



**20<sup>th</sup> Anniversary of the MWJHL**

**February 7-9 2025**

**Hockey For All Centre**

**The MWJHL Executive is proud to host the 20<sup>th</sup> Anniversary of the Manitoba Women's Junior Hockey League from Feb.7-9, 2025 at the Hockey For All Centre.**

**All Alumni are invited to Register and those in good shape may want to don the blades or if you choose to re-visit and socialize either way you are most welcome. The Social aspect is on Saturday at the Press Box upstairs at the HFAC....(Iceplex).**

**There is no cost for Alumni as we want to celebrate 20 years of Junior women's Hockey that you made happen...**

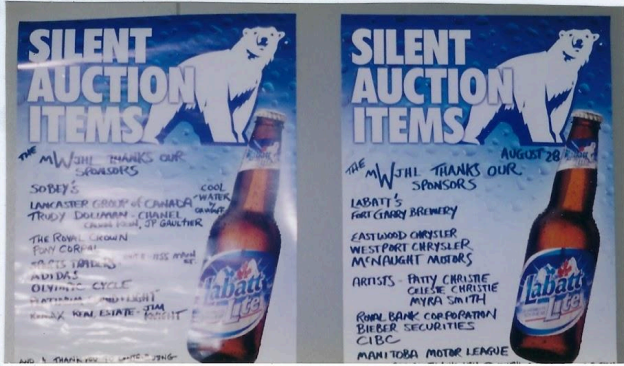
**Check out photos of the beginning and some early years rosters...**

**Questions – contact [mwjhlhockey@gmail.com](mailto:mwjhlhockey@gmail.com)**

**Go to the Home Page to Register - play or join us or both...**



# Manitoba Women's Junior Hockey League



# MWJHL 2004-2005 ROSTER

## WESTERN PREDATORS

#	PLAYER	POSITION
1	Jocelyne LeBleu	G
2	Karli Colpitts	D
5	Kiley Mann	F
6	Chantal DeSpiegelaere	D
7	Angela Van Daynze	F
8	Amber Sullivan	D
9	Jillian Keisch	F
10	Kali Leary	F
11	Kaitlin Thiessen	F
12	Jamie Scrimger	D
13	Maria Ross	D
14	Tara Klopak	F
15	Jillian Smith	D
16	Lindsey Magotiaux	F
23	Kristin Kuik	F

## NORTHERN STARS

#	PLAYER	POSITION
1	Caitlin Holtmann	G
2	Katie Moe	D
3	Chantelle Stevenson	D
5	Crystal Clark	F
6	Danielle Fiola	D
7	Lisa Deschouwer	F
8	Lisa Maher	F
9	Christine Durham	D
11	Jacqueline Lachance	F
12	Carmella Sinclair	F
14	Victoria Sinclair	F
16	Meghan Olbort	F
17	Jill Fast	F
19	Claudette Mercredi	D

## SOUTH EAST ICE

#	PLAYER	POSITION
1	Laura Clendenan	F
2	Natasha Flett	F
5	Courtney Askew	D
6	Mary-Alex Puchniak	D
7	Beth Pernsky	F
8	Melissa Poschenrieder	D
10	Lisa Chin	F
11	Nicole Sulkers	F
12	Ashley Orr	F
15	Tara Jorowski	D
21	Stacy Parker	D
22	Kiersten Wild	F
23	Beneen Stoneham	D
31	Tara Chartrand	F
35	Heather de Groot	G
88	Chelsea Tanchuk	F

## MANITOBA BLIZZARD

#	PLAYER	POSITION
2	Sammie Markham	F
3	Cassandra Thiem	D
4	Stacey Cherewayko	F
5	Ashley Desjardins	D
6	Jenna Komadowski	D
8	Chelsea Eakin	D
9	Dana Danielson	F
10	Krista McGonigal	D
12	Laurie Leschyshyn	F
14	Karlene McLeod	F
15	Bobbi-Jo Irwin	F
16	Caralynn Land	F
18	Breanne Profeta	D
19	Stephanie Benson	F
21	Alanna Serediuk	F
30	Jennifer Wilgosh	G
35	Laurelle Stubbs	G

