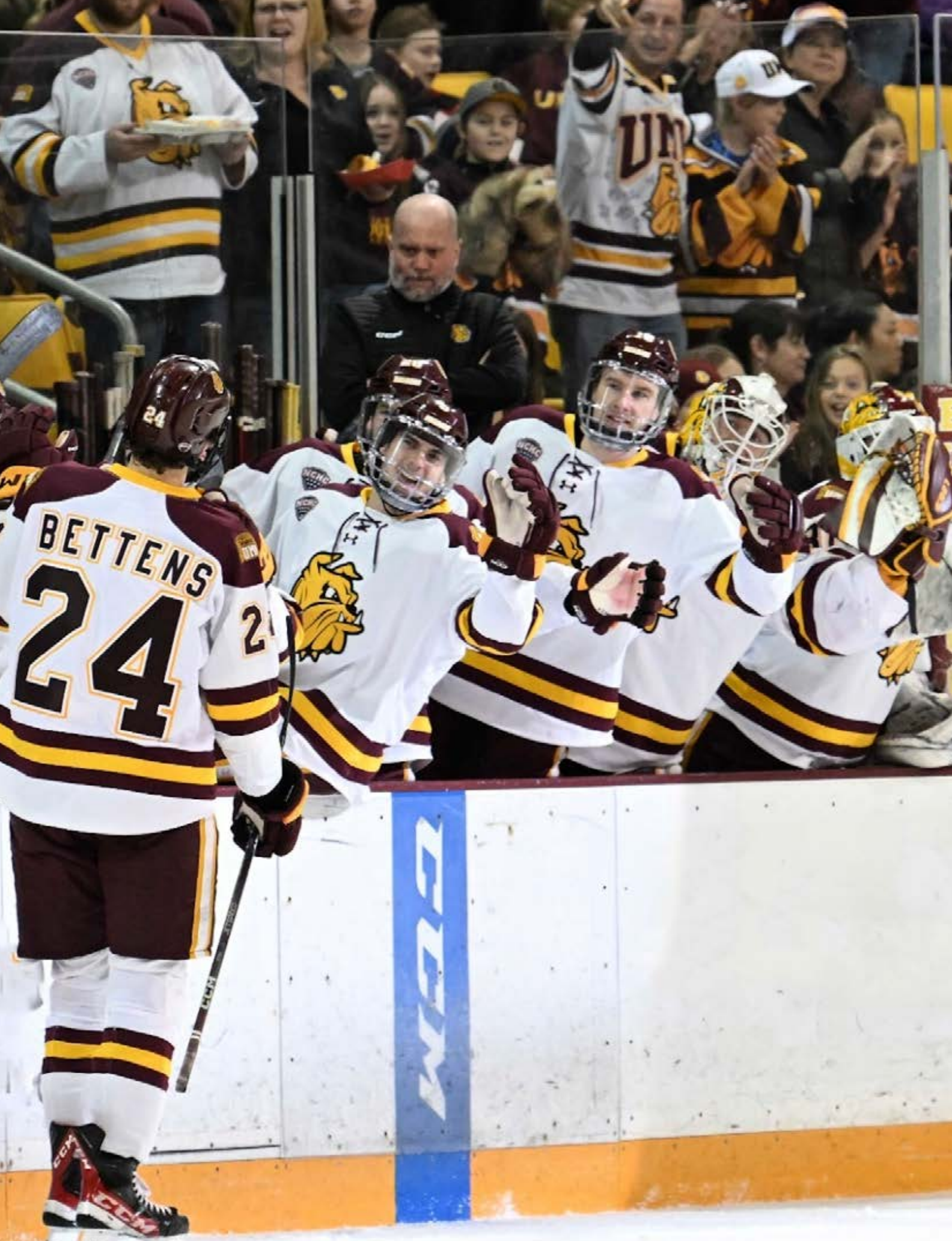
To his credit, Kyle Bettens is more than just a hockey player. He's an excellent student who one day wants to take full advantage of the marketing degree he's earning at UMD. He's also a proud young Red River Metis man who has only recently begun to delve into his family's heritage.

