



| First Name | Last Name | P | Year | 2022 - 2023 Team |
|------------|-------------------|------------------------|-----------------------------------|---------------------------|
| Elyse | Denbow | G | 2007 | Central Plains Capitals |
| Rachel | Halldorson | G | 2006 | Interlake Lightning |
| Madelynn | Sylvestre | G | 2007 | Winnipeg Avros |
| | | | | |
| Camille | Birch | D | 2007 | RHA Nationals |
| Breanne | Comte | D | 2006 | Winnipeg Ice |
| Hallie | Franklin | D | 2006 | Westman Wildcats |
| Kate | Manness | D | 2007 | Balmoral Hall Blazers |
| Jordan | Nishi | D | 2006 | Balmoral Hall Blazers |
| Avery | Pickering | D | 2006 | Balmoral Hall Blazers |
| Abby | Pineau | D | 2006 | Balmoral Hall Blazers |
| Kurtia | Yetman | D | 2006 | RHA Nationals |
| | | | | |
| Haley | Braun | F | 2006 | Winnipeg Ice |
| Mia | Faseruk | F | 2006 | St. Mary's Academy Flames |
| Karlynn | Gudz | F | 2006 | Westman Wildcats |
| Kelsey | Huibers | F | 2006 | Westman Wildcats |
| Stephanie | Jacob | F | 2006 | Winnipeg Ice |
| Mackenzie | Lizotte | F | 2006 | Winnipeg Avros |
| Sara | Manness | F | 2007 | Balmoral Hall Blazers |
| Hayley | McDonald | F | 2008 | Balmoral Hall Blazers |
| Breigh | Rank | F | 2006 | RHA Nationals |
| Hannah | Reagh | F | 2006 | Yellowhead Chiefs |
| Callie | Rice | F | 2007 | RHA Kelowna |
| Rowyn | Ringor | F | 2006 | Shattuck St. Mary's |
| Morgan | Smith | F | 2006 | Balmoral Hall Blazers |
| Dara | Thompson | F | 2006 | Yellowhead Chiefs |
| | | | | |
| First Name | Last Name | Position | Team | |
| Dustin | Stewart | Director of Operations | Hockey Manitoba | |
| Maggie | Litchfield - Medd | Assistant Coach | Winnipeg Jets Hockey Academy | |
| Tess | Houston | Assistant Coach | Hockey Manitoba | |
| Christine | Bumstead | Assistant Coach | University of Saskatchewan | |
| Riley | Sveistrup | Goalie Coach | Central Plains Capitals (U18 AAA) | |
| Kira | Bannatyne | Video Coach | Winnipeg Avros (U18 AAA) | |
| Shane | Carson | Equipment Manager | Hockey Manitoba | |
| Kara | Fulawka | Athletic Therapist | RINK Hockey Academy | |