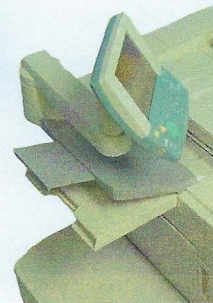
## WINNIPEG RAGE

#	PLAYER	POSITION
2	Kjarna Jamieson	D
3	Alyssa Nobiss	D
7	Carly Kuppers	D
8	Heather Fortin	F
9	Candace Bowles	F
11	Shelby Stastook	D
12	Ashley Hiltz	F
14	Amber Schultz	F
15	Caroline Christie	F
16	Caitlin Trakalo	F
17	Kelly Smith	D
19	Krissy Jackson	F
20	Trisha Murdoch	D
24	Brooke Riddolls	F
30	Jillian Harris	G



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# 2005-2006 ROSTER

SOUTH EAST ICE			WINNIPEG RAGE			NORTHERN STARS		
PLAYER	POSITION		PLAYER	POSITION		PLAYER	POSITION	
1	Jen Wilgosh	G	2	Kjarna Jamieson	D	1	Caitlin Holtmann	G
3	Kendra Heinrichs	F	5	Courtney Askew	D	2	Carmella Sinclair	D
4	Jen Hubbard	F	7	Jessica Schofield	D	3	Louise Lapointe	D
7	Beth Pernsky	F	8	Heather Fortin	F	4	Robin Burke	D
8	Laura Clendenan	F	9	Candace Bowles	F	5	Crystal Clark	F
9	Trisha Murdock	D	10	Jessica Hoplock	D	6	Caitlin Puchniak	D
10	Lisa Chin	F	11	Rachel Vandette	D	8	Jill Fast	F
11	Krissy Jackson	D	12	Lisa Maher	F	9	Nina Bird	D
14	Chelsea Tanchuk	F	14	Amber Schultz	F	10	Shelby Stastook	D
15	Tara Jorowski	D	15	Jill Smith	D	11	Jacqueline Lachance	D
16	Deneen Stoneham	D	16	Caitlin Trakalo	F	14	Victoria Sinclair	F
17	Amanda Williams	F	17	Karen Rosolowski	D	15	Afton Wiens	F
18	Melissa Poschenrieder	D	18	Cady Goodbrandson	F	16	Meghan Olbort	D
20	Kim Langrill	F	19	Brenlee Coates	F	19	Stephanie Benson	F
22	Kiersten Wild	F	20	Anna Dawyduk	F	20	Tahnee Horton	D
29	Nitanis Leary	D	24	Chava Sosnowicz	F			
77	Taylor Homenick	F	30	Belinda Sachvie	G			
Coach	Ashley VanAggelen		Coach	Ben Zajac		Coach	Don Bell	
Asst. Coach	Cheryl Weins		Asst. Coach	Blair Sachvie		Asst. Coach	Brigitte Fouasse	
Asst. Coach	Heather Ash		Asst. Coach	Kelly Smith		Manager	Linda Benson	
Manager	Debby Jorowski		Manager	Gord Maher				

WESTERN PREDATORS			MANITOBA BLIZZARD			NORTHERN FLYERS		
PLAYER	POSITION		PLAYER	POSITION		PLAYER	POSITION	
1	Vanessa Kingston	G	2	Sammie Markham	F	1	Nicki Berfelz	G
2	Julia Anning	D	3	Stacey Cherewayko	F	3	Melissa Parenteau	D
3	Callee Gushulak	D	4	Krista Floren	F	4	Anna Blando	D
4	Jenna Schmidt	F	5	Ashley Desjardins	D	5	Maj Lis Bailey	F
5	Tanis Mykietowich	F	8	Ashley Hiltz	F	7	Lindsay Hogan	F
6	Autumn Lamirande	F	9	Christine Durham	D	8	Erika Terrier	D
7	Angela Van Deynze	F	10	Krista McGonigal	D	9	Joanna Lappage	D
8	Amber Sullivan	D	12	Kimberley Plantz	D	15	Desiree Zambon	F
9	Jillian Kelsch	F	14	Kailey Forsyth	F	17	Kirsten Wilson	F
10	Chantal DeSpiegelaere	D	15	Lisa Deschouwer	D	18	Becca King	F
11	Maria Ross	D	16	Caralynn Land	F	19	Joelle Charlabois	F
12	Kaitlin Thiessen	F	18	Breanne Profeta	D	22	Alyssa Ray	D
13	Jae Rynor	D	21	Alanna Serediuk	F	28	Catherine Barnes	D
14	Tara Klopak	F	35	Erin Schultz	G	30	Kelly Moore	G
15	Alice Swampy	F	44	Jennifer Sonnenberg	F	66	Marleen Crewdson	F
16	Lindsey Magotiaux	F	88	Tanys Rehbien	D	89	Rachel Yesno	F
23	Kristen Kuik	F						
29	Kim Guenther	G						
Coach	Phil Klopak		Coach	Kirk Koppers		Coach	Gord Wilson	
Asst. Coach	Dan Sullivan		Asst. Coach	Wayne Hiltz		Asst. Coach	Corey Bonnett	
Manager	Treasure Ross		Manager	Randy Forsyth		Asst. Coach	Rival "Nook" Fullum	
						Manager	Bart Marjerrison	

