



COQUITLAM EXPRESS JUNIOR A HOCKEY

640 Poirier Street, Coquitlam, BC V3J 6B1

Tel: 604.936.4625 Fax: 604.936.4626

E-Mail: info@coquitlamexpress.ca www.coquitlamexpress.ca

*2014 BCHL Champions

*2006 Canadian National Jr. A Champions



Why choose the Coquitlam Express for your junior hockey experience?

Express Mission: *Our goal is to create an environment that fosters the learning and development of young athletes through coaching, motivation and leadership to promote the achievement of athletic and academic goals while allowing players to mature and make a positive impact inside and outside the world of hockey.*

The Coquitlam Express is a Jr. A hockey club located in the city of Coquitlam, British Columbia. Coquitlam is located 20 kilometers east of downtown Vancouver. We compete in the BCHL, which has the distinction of being Canada's top Jr. A league in the Canadian Junior "A" Hockey League.

The club entered the BCHL in 2001, and after 4 successful seasons which saw the team begin their climb to the top ranks in the BCHL, the team moved to Burnaby while the City of Coquitlam renovated our home arena, the Poirier Sport & Leisure Complex. The 1st season in Burnaby was a banner year for the franchise. The Express won the 2006 RBC Cup and became National Jr. "A" Champions. Assistant Captain, Kyle Turris, was selected 3rd overall in the 2006 NHL Entry Draft, making him the highest Jr. A player ever selected.

In 2010, Coquitlam's team returned home to a beautifully renovated Poirier Sport & Leisure Complex and in 2014 we captured the BCHL Championship. We are looking forward to continued success and plan to add another banner to the rafters.

The Express has helped many players begin their journey to the NHL. Our most recent NHL draft pick is Alex Kerfoot who graduated with the Express and captained Harvard University. He currently plays in the NHL for Colorado. Since 2001 the following NHL players have worn the Express logo;

- | | |
|---------------------------------------|--|
| • Milan Lucic – Edmonton Oilers | • David Jones – Colorado Avalanche |
| • Kyle Turris – Nashville Predators | • Brandon Yip - Colorado Avalanche |
| • Patrick Weircioch – Ottawa Senators | • Matthew Barzal – New York Islanders |
| • Mark Dekanich – Nashville Predators | • Alex Kerfoot – Colorado Avalanche |
| • Andrew Ladd – New York Islanders | • Brad Hunt – Las Vegas Golden Knights |





Coquitlam Express Hockey – All Aboard!

Our Program:

We run a full time hockey program similar to that of an NCAA or CHL program. Our mission is to provide an opportunity for players to strive towards their goals and gain opportunities to pursue playing at a higher level. Our mission is to build a College like program, seeking the right motivated athletes, that will represent our city and strive to bring a Championship to our great city. We provide our players with all of the necessities to become better players, better people all while enjoying to play the game and chasing their dreams.

- Full time coaching staff
- Video review of games, video teachings and coaching instruction daily
- Ice time daily, pre game skates and skill development sessions
- Video is HD quality for parents and scouts to view games online
- Highly rated goalie coach that does 1 private session weekly and 1 session with team plus games
- We provide gym memberships to all of our players
- Therapists at all practices and games plus chiropractic services
- Access to excellent medical facilities, First Aid responders at every game
- Chartered coach bus to ALL away games
- Healthy meals for all games and meals on the road paid by the club
- Team Strength and Nutrition Coach – 2 to 3 team specialized workouts per week
- TEAM STICKS – We provide ALL players receive Bauer Nexus sticks
- Team equipment – Bauer (pants, helmets, gloves, visors)
- Team educational advisor with 15 yrs experience
- NCAA college promotion program
- Team scouts across North America





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Express Coaching Staff

Jason Fortier – Head Coach and General Manager coach@coquitlamexpress.ca

My vision for our staff is to concentrate on building a positive culture with accountability, hard work, fun, honesty and clarity. Our staffs focus has been to improve our daily habits on and off the ice, which leads to development and player success. We strive to build relationships and believe that if you work hard to show your players that you care about them, you can achieve greater results. Our plan is to build a team to play a fast puck possession game. We pride ourselves on being detailed coaches that teach the why and implement structure to have a team working with a common purpose.

