



Three Time SIJHL Champions!

Mission Statement

It is the objective of the Fort Frances Lakers Hockey Family to provide athletes with an elite hockey development experience with a strong emphasis on positive citizenship and education.

We aspire to witness and provide positive life experiences to help create opportunities for young athletes to meet their goals.

Vision

To create an environment that inspires trust and confidence among our board, coaches, athletes, fans and sponsors in order to bring a top brand of hockey to our area.



The Fort Frances Lakers Hockey Organization is a grass-roots, nonprofit, community owned and operated team!

Fort Frances, International Falls, MN and the District, are historically established in hockey history.

We are constantly looking for opportunities to build on that history going forward.

Our volunteer pool is passionate about supporting a Junior A hockey team.

Our collective drive and desire to sustain a competitive Junior A Hockey Program is unsurpassed and impressive.

Fort Frances Lakers

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Fort Frances Lakers



JUNIOR A HOCKEY

**Superior
International
Junior Hockey
League**



The Fort Frances Lakers are a member of the Superior International Junior Hockey League and have a long tradition of commitment to excellence and development of players for the next level. Our coaching staff and program have graduates in the AHL, ECHL, SPHL, Europe, CHL, CIS, NCAA DI and DIII, ACAC and BCIHL. Our staff is committed to ensure players are supported and encouraged while they aspire to develop skills in the Lakers program. Inherent in the development of a hockey player is the understanding that each individual also grows as a person!

The Lakers compete to play in the Dudley Hewitt Cup by winning the SIJHL Bill Salonen Cup, and a possible berth in the RBC Cup. The Lakers program won 3 back-to- back SIJHL

Championships in 2014, 2015 and 2016. The Lakers were also Dudley Hewitt Cup Finalists in 2015. As a Laker, you will be expected to continue this winning tradition as expectations are always high each season.

The Fort Frances Lakers players are expected to be positive role models, and have a high character standing within our community. The players will often be asked to attend functions and represent the team at schools and fundraising events. As a player of the Lakers family, you will be expected to exemplify responsible demeanor at all times on and off the ice. The team is only as good as the collective and committed efforts of each individual on the TEAM!

Q and A

Does the team have fees to play?

Yes we have a team administration fee that is very reasonable. The fee covers our league dues and is used for events such as, the SIJHL Showcase, SIJHL All-Star Game, Dudley Hewitt Cup, marketing of players etc. Our billeted players also pay a monthly fee to their billet families.

Do many players advance from the program to schools or the CHL?

We have a high success rate of helping players reach their goals of becoming student-athletes or playing in the CHL. In the last three years we helped nineteen players get into schools and one go on to play in the CHL. Coach Strachan has helped place over seventy players in higher levels to continue as student-athletes and their playing careers.

Do you have off-ice training?

Yes. We work with Next Level sp Trainers to give our players the best opportunity to further their development by experts in this field.