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## ACAC 2009-10 MEN'S HOCKEY COACH OF THE YEAR

The Alberta Colleges Athletic Conference is pleased to announce that Jean Laforest of Mount Royal University has been selected by his ACAC coaching peers as the 2009-10 ACAC Men's Hockey Coach of the Year.

In only his second season with the Mount Royal University Cougars, head coach Jean Laforest, has helped transformed the program into one of the conference's best. In his rookie campaign, Laforest led his Cougars to a 20-8 record and a berth in the ACAC conference championship.

This season, Laforest has one upped himself, as the Cougars finished with an imposing 21-5-0-2 record – and once again hope to find themselves competing for an ACAC gold medal.

The team has been connecting on all cylinders, as the team ranks second in goals for, as well as goals against, in penalty kill at an 84 % kill rate and in power play goals for with 42. The team has also shown marked improvement in total goals for and against, as the team has scored 22 more goals than last season, while allowing 14 less, signs of a coaches' system falling into place.

Originally from Quebec City, Laforest has spent time coaching in a variety of different leagues including the Central Hockey League (CHL), National Collegiate College Association (NCAA) as well as spending time with the Canadian National Team at an International Ice Hockey Federation (IIHF) tournament.

Part of coach Laforest's philosophy is to build a successful team culture and to develop a positive environment. He hopes his student-athletes experience personal growth through participation in the program and if nothing else, gain a team based skill set that can be applied in their personal and professional lives.

In addition to his vast coaching experience, Laforest holds a bachelor's degree in both sociology and kinesiology from McMaster University and a bachelor's degree in education and a Master of Arts and Science degree in coaching from the University of Western Ontario.



If one thing's for certain, it's that this man was meant to coach, and it looks like it's something he'll be doing for a long time to come.



**Congratulations Jean!**

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