



President's Message

Good Day All,

This year, I would like to make an effort to reach out to the membership throughout the season to provide periodic updates and address activity and successes throughout our membership.

First and foremost, this time of the year is always the toughest for our players. I completely understand the pressure and stress they all take on to achieve their desired outcomes. I tell my kids this. "I don't expect perfection, I just expect your best. But only you know your true best." I follow it up and tell them that I will be proud and happy with whatever outcome they have. They will be their worst critic. So, we must be their biggest fan.

As mentioned in our AGM, we have undergone a huge change and we have a new Board. I'm very happy to report that our Board Members have absolutely hit the ground running. We intend to further enhance transparency with our members and players. We started this with our try out process. Our full plan has been sent out. You enter the rink knowing exactly what will happen. This, we feel will help our players be more prepared and hopefully more relaxed. Additionally, this year we plan to help our players become better players AND better people. We will be implementing a Mental Health initiative to our Coaches to help our players through the stresses and challenges of the season. We are also looking into a Nutrition program for the players, and we will also be continuing our Junior Coaches program.

With our new structure we have Board Members dedicated to Member Growth, Member Experience, and an Athlete Representative. We want to Grow the game, enhance everyone's experience on and off the ice and take consideration and perspective directly from our players. We have already seen the benefits of this through our Conditioning Camp. Allie and Amanda have been constantly on the ice and I've heard nothing but positive feedback from the players from their experiences preparing for our Tryouts.

We are also attempting to assist our Coaches. This year, we interviewed our Coaches to both learn more about them and then more clearly lay out what we would like to see from them. This will help with consistency for our players in what they can expect and what will be expected from them.

All of this before the Season has even started! Best part is, there is more to come. We do have an announcement that we will be making shortly that will also be a first for Metro West Force.

I wish all our players the best of luck in the tryout process. Leave it all on the ice and have no regrets. We will be proud of any outcome, and you have our commitment to give you an awesome season. Stepping out there to showcase your talent is extremely admirable and an impressive feat. When you hit the ice on your first session, you have already broken the first barrier to success. **YOU HAVE THIS!**

Stay Tuned and we will see you at the rink!

Tim Sheppard