

WELCOME TO A NEW SEASON

Our Board would like to welcome you to a new season with Metro West Force! We have an exciting season ahead with the introduction of our new jerseys, the support of new corporate sponsors and implementation of software systems behind the scenes to assist us to manage evaluations, ice and our finances. Our Board worked diligently over the summer months to plan a great season for our members.

NEW JERSEY REVEAL

We were excited to reveal our newly branded jerseys at the Pre-Evaluation meeting a few weeks ago. We can't wait to see our MWF players sporting our new gear! The jerseys and socks will be distributed to our U11-U18 teams in early October. Pant shells will be ordered by competitive teams in early October.



DISRESPECTFUL BEHAVIOUR

MWF does not tolerate any disrespectful, abusive or bullying behaviour, whether physical, emotional or sexual, by any participant in any of its programs, including evaluations. We wanted to take this opportunity to remind parents of the [Parent Code of Conduct](#) that you would have acknowledged and agreed to upon registration of your player.

Unfortunately, members of our Board and staff have recently experienced such behaviour from parents at the rinks and via email. If any such behaviour is displayed by players or parents towards others, including Board members, staff, volunteers and evaluators, the individual will be asked to leave the MWF activity, including conditioning camp, development and evaluation sessions. Any disrespectful behaviour, in person or via email, will not be tolerated and may affect a player's membership in Metro West Force, among other possible repercussions.



TEAM MATRIX UPDATE (U11, U13, U15 and U18)

With evaluations starting next week, MWF wanted to take this opportunity to keep members up to date on the most recent status of our 2024/2025 Team Matrix.

When planning our team matrix (i.e. the number of teams per age group and their levels) for this upcoming season, it was our thought that we had flexibility to make decisions about our team matrix based on the outcome of our evaluations (i.e. player scores). This was the case last season, and it was anticipated again for this season.

After submitting our registration numbers in late August, we learned that Hockey Nova Scotia would be requiring all associations to follow the [Matrix Policy](#) as per Regulation F3.3 of the [HNS Female Regulations](#) for this upcoming season and that no exceptions would be considered. After further consultation with Hockey Nova Scotia's Female Council, MWF has been directed to make changes to our team matrix based on our representative registration numbers and Hockey Nova Scotia's Matrix Policy. As our team matrix is mostly set by this policy for our 2024/2025 season, we wanted to communicate this information to members now rather than post evaluations. The required number of teams in each age division for the 2024/2025 season, based on Hockey Nova Scotia's Matrix Policy as a function of our registration numbers, is below:

	U11	U13	U15	U18
AAA	NA	2	2	NA
AA	2	2	1*	2
A	3	2	2**	2**
C	3	2	0***	0***

We would like to bring to your attention the following:

- The Matrix Policy is based on 15 skaters per team.
- The Matrix Policy in place is based on the number of registered Rep players.
- The Matrix Policy is set by Hockey Nova Scotia, with no exceptions being permitted this year. *An exception was made at the U13 level last year and we have been told that this exception will not be maintained or allowed at other levels.*
- If our Representative registration numbers were to further change, this may require further adjustments to our team matrix.



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- *U15 team matrix structure for AA and A will be under review during evaluations.
- **U18 team structure for A will also be under review during evaluations.
- ***MWF was planning to provide recreational programming at the U15 and U18 levels in collaboration with other female hockey associations. Unfortunately, the associations collectively did not have enough players to form a league; therefore, MWF is unable to offer recreational programming to U15 and U18 players during the 2024/2025 season. Members who registered for our U15 and U18 Recreational programming have been contacted directly regarding this change.

EVALUATION REMINDERS

Please note the tentative schedule for evaluations in September (keep in mind, these dates are subject to change due to unforeseen circumstances - we will be sure to notify MWF Members of any changes):

- U15: Sept 14th to Sept 20th
- U13: Sept 21st to Sept 25th
- U18: Sept 21st to Sept 28th
- U11: Sept 29th to Oct 5th
- Goalie Evaluation Night (U11 to U18): Sept 18th

A more detailed schedule will be released this week along with groupings for the first sessions. MWF will release an email to Members once these details have been posted.

A reminder that evaluations for U11 will consist of one skills (i.e. drills) session followed by scrimmages. Evaluations for U13-U18 will consist of scrimmages and these scrimmages may be in alternate formats such as 3 vs 3, 4 vs 4 or 5 vs 5 on half ice or full ice. The groups for the first sessions for U13-U18 levels will be based on similar skills sets and observations noted throughout the 2023/2024 season. This approach should provide players the opportunity to demonstrate their skills in the first session. We understand that players develop over the summer months and this will be picked up on by evaluators and will be the cause of some movement amongst the groups.

A few housekeeping items to keep in mind as we head into evaluation season:

- Please read the Evaluation Policy posted on our website [2024 Evaluation Policy](#) prior to evaluations.
- Participation in MWF Evaluations indicates that you have read, understood and agree to the process and policies outlined in the MWF Evaluation Policy.
- All schedules and groupings will be posted on the website under the Evaluation tab under the specific level. It is the responsibility of the Member to monitor the website during evaluations for



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updates. There will be movement of players, please be sure to review new groupings and schedules carefully prior to each session.

- Players must sign in at the MWF registration desk outside Rink A at GEC no later than 30 minutes prior to the start of their session.
- All players are to collect their numbered jersey at Session #1. Players are not to trade jerseys at any time. There will be a charge for any tryout jerseys not returned.
- There will be no access to the rink during the evaluations. If parents would like to watch, we ask that you watch from outside the rink on the 2nd floor. Evaluators and volunteers only are permitted inside the rink doors and in the hallway outside the dressing rooms.
- Only Dressing Room monitors and other volunteers will have access to the hallway outside the Dressing Rooms. If your player requires help with gear, the Dressing Room Monitors will be there to help.

U11 AND U13 REC BALANCING SESSIONS

The U11 and U13 Rec players will participate in balancing sessions to help MWF create equally balanced teams where players have the opportunity for competitive play and skill development. A balancing process will take place for players who have registered directly for the recreational league and for those players who have been assigned to the Rec program following Rep Evaluations. MWF will be releasing more information on the U11 and U13 Rec program over the next few weeks.

U9 UPDATE

MWF is offering U9 Development sessions on September 12 at the Greenfoot Energy Centre. These sessions are open to all MWF U9 registered players and will be run by our Technical Director and his Development team. Two sessions are available (5pm to 6pm and 6pm to 7pm); sign up now as space is limited and spots are filling up. [U9 Development Sessions](#)

U9 evaluation sessions will take place early October. We will be providing an update on the U9 program over the coming weeks. Stay tuned for details!

GEAR SWAP

Thank you to everyone who came out on Saturday to our Annual Gear Swap and MWF free skate - we held another successful event and were able to get players, new and returning, geared up and ready to hit the ice! Huge thank you to our team of volunteers for organizing and helping everyone out!