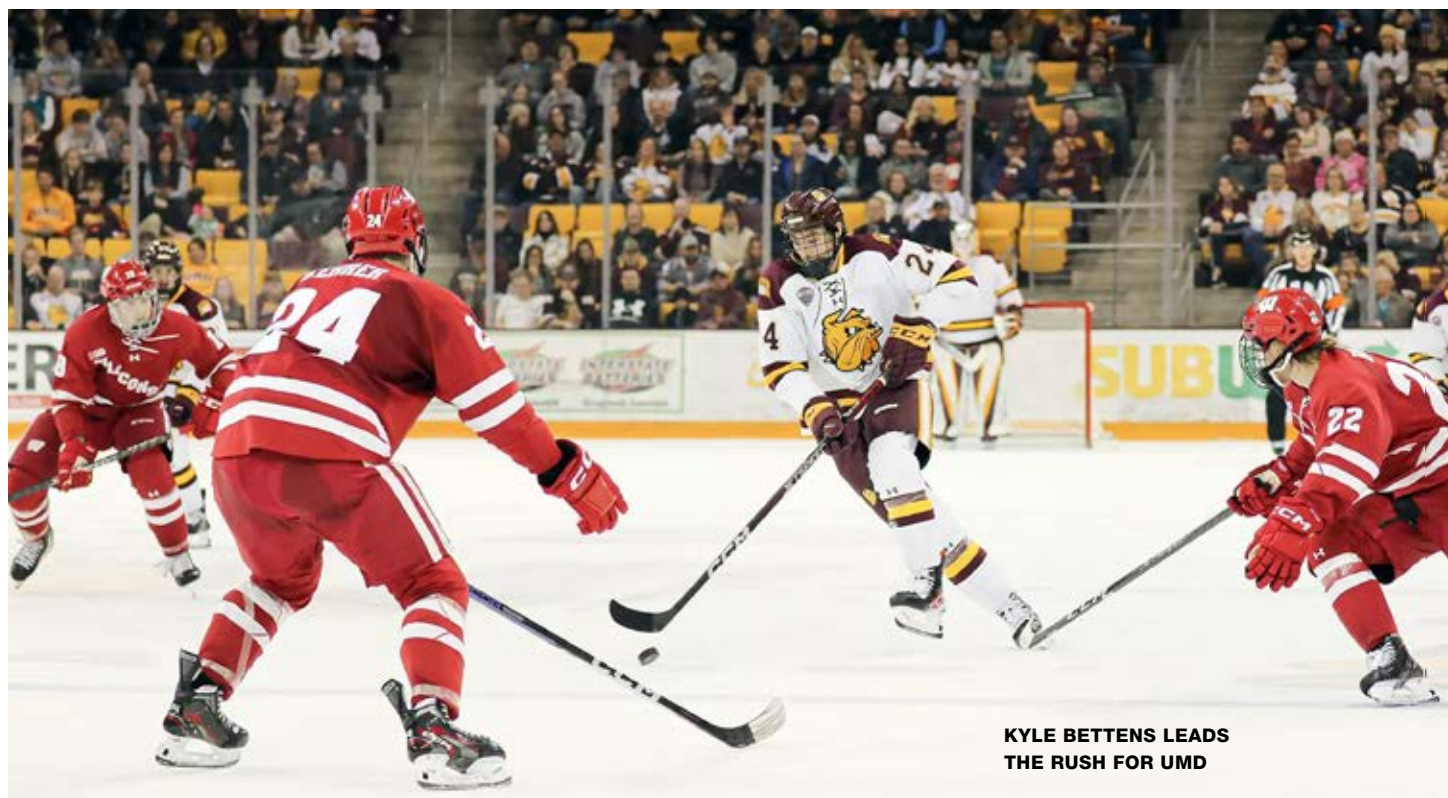
In fact, he admits he's learning a lot about himself and his family.