- Brings a winning history: 5 Championships coaching and 2 as a player
- Head Coaching Overall Coaching Record in Jr. A: **234 Wins – 100 Losses – 28 OTL**
- Overall U-18 AAA coaching record: **281 Wins – 91 Losses – 43 Ties**
- **2016 QMJHL Champions and Memorial Cup** Finalists with Rouyn-Noranda Huskies QMJHL
- **Dudley Hewitt Cup Jr. A Champions** (2014) - RBC Cup National Jr. A Championship Finalist (2014)
- 2-Time **Ontario Jr. A Hockey League Champions** (2014, 2015)
- Midget AAA **Telus Cup Canadian National Champions** (2015), Telus Cup Championship Finalist (2014)
- Former Pro player and Owner of Future Pro's Hockey Group www.futureproshockey.com

Jamie Jackson – Assistant Coach and Director of Hockey Programs

Jamie has been coaching Jr. A, Jr. B and AAA for the past 10 years. He has built an excellent track record of player development and has assisted numerous players in reaching the WHL and NCAA ranks. Jamie is married with 2 children ages 5 and 3 years old. Jamie is running our Jr. Express Academy and coordinates all of our camps, skill development and spring programs.

- Major Midget AAA Head Coach 5 yrs with the Vancouver NE Chiefs
- Head Coach Vancouver NE Chiefs BC Midget AAA Champions 2015
- 10 yrs experience running camps, skill development and spring programs
- Worked with Team BC at various events

Joey Ali – Goaltending Coach

Joey is a well known and respected goalie coach who runs his own goalie school and training facility in Surrey, BC. He has a long list of Pro, NCAA, BCHL and WHL goalies that he trains. He is a partner in Pro-Formance Goalie School with Jordan Sigalet who is currently the Calgary Flames NHL Goalie Coach. Joey is a former NCAA goalie and brings a positive attitude with passion to teach and get the most out of our goalies.

- Owner ProAli Goaltending Training
- Co-Owner Pro-Formance Goalie School
- Works with NHL, AHL, NCAA goalies
- Won 2001-2002 National Junior A title
- Played NCAA Div. III Hockey

Therapists

Charlie Harrison and Brodie Jackson

Equipment Managers

Matt Ewanchuk and Gerry Dean



Strength and Nutrition Coach

Alex Kastelen – IF Fitness

Alex started his journey with Innovative Fitness Port Moody in the fall of 2012, looking to add some experience working with individuals in every fitness category prior to applying to physiotherapy programs. It didn't take long for the **IF** culture to grab hold, particularly when it came to destinations. Over the last few years Alex has built himself up to be one of the leaders amongst the Innovative Fitness brand.

College Education Advisor

Valerie A. Beebe

Our Record and Commitment to Success:

The 2017/18 saw the Express get off to a slow start of 3 Wins – 22 Losses – Tie. A coaching change was made and the team hired Jason Fortier on November 27 and since the change the Express have made great improvements. The team is 11 Wins – 11 Losses – 2 Ties under the new direction. We are excited at the possibilities for our future and we are expecting to return about 12 players for next season.

Our staff led by Jason Fortier has over 10 years of experience helping players get to College Hockey. Coach Fortier ran one of the largest and successful College Hockey Showcases in Ontario for several years. The relationships and respect from college coaches and our staff will greatly assist our players moving forward.

Season	GP	W	L	T	OTL	GF	GA	Pts	PIM	Finish	Playoffs
2001-02	60	20	32	-	8	230	305	48		4th, Mainland	Lost in Conference Quarterfinals, 1-4 (Chiefs)
2002-03	60	24	29	1	6	228	270	55		4th, Mainland	Lost in Conference Quarterfinals, 3-4 (Chiefs)
2003-04	60	32	26	1	1	254	212	66	2312	3rd, Mainland	Lost in Conference Quarterfinals, 3-4 (Chiefs)
2004-05	60	25	31	1	3	211	258	54	1421	3rd, Mainland	Lost in Conference Quarterfinals, 3-4 (Chiefs)
2005-06	60	34	20	1	5	231	202	74	589	2nd, Mainland	Fred Page Cup, Mowat Cup, Doyle Cup, Royal Bank Cup Champions
2006-07	60	34	25	0	1	260	198	69	1232	4th, Coastal	Lost in Conference Semifinals, 3-4 (Clippers)
2007-08	60	33	24	0	3	218	219	69	922	4th, Coastal	Lost in Conference Quarterfinals, 2-3 (Grizzlies)
2008-09	60	18	35	1	6	170	245	43	829	4th, Mainland	Did not qualify
2009-10	60	18	36	0	6	175	256	42	878	8th, Coastal	Did not qualify
2010-11	60	22	28	1	9	218	253	54	594	7th, Coastal	Lost in Conference Quarterfinals 0-4 (Eagles)
2011-12	60	36	19	3	2	245	204	77	626	4th, Coastal	Lost in Conference Semifinals 2-4 (Kings)
2012-13	56	24	31	1	0	161	210	49	529	5th, Mainland	Did not qualify
2013-14	58	27	26	2	3	226	226	59	692	3rd, Mainland	Fred Page Cup, Mowat Cup Champions, 4th in Western Canada Cup
2014-15	58	25	28	1	4	218	238	55	642	4th, Mainland	Lost in Division Semifinals 1-4 (Chiefs)
2015-16	58	22	29	1	6	185	247	51	794	4th Mainland 14th BCHL	Lost in Div. Semifinals 0-4 (Chiefs)
2016-17	58	11	44	2	1	121	305	25	763	6th Mainland 17th BCHL	Did not qualify



