



## **MWF Introduces Sunday Night Lights!**

MWF is excited to introduce Sunday Night Lights for our U15 and U18 players! We have heard from players and families looking for an opportunity to play hockey once per week, without the additional commitment of practices and travel for games. If you have a player who is interested, please register soon.

### **What is Sunday Night Lights?**

Sunday Night Lights is a new program for U15 and U18 players who are interested in playing hockey once per week. There will be 20 games and 4 development sessions (24 hours of ice!) offered throughout the season.

### **What are the benefits of Sunday Night Lights?**

The benefits include, but are not limited to:

- continue to play hockey on a regular basis
- consistent evening each week
- local play within HRM, with one possible away weekend
- play with friends
- four development sessions with our Technical Director
- less commitment so players can focus on school, work and/or engage in other activities
- reduced and predictable costs (no fundraising!)

### **Who may participate in Sunday Night Lights?**

Female hockey players at the U15 and U18 levels may participate in Sunday Night Lights. This program is ideal for players who have school, work and/or other commitments, who are interested in staying active in our local hockey community, without having to commit to more than one hour on ice each week. New players are welcome to this program, but previous skating experience is recommended.

### **Will there be development offered through this program?**

Yes, we will kick off the program with a development session with our Technical Director. We will offer three additional development sessions throughout the season.

### **Will there be coaches?**

Yes, we will be seeking parent coaches for the teams to support inclusive and positive player development on the bench. The coaches will only need to commit to one hour each week as well.

### **Will there be refs?**

Yes, there will be two refs for games.

### **What is the cost of Sunday Night Lights?**

The cost is \$600 per season and includes 20 games and 4 development sessions (24 ice sessions!). There may be one away weekend when players have the option to travel to another location to play a similar team(s).

**Who can I contact if I have additional questions?**

Please send questions to Mike Almond at [vp-hockeystandards@metrowestforce.com](mailto:vp-hockeystandards@metrowestforce.com).