"It was something I didn't really know as a kid and then, as I got older, my dad, Mike Bettens, kind of told me that you're Metis and with that comes a lot of incredible benefits," Kyle said. "The MMF helps with job opportunities and with school



**KYLE BETTENS
SCORES FOR UMD**





**KYLE BETTENS LEADS
THE RUSH FOR UMD**

and I know what they do as a culture and they do a lot for the community. The MMF is big at helping kids get into sports and I really take pride in that. It's something that I'm part of and it's who I am.

"I'm going to reach out and see what the chances are of putting on a hockey camp and help younger kids get into hockey. The game is always growing and if I can help kids get into hockey and be a face for Metis culture that would not only be great for myself and for the community, but also our city."

Bettens has come a long way since he first started playing House League hockey in Southdale almost two decades ago.

"Going way back, I played House League hockey with the Southdale Jets and then played with the Seals – 8-A1,

9-A1 and 10-A1," he said. "I think in 10-A1, I eventually made the AA Railcats and played two years there. My dad (Mike) was the coach and we won a championship in the first year. The second year we lost in the final to the Twins."

From that point, Bettens was starting to make his mark in Manitoba hockey circles. In fact, during his next two seasons, he had 30 goals and 79 points in 64 AAA games.

"I played two years with the U14 and U15 Warriors and we had pretty good teams both years but lost in the playoffs to the Monarchs," he recalled. "After my second year, I was drafted by the Brandon Wheat Kings, but kind of decided that the Western League wasn't for me. My older brother Rylan was there and I had to make a choice to try the Western League or maybe NCAA.

"In my first year with

the Wild, I went to Wheat Kings camp and that's when I decided it wasn't for me. I went back to play another year of U18 with the Wild and had a pretty impressive year (40 goals and 95 points in 48 games), and I committed to Bemidji State University."

After he committed to Bemidji State, he started to feel the pressure. Not many U18 AAA players commit to NCAA D-1 programs and as one of the rare ones, Bettens started to feel that a lot was expected of him.

"That was something that happened during the season, so I guess there was a lot of pressure on me, but I got a lot of support from my teammates and my family and my parents, (his dad, Mike and mom, Bridget) were behind me all the way" he said. "It was a big decision, so everyone involved in my hockey career

was part of the decision and everyone was excited.

"The next year, I moved to the Manitoba Junior Hockey League with the Steinbach Pistons and spent two years there. After two seasons with the Pistons, I spent a season in the USHL with the Omaha Lancers and we had a strong year there but towards the end Bemidji decided that because of the COVID stuff happening they wanted me to stay back another year and I kind of decided that if I stay in the USHL another year and I'm getting better each and every year that I'm there, then maybe I should try to go for a bigger school. Maybe get a better opportunity.

"So, I went to the Youngstown Phantoms and had a really good year and towards the end of the season, I got a scholarship offer to Minnesota-Duluth.



**KYLE BETTENS BACK IN THE DAY
WITH THE STEINBACH PISTONS**

“ I’M GOING TO REACH OUT AND SEE WHAT THE CHANCES ARE OF PUTTING ON A HOCKEY CAMP AND HELP YOUNGER KIDS GET INTO HOCKEY ”

That was a school that you never dream about going to as a kid and when the opportunity was offered, I just couldn’t resist. They said, ‘Want to come for a visit?’ and I said, ‘No thanks, it’s OK, I won’t pass up this opportunity.’”

By this point, Bettens knew exactly what was expected of him. He had an

opportunity to go to a great school with a tremendous hockey program and he was ready to fill whatever role he was assigned.

“They told me what they were looking for in a player and I checked off all their boxes,” he said. “So, after my 20-year-old year in Youngstown, I went to Minnesota-Duluth and

obviously college hockey is different than junior and I had a bit of a learning period. It’s a high-level pace and defence is important, but they gave me all the tools to make me better.

“I had a really good year and fortunately enough, I was able to go to Vegas Golden Knights Development Camp in the summer of 2023 and

that was really eye-opening. It was my first one and I realized how great an organization that was after winning the Stanley Cup. And it was super fun, I learned a lot and took in everything I could.

“This year, I took another step forward in my career and had a really good year and so it’s just keep climbing and getting better.”



