



The Fort Garry/Fort Rouge Twins are a founding member of Manitoba Major Junior Hockey League (MMJHL). The MMJHL was developed to provide a place for young men aged 17-21 to play the most competitive hockey possible while continuing their education or commit to full time work.

- The MMJHL is a 10 team league. There are eight city teams plus one in Stonewall and one in Morris.
- 45 game season starting in late September. Playoffs end in late April
- Our home rink is Century Arena. Tryouts begin the first week of September. Typical weekly schedule during the season would have 2 games, 1 practice & 1 dryland session. Additional practices would be added throughout the season during breaks in the schedule. A full schedule would be provided at the start of the season to allow players to plan around work/school.
- Scholarship opportunities are available from both the league and team for players attending post-secondary schools.
- Expanded roster size of 23 that helps account for players missing games due to school or work commitments. A maximum of 20 players dress per game.
- There is a showcase weekend that the league hosts in January. Each team plays two games over a weekend at the MTS Iceplex and allows a great opportunity for university and college scouts to attend.
- There is a cost for tryouts and player fees for the season. Sponsorship opportunities are available to offset a portion of the costs.

Please direct any questions to:

- [info@fgtwins.ca](mailto:info@fgtwins.ca)
- Mike Ashley  
(204) 794-5587
- Trevor Oltsher  
(204) 782-5386

#### **MMJHL information**

Website: [www.mmjhl.ca](http://www.mmjhl.ca)

#### **Fort Garry/Fort Rouge Twins information**

Website: [www.fgtwins.ca](http://www.fgtwins.ca)

Facebook: <https://www.facebook.com/MMJHLTwins>

Twitter: @MMJHLTwins