

Greig Sisters Launch Females-Only Hockey Development Camp in Lethbridge

August 15, 2025

Lethbridge, Alberta – LMHA proud to support milestone for female hockey

Lethbridge Minor Hockey Association (LMHA) is excited to celebrate the launch of the **inaugural DKG Hockey Development Camp**, a girls-only program created by Lethbridge own sisters **Dara and Kyra Greig**. The camp has its last day today, August 15th at Cavendish Farms Centre, the camp marks a significant step forward for the growth of female hockey in the city.

Dara, a current forward for **Montreal Victoire** in the Professional Women's Hockey League (PWHL) and a former NCAA player with Colgate University and the University of Wisconsin, says the idea has been years in the making.

"I think that women's hockey in general, is growing a lot, and I'd love to see that kind of take off and grow as well in the Southern Alberta and Lethbridge areas."

Dara reflects fondly on her time in minor hockey, but says the experience was very different from what today's female players enjoy. Opportunities to play on all-girls teams simply didn't exist at the time. ***"I'd always wanted to play girls' hockey, just because it's not necessarily the most fun thing in the world being the only girl on the team,"*** she said. While her development was strong, she's grateful to now be able to help grow female hockey opportunities and foster a stronger culture for the next generation.

The camp hosted four divisions—**U9, U11, U13, and U15/U18**—and focus on skill development, game understanding, and building confidence on and off the ice.

"We had about 74 girls come out this year, which is awesome. We're really happy with the number of girls that we were able to register and come out"

"We really want the girls to have a fun week. Obviously, get better and work hard, but at the end of the day, enjoy hockey and want to continue playing." Dara explained.

Dara's message to young females wanting to try hockey: ***"I would say, absolutely, you know, give it a shot. This game has given me so much, there's so much opportunity out there... it is one of the most fun games in the world, so I would absolutely say even if it's just signing up for one camp or going to one ice session, just give it a try and see if you like it."***

LMHA General Manager Keith Hitchcock says the camp is a perfect reflection of the association's commitment to developing the female game.

"Dara and Kyra are incredible role models for our players. Their passion, experience, and dedication to giving back is exactly what we want our athletes to see. We're proud to support programs like this that create new opportunities for girls in our community."

The sisters hope this is just the beginning.

Dara states she and her sister want to continue to run another hockey camp next summer. **"Maybe we are able to grow it to two weeks... we're looking forward to having another camp next year"**

About Lethbridge Minor Hockey Association

LMHA is dedicated to providing hockey opportunities for players of all ages and skill levels in the Lethbridge region. Through development programs, competitive teams, and community initiatives, LMHA strives to foster sportsmanship, skill, and a lifelong love of the game.



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