The BCHL plays a 58 Game Schedule and 2 Showcase games per year
 Top Canadian Jr. A League for NCAA commitments
 Top Canadian Jr. A League for NHL drafted players

BCHL Teams:

MAINLAND DIVISION

Chilliwack Chiefs
 Coquitlam Express
 Langley Rivermen
 Prince George Spruce
 Kings
 Surrey Eagles

ISLAND DIVISION

Alberni Valley Bulldogs
 Cowichan Valley Capitals
 Nanaimo Clippers
 Powell River Kings
 Victoria Grizzlies

INTERIOR DIVISION

Merritt Centennials
 Penticton Vees
 Salmon Arm Silverbacks
 Trail Smoke Eaters
 Vernon Vipers
 Wenatchee Wild
 West Kelowna Warriors

Recent University and College Commitments

Our track record for promoting and graduating players to Colleges is a priority. We strive to prepare our players for success moving forward in life and athletics. Our list of alumni is extensive and is in the hundreds.

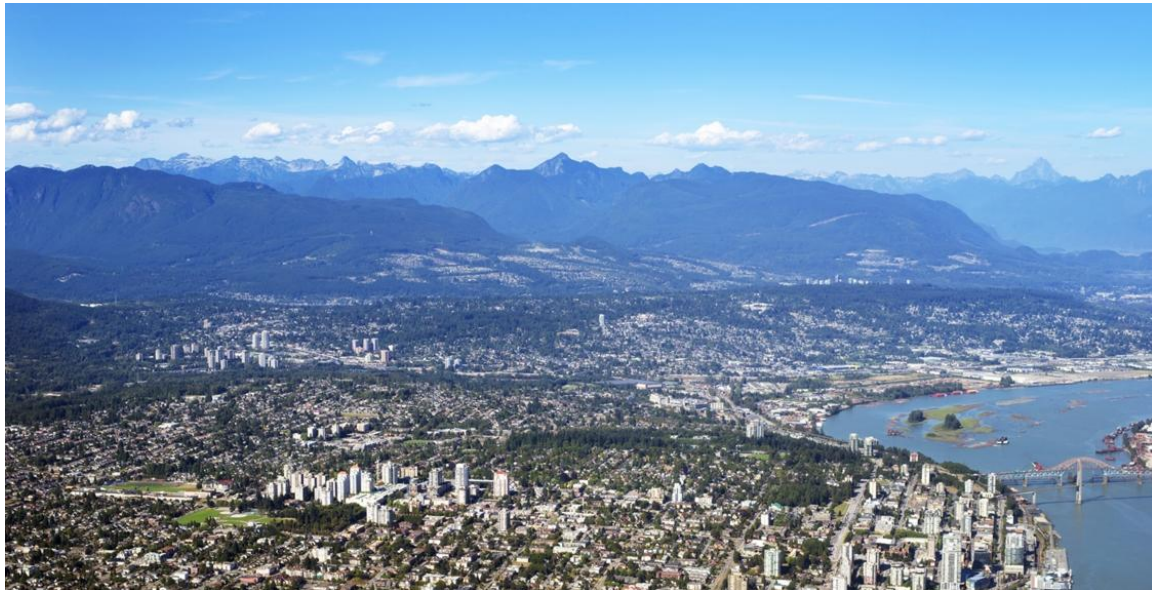
Sam Kozlowski - committed to RIT (NCAA Div. 1)
 David Giunta – committed to Bentley University (NCAA Div. 1)
 Blake Hayward – committed to Union College (NCAA Div. 1)
 Erik Udahl – committed to Boston University (NCAA Div. 1)
 Owen Stout – committed to RPI (NCAA Div. 1)
 Mitch Newsome – committed to Michigan Tech University (NCAA Div. 1)
 Alex Ambrosio – committed to Lake Superior State University (NCAA Div. 1)
 Eric Linell – committed to University of Connecticut (NCAA Div. 1)
 Jack MacNab – committed to Notre Dame (NCAA Div. 1)
 Jordan Schulting – committed to UMass Lowell (NCAA Div. 1)
 Clay Stevenson – committed to Dartmouth (NCAA Div. 1)
 Nic Holowko – committed to Simon Fraser University CIS
 Taylor Green - committed to Mount Royal University CIS
 Nick Coltura - committed to University of Nevada Las Vegas ACHA
 Jackson Cressey - committed to Princeton University (NCAA Div 1)
 Mathew Michie - committed to Royal Military College CIS
 Charlie Barrow - committed to Holy Cross (NCAA Div 1)
 Colton Kerfoot - committed to Harvard University (NCAA Div 1)
 Jack Surowiec - committed to Holy Cross (NCAA Div 1)
 Austin McIlmurray - committed to Sacred Heart (NCAA Div 1)
 Tyger Howat - committed to Northern Michigan University (NCAA Div 1)



Coquitlam, BC

Coquitlam is a city in the Lower Mainland of British Columbia, Canada. Coquitlam, mainly a suburban city, is the sixth-largest city in the province and is one of the 21 municipalities in Metro Vancouver.