# 2006-2007 ROSTERS

## Polar Ice

	Jen Wilgosh	G
	Kendra Heinrichs	F
4	Catherine Thomas	D
5	Darcy Harrison	F
7	Beth Pernsky	F
8	Laura Clendenan	F
11	Krissy Jackson	F
15	Tara Jorowski	D
16	Deneen Stoneham	D
17	Kim Langrill	F
18	Melissa Poschenrieder	D
19	Jaime Paterson	F
21	Darci Instance	F
22	Kiersten Wild	F
27	Stacy Parker	D
77	Taylor Homenick	F

Coach: Ashley van Aggelen  
Asst. Coach: Cheryl Wiens  
Asst. Coach: Chelsea Tanchuk  
Manager: Debby Jorowski

## Winnipeg Rage

29	Kim Guenther	G
30	Dana Mangin	G
2	Karlee Heide	F
3	Jessie Abernathy	D
5	Zoe Moe	F
7	Renee-Claire Nordman	F
8	Mallory Wray	F
9	Krista Floren	F
11	Shelby Stastook	D
12	Kori Tabernor	F
14	Amber Schultz	F
15	Alice Swampy	F
16	Brandi Enright	F
17	Katie Moe	D
18	Cady Goodbrandson	F
19	Ashley Day	D
20	Trisha Murdock	D
24	Catriona Dooley	D

Coach: Ben Zajac  
Asst. Coach: Ken Stastook  
Manager: Gord Maher

## Northern Stars

30	Christine Trawin	G
2	Carmella Sinclair	F
3	Louise Lapointe	D
4	Joyelle Bergen	F
5	Samantha Markham	F
6	Amanda Sychuk	F
9	Nina Bird	D
10	Loranda Constant	F
11	Jacqueline Lachance	F
12	Maria Ross	D
14	Victoria Sinclair	F
15	Robin Burke	F
17	Jill Fast	F
18	Anissa Courchene	D
19	Stephanie Benson	F
20	Courtney Nault	D

Coach: Don Bell  
Asst. Coach: Ron Nault  
Asst. Coach: Heather Lapointe  
Manager: Linda Benson

## Northern Flyers

1	Maj-Lis Bailey	G
3	Jessica Chaffe	D
4	April Maclairin	D
5	Joanna Lappage	D
7	Emily Mackay	D
8	Melissa Parenteau	D
9	Jolene Tansley	F
	Trista Lyon	F
	Kyra Sedor	D
15	Desiree Zambon	F
17	Kirsten Wilson	F
18	Elise Johnson	F
19	Stefanie Panontin	F
28	Kate Herding	F
89	Rachel Yesno	F

Coach: Gord Wilson  
Assistant Coach: Corey Bonnett  
Manager: Bart Marjerrison  
Treasurer: Claude Perrier  
Player Convenor: Karen Wilson