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JETS DO RIGHT BY LITTLE

True North Sports + Entertainment and the Winnipeg Jets gave longtime centerman Bryan Little the perfect send-off. Struck in the ear with a puck in November of 2019, Little was never able to recover to the tune of NHL-calibre competition. The now 36-year-old's contract was placed on the Jets' injured reserve, and ultimately traded to Arizona in 2022.

No, he never did play again, but Little has been able to overcome his setback in taking up triathlon and other physical activities to keep himself in shape.

On Sunday, October 20, Little signed a one-day contract to retire as a member of the Jets, and was invited to join the team in the dressing room prior to its victory over the visiting Pittsburgh Penguins. The Ontario product actually suited up in full gear one final time and led Winnipeg out of the tunnel at Canada Life Centre, where he was joined by his wife Brittany and

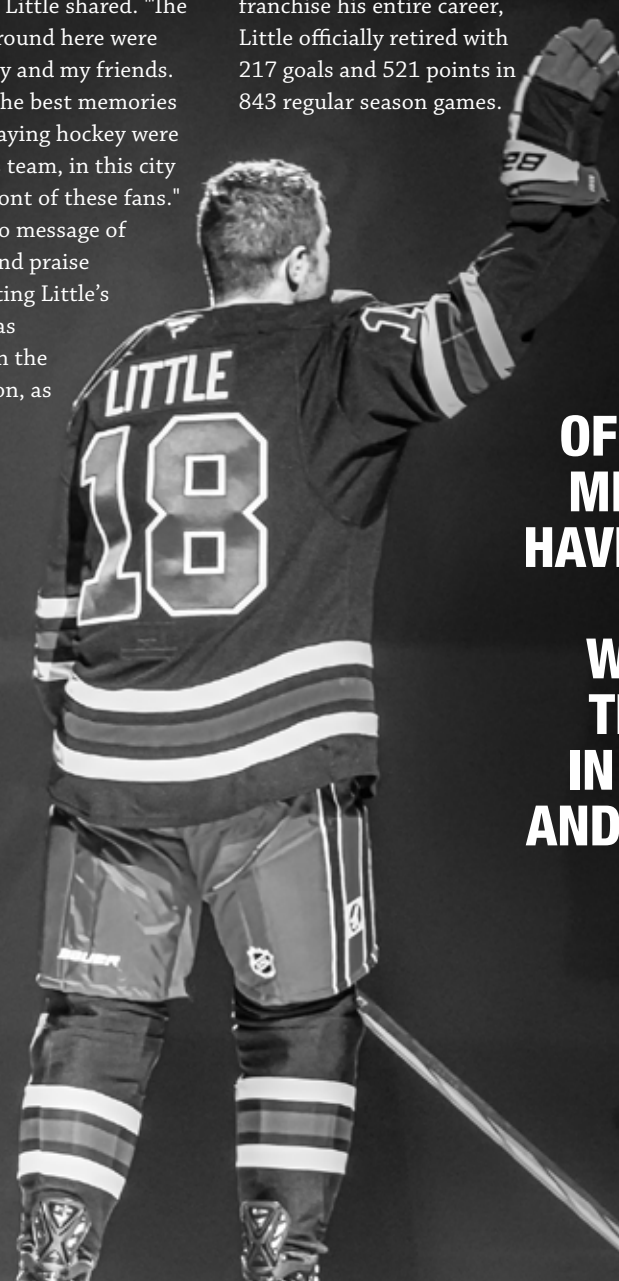
daughter Parker at centre-ice for a ceremonial face-off with Pittsburgh's Sidney Crosby.

"This isn't just where I worked," Little shared. "The people around here were my family and my friends. A lot of the best memories I have playing hockey were with this team, in this city and in front of these fans."

A video message of thanks and praise highlighting Little's career was shown on the jumbotron, as

fans and teammates alike took in the marvel that Little was to the organization.

Having only suited up for one franchise his entire career, Little officially retired with 217 goals and 521 points in 843 regular season games.



“A LOT OF THE BEST MEMORIES I HAVE PLAYING HOCKEY WERE WITH THIS TEAM, IN THIS CITY AND IN FRONT OF THESE FANS.”