Population – 140,000 Located 20 kilometers east of downtown Vancouver, British Columbia





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Education

Our players can continue their studies online or through one of our nearby Universities and Colleges.

- Simon Fraser University (SFU)
- University of British Columbia
- British Columbia Institute of Technology (BCIT)
- Douglas College
- Centennial High School

Arena and Facilities

Poirier Sport and Leisure Complex – 630 Poirier St, Coquitlam, BC

The Poirier Rec and Leisure Center seats 1800 ppl and is home to the Express and in the summer months the Adanacs Lacrosse organization plays out of our facility.

Each player receives a free membership to the fitness complex.

There is a swimming pool and fitness complex located in the facility.

Restaurant and meeting rooms upstairs in the complex.

Athletic court and outdoor track.





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About the BCHL – Smart Hockey

As a potential BCHL player, the BCHL offers a first-class experience as you continue to develop as a player and student. Remember that development is a marathon, NOT a sprint. Prepare carefully and take your time.

The League – The BCHL is comprised of 17 teams covering most areas of the province of British Columbia and 1 team in the state of Washington. Since 1961-62, has developed more players for the college system than any other league in Canada. Each year, the BCHL averages more than 100 commitments to colleges in Canada and the United States.

The BCHL is a member of Hockey Canada, BC Hockey and the Canadian Junior Hockey League. The BCHL operates and is bound by the rules and regulations of Hockey Canada and BC Hockey. The BCHL provides an excellent opportunity for those players looking to move on to the college level and pursue an education while continuing to develop their skills as elite hockey players.

The BCHL is recognized as amateur hockey and as such, players remain eligible to participate in the NCAA. A player joining the BCHL from another amateur level of hockey is eligible to receive scholarship opportunities from NCAA member institutions. Each season, potential players from all over North America could join a BCHL team.

The BCHL has a roster limit of 22 active players, 20 of which are eligible to dress and participate in any regular season or play-off game. Teams must have minimum of four rookie players (those entering the season with less than 30 games in Junior A). These players regularly compete and attain appropriate playing time. The BCHL does not operate with a protected list which allows players entering the BCHL for the first time to have control over which BCHL organization they wish to play with. As the BCHL operates in all sizes of communities and unique locations, potential players have many options to consider in deciding which team best suites their individual needs. Once a player has signed a CHA playing certificate, players are bound by the regulations of Hockey Canada and movement to other teams is restricted.

There are a number of options available to junior hockey players, and competing in the BCHL ensures that each of those doors will be open when it comes time to choose. Playing Junior A hockey can lead many different places; to an NCAA or CIS scholarship, to Major Junior, or to the National Hockey League. Each year, dozens of BCHL graduates accept scholarships to top universities and colleges in Canada and the United States. From there, players like Brett Hull, Paul Kariya, Duncan Keith, Travis Zajac, Jason Garrison, Kyle Turris and Justin Schultz built careers that put them amongst the best players in the world. Whatever your dream, you can achieve it when you play Smart Hockey.

As of 2013, all Canadian citizens are eligible to play in any Junior A league as soon as they are age-eligible. Only American-born players are considered imports and each team can have six import players on their roster at any one time. Import players are not eligible to play in the league until they are 18 years of age or older.



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Questions about Fees and Costs

Q - Is there a monthly Room and Board Fee that teams charge?

A - BCHL teams may provide room and board to out-of-town players. Billet families are arranged by each team and teams are permitted to collect a fee at their own discretion.

Q - Are teams permitted to charge a TEAM REGISTRATION FEE?

A - Yes, The British Columbia Hockey League (BCHL) requires that all players playing in the BCHL Showcase pay a \$100 per game played fee (to a maximum of \$200) to participate in the Showcase. The fee is administered at the teams' discretion and is not to exceed \$800.00. Teams choosing to administer a fee must do so **to all players on their team** and in compliance with NCAA Regulations.



If you have what it takes to join the Express please contact:
Head Coach and GM

Jason Fortier coach@coquitlamexpress.ca

www.coquitlamexpress.ca