## Prairie Blaze

30	Belinda Sachvie	G
3	Courtney Askew	D
4	Chava Sosnowicz	F
5	Caitlin Puchniak	D
6	Mary Alex Puchniak	D
8	Rachel Vandette	D
10	Jessica Hoplock	D
12	Carrie Ryman	D
11	Jennifer Hubbard	F
14	Mindie Morrow	F
15	Laurie Leschyshyn	F
16	Brenlee Coates	F
17	Heather Charette	F
18	Erin Neufeld	F
19	Pamela Olafson	F
20	Alanna Sereidiuk	F

Coach: Blair Sachvie  
Asst. Coach: Sean Warner  
Asst. Coach: Harlo Larkin  
Manager: Gordon Askew

## Manitoba Blizzard

35	Melanie Toupin	G
1	Caitlin Holtmann	G
2	Jennifer Derowicz	F
3	Tanys Rehbein	D
4	Jessica Didychuk	D
5	Ashley Desjardins	D
6	Dana Clayton	F
7	Krista Mcgonigal	D
8	Heather Fortin	F
10	Kim Plantz	F
11	Lauren Wooley	F
12	Ashley Hiltz	F
14	Kailey Forsyth	F
15	Kayla Henaire	F
16	Amanda Lefley	D
17	Amanda Williams	D
18	Breanne Profeta	F
19	Carley Orchard	D
20	Catherine Schelander	F
22	Chelsea Eakin	D

Coach: Doug Corby  
Asst. Coach: Cory Pilbeam

## Western Predators

29	Cherise Schulz	G
2	Amber Sullivan	D
3	Jenna McIntosh	D
4	Calee Gushulak	D
6	Jill Smith	D
7	Angela Van Deynze	F
8	Autumn Lamirande	F
9	Jillian Kelsch	F
10	Chantal DeSpiegelerae	D
11	Janelle Wallace	F
13	Krista Olafsson	F
14	Brooke Riddolis	F
15	Brett Thibideau	D
16	Lindsay Magotiaux	F
23	Kristen Kuik	F
25	Stephanie Allison	F

Coaches: Lorne Yurkiewich  
Eric Dearsley  
Megan Hemenway  
Manager: Treasure Ross

## OFFICIALS

Referee:  
Brandy Ross

Lining:  
Tammy Seymour

Lining:  
Erica Holmes

Time/Scorekeeper:  
Samantha Mulvenna

Announcer:  
Tom Hallick

Goal Judges:  
Mike Bruce  
Thomas Locke

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The Manitoba Women's Junior Hockey League (2004 to present)

**Rosters from the year 2000** of Novice, Atom, PeeWee, Atom A1, Peewee A1 and Midget AA teams gave the League a huge pool of players. With the help of Media at a Press conference held at the Winnipeg Winter Club (we were very grateful for this as our 1<sup>st</sup> home base) names began to appear on our website. Eighty one players were drafted that first year of which 74 ended the season.

2004-2009

**The Western Predators** won the Championship for 2004-2005. Coaches were Phil Klopak & Chuck Magotiaux. Top goalie, Jocelyne, sealed the deal for them with top guns being Kali Leary, Jillian Kelsch & Tara Klopak with a solid defense crew of Maria Ross, Jamie Scringer, Jillian Smith and Amber Sullivan.

Northern Stars , coached by Don Bell had Caitlin Holtmann in goal with D led by Katie moe, Christine Durham and Chantel Stevenson. Carmie and Victoria Sinclair along with Lisa Maher and Crystal Clark provided the fire power.

Manitoba Blizzard Coach Mike Cooper relied on defenders Cassandra Thiem, Chelsea Eakin, Ashley Desjardins with Carolyn Land, Stephanie Benson & Sammie Markham up front.

The Rage, led by Dave Schaital had a D corps of Kelly Smith, Kjarna Jamieson, Carly Koppers, Chantel DeSpiegelaire and Shelby Stastook and Amber Schultz up as forwards.

South East Ice coach (later Polar Ice) was led by Ashley van Aggelen with Tara Chartrand, Nicole Sulkers, Natalie Flett, Lisa Chin and Stacey Parker as key forwards.

We had many U of M players come to the League that year as well. In 2005-2006 we had the first visits from Thunder Bay...

Champions from: 2004-2005 Western Predators

2005-2006 Polar Ice

2006-2007 Western Predators

2007- 2008 Northern Stars

2008-2009 Manitoba Blizzard...

November 14, 2024

