

# Southwest Slapshot

The Official Newsletter for Southwest Hockey Association

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In This Issue For:  
March 14, 2026

Cougars Classic 3on3

Provincial Representatives

Spring Development

Cougars Gloves Pre-Order

Cougars Give Back

**SKATE.**

**SMILE.**

**REPEAT.**



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Check it Out



# COUGARS CLASSIC

## 3 ON 3

Starting Monday March 16 is the return of the Cougars Classic for U9 & U11.

Head down to Cardel Rec South to cheer on your favourite team and be sure to vote for the 'Best Dressed' Junior Coaches

U9 Schedule: [CLICK HERE](#)

U11 Schedule: [CLICK HERE](#)



## PROVINCIAL REPRESENTATIVES

Southwest Hockey is proud to announce 3 teams qualified for the 2026 Hockey Alberta Provincial Championships!

**U13 SW 3 Gold – Picture Butte**

**U15 SW BC 1 – St. Paul**

**U18 SW BC 1 - Blackfalds**

Earning a spot at Provincials is a great accomplishment and reflects the hard work put in by our participants, coaches and families throughout the season.

These teams will represent our association at their respective provincial tournaments in the coming weeks. We're incredibly proud of their efforts and wish them the very best!

**Good Luck to all 3 teams – we'll be cheering you on!**



## U6 PLAY HOCKEY PROGRAM

Our U6 Play Hockey program focuses on **FUN first!** Players will be introduced to the game through engaging activities designed to help them:

- Learn **basic skating skills**
- Develop **puck handling and coordination**
- Build **confidence on the ice**
- Enjoy time with **teammates**
- Create **positive early experiences with hockey**

**Eligibility:** Children born in 2021 or 2022 (must be 4 or 5 years old by the start of the program)

**Sessions:** 8 on-ice sessions

**Cost:** \$360

**Registration Link:** [U6 Play Hockey](#)

**Registration Closes:** April 10, 2026

**REGISTER NOW**

This program is perfect for young beginners who are just starting their hockey journey. Spots are limited, so be sure to register early to avoid disappointment.



## 2017 FULL ICE DEVELOPMENT

### *2017 Intro to Full-Ice → March 23 - March 27 (4 sessions)*

Sessions aimed to help players moving from U9 to U11 to adjust from half to full ice:

- Offside/Icing
- Faceoffs
- Positional awareness

Sessions will include a combination of instructional drills and gameplay to help reinforce these skills ahead of next season.

- Register via TeamLink: [CLICK HERE](#)
- Must be a 2017 Southwest Hockey player, currently on a 2025-2026 Official Roster
- *Committed to attend all sessions to ensure consistency for all participants*

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### *2017 Full Ice Camp Extension → April 13 to May 11 (5 sessions)*

\*NEW\* this season for the Southwest Hockey Spring Development Program

- This camp builds off of the 2017 Intro to Full Ice Program that is being held March 23 and March 27.
- Cost \$225 (5 sessions)
- Register via TeamLink: [CLICK HERE](#)



## U11 – U13 POWER SKATING

Focused sessions designed to improve stride power, balance, edge control, speed, and agility. Strong skating is the foundation of hockey, and these sessions help players become more efficient and confident skaters.

[REGISTER NOW](#)



## U15 – U18 SKILLS AND 3-ON-3

This program blends high-tempo skill development with 3-on-3 gameplay, allowing players to work on puck skills, decision-making, and competitiveness in a fast-paced environment.

[REGISTER NOW](#)





## CREASE CLINIC

**U11 -- U13 -- U15 -- U18**

A goalie-specific clinic focused on key fundamentals, including **positioning, crease movement, rebound control, and save selection**, helping goalies continue developing their technique and confidence in the crease.

[REGISTER NOW](#)



## U11 INTRO TO GOALIE

**A fun opportunity for players who are curious about playing goalie.**

Participants will have the opportunity to try the position, learn the basics of goaltending, and experience what it's like to be in the crease in a supportive, encouraging environment. This program is a great way for players to **develop their skills, try something new, and stay active on the ice this spring.**

Spots are limited, so we encourage families to **register early.**

[REGISTER NOW](#)

# NEW GEAR COUGARS GLOVES

Get ready for the 2026-27 season with our Team Vapour Pro Style Gloves — custom with the SWH logo and available in this exclusive colourway only. Pro feel, clean look, built for game day.

## Sizing & Pricing (all in):

JR 10"-11" — \$147

INT 12"-13" — \$157

SR 14"-15" — \$162

## Pre-Order Cut-Off: April 15, 2026

50% deposit to order | 50% due at pickup (Aug 2026)

No refunds on ordered gloves.



## COUGARS GIVE BACK

### WELL-DONE COUGARS!

Cougars Give Back are random acts of kindness and actions of paying it forward. These are not only powerful gestures to help support our community, but actions that build community spirit and confidence among players with hopes they will continue to give back as the years go forward.

Some of the amazing initiatives that our teams supported were; Calgary Food Bank, Millrise Seniors Village, WINS, Senior Secret Santa, Firefighters Toy Drive, Children's Cottage, Foothills Country Hospice, Community Clean-Up, Calgary Seniors Resource Society, Warm Feet for the Street, Alberta Children's Hospital, Seniors at Venvi Evergreen

