

Girls Spotlight on a Girls Organization lead by an All-Female Staff A Great Read on What Our Female Athletes Can Accomplish



When Coach Carolyn was preparing to step down as Mammoth Girls Hockey Club director after the 2024-25 season, she set three goals to ensure the club's success: maintain three rostered teams, transition Coach Hannah into the director role, and establish an all-female head coaching staff.

This 2025-26 season, the Mammoth Girls Hockey Club has three rostered teams, and Coach Hannah is doing a fantastic job as the new girls' director. But Coach Carolyn is most proud of establishing an all-female head coaching staff. It's not just about the coaches themselves, but how that influences the culture of the Mammoth Girls Hockey Club.

Female coaches are crucial to the girls' sports experience. According to research by the Women's Sports Foundation in their "Coaching Through a Gender Lens" study, female coaches boost girls' confidence. Research also indicates that girls may be more likely to identify with female coaches, viewing them as mentors or role models for what's possible. Girls need role models to stay in the game, and both boys and girls benefit from positive images of female coaches. Girls with female coaches can see that "if she can do this, then I can too." Additionally, studies show that having female coaches challenges the negative cultural messages girls receive about their participation.

The Mammoth Girls' female head coaching staff brings many years of competitive ice hockey experience at the collegiate level, providing girls with everyday examples of what it takes to play hockey at high levels. This includes a deep understanding of the game, a strong desire to compete, and a commitment to enhancing the girls' youth hockey experience. The female head coaches of the Mammoth Girls Hockey Club are further supported by our incredible team of parent assistant coaches, who extend their dedication and support well beyond their daughters' participation. Having parent assistant coaches who value female head coaches fosters real growth and empowerment for the entire Mammoth family.

The Mammoth Girls' female head coaching staff also have notable careers outside hockey, including roles in financial technology, software and project management, mental performance coaching, emergency room care, and medical school. Managing demanding full-time jobs while dedicating effort and time to coaching shows Mammoth youth athletes the strength, persistence, and power of being a female in sports.

Many female coaches face challenges breaking into coaching after their competitive playing careers, especially in traditionally male-dominated sports. Coach Carolyn and Coach Hannah are working together to change that by creating a supportive environment for new female coaches. Carolyn and Hannah are actively challenging stereotypes associated with women involved in high-level or high-intensity sports. As a result of their efforts, they have fostered an organizational culture that empowers the passion and growth of both female athletes and coaches.

From left to right: Rachael (10U coach), Carolyn (assistant director and assistant coach for all teams), Olivia (12U coach), Cassidi (goalie coach), Giuliana (goalie coach), Hannah (14U coach and program director)