



Midget AAA Coaching Announcement

The Sherwood Park Kings Athletic Club is excited to announce the hiring of Fran Gow as the Midget AAA Kings Coach for the 2019-2020 Season.

Fran has coached over 1000 games in the AJHL and currently serves as the VP-Hockey Operations for the AJHL as well as Coach Mentor for Hockey Alberta.

Coaching Experience

Head Coach/GM	Drayton Valley Thunder (AJHL)	June 2009 – May 2013
Director – Player Personnel	Fort McMurray Oil Barons (AJHL)	May 2007 – April 2009
Head Coach/GM	Grande Prairie Storm (AJHL)	May 2000 – April 2007
Head Coach/GM	Fort McMurray Oil Barons (AJHL)	May 1993 – April 2000

Career Accomplishments

1997 AJHL Championship - Coach/GM Ft. McMurray Oil Barons
2000 National Jr A Championship - Coach/GM Ft. McMurray Oil Barons
2000 AJHL Championship - Coach/GM Ft. McMurray Oil Barons
2004 AJHL Championship - Coach/GM Grande Prairie Storm
1995, 1996, 2000, 2004 AJHL All-Star Game – Coach
2007 AJHL Prospects Game – Coach

Relevant Professional Experience

1996 Viking Cup - Co-Coach AJHL Selects
2006 Viking Cup - Director of Operations AJHL Selects
2006, 2007, 2008, 2009, 2010 Alberta Cup - Mentor Coach

President of the Kings Club Rob Davis noted “With Fran’s vast coaching experience and his current role as Coach Mentor for Hockey Alberta, he will play a vital role in the Kings Club as we continue the evolution of our hockey program”.