

Live Your **DREAM**



Tanner Jago
Captain, Portage Terriers
2015 RBC Cup Champions



MANITOBA JUNIOR HOCKEY LEAGUE



Where the action is

The Manitoba Junior Hockey League (MJHL) is one of 10 Junior 'A' Hockey Leagues in Canada and a member of the Canadian Junior Hockey League (CJHL). The MJHL has assisted hundreds of players reach collegiate and professional hockey levels including the NHL. 35 MJHL players received NCAA or CIS scholarships in 2015.

The 11-team MJHL plays a 60-game schedule culminating in the MJHL championship – the Turnbull Trophy – proceeding to the Western Canada Cup and the national championship – the RBC Cup.

The MJHL is a tough, competitively balanced league and is recognized as one of the elite Junior 'A' hockey leagues in Canada. The league provides outstanding opportunities for young men who are interested in developing into elite hockey players while pursuing both educational and hockey dreams.



MJHL Mission Statement

To provide each MJHL player with an elite hockey development experience with a strong emphasis on education and citizenship.

To deliver exciting Junior 'A' hockey action to fans throughout the province and enhance Manitoba communities in the spirit of sports excellence and goodwill.

MJHL Principles & Values

The MJHL is the elite amateur hockey league in Manitoba. MJHL players are:

- hard working and competitive
- interested in developing their hockey skills to the highest level
- looking for scholarship opportunities to further hockey and educational goals
- focused on making positive choices and good citizenship
- loyal to their team and community

Be Your Best

The MJHL cares about the health and well-being of all players and provides programs and services to support positive behaviour, citizenship, fair-play and teamwork.

- flexible practice times to allow for school and studies
- drug testing and anti-tobacco policy
- safety and performance policy
- anti-hazing, anti-bullying policy
- team building – you will make friends for life
- open communication with coaches and team manager
- billeting opportunities
- scholarship program
- facilitate advancement to College hockey programs
- hockey scouts from all levels readily scout MJHL players



Launching pad to NCAA, CIS, WHL, AHL, & NHL

Former MJHL players who have starred in the NHL include, Travis Hamonic, Shane Luke, Sean Collins, Justin Falk, Andrew Murray, Jeff Penner, Jason Kasdorf, Bobby Clarke, Reg Leach, Ed Belfour, Mike Ridley, Shane Hnidy, Tyler Arnason, Chuck Arnason and many more.



Ryan Garbutt

Winnipeg Blues

“ My experience in the MJHL was everything I hoped for. I developed life-long friendships with my teammates, lived close to family and was able to go to university part-time. The MJHL gave me the chance to pursue my dream of playing in the NCAA and the NHL. ”

Stephane Pattyn

Portage Terriers

“ I learned many valuable life lessons playing in the MJHL and developed my game to a higher level, an NCAA Div 1 scholarship with the University of North Dakota and then to the AHL. The MJHL prepared me for the next level and exposed me to opportunities to further my education and hockey career ”



Joel Messner

Selkirk Steelers

“ Playing in the MJHL had a huge impact in preparing me to play NCAA hockey. The MJHL’s high level of play and great competition gave me the maturity, skills and experience to take the next step to the University of Nebraska at Omaha. ”

MJHL teams offer opportunities for great young hockey players who are committed to following their dreams to advance to the next level.

Rise to the challenge!

Your Hockey Home



MANITOBA JUNIOR HOCKEY LEAGUE

428 – 145 PACIFIC AVENUE

WINNIPEG, MANITOBA R3B 2Z6

T: 204 925-5644

KIM DAVIS

COMMISSIONER

E: COMMISSIONER@MJHLHOCKEY.CA

mjhlhockey.ca



MANITOBA JUNIOR HOCKEY LEAGUE