Thank you, Dauphin!

A massive thanks to Sport Manitoba and the wonderful volunteers who made the 2024 Manitoba Games a success.

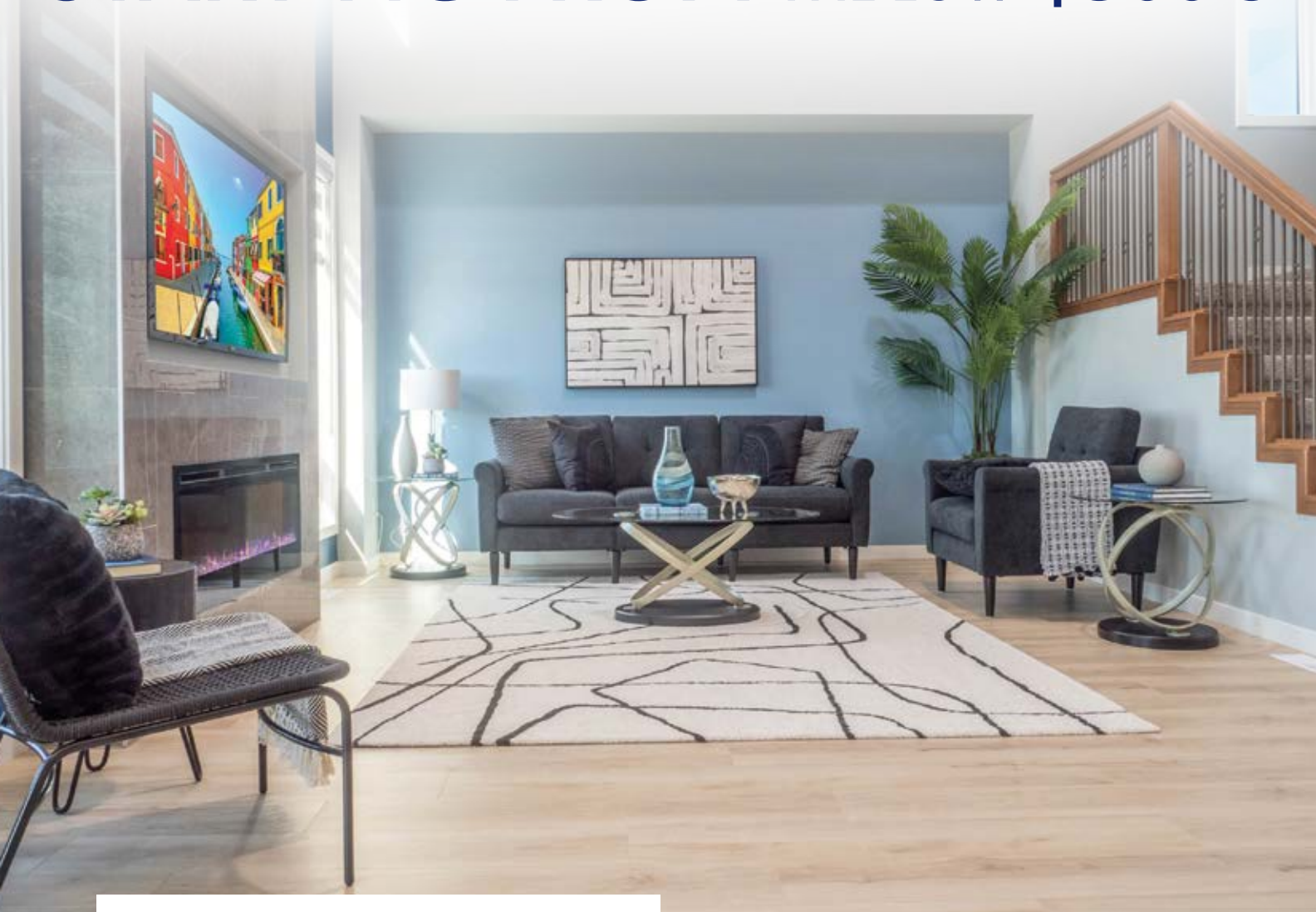
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