



MWF News and Updates

August 2024

REGISTRATION IS OPEN!!

We're excited to announce that registration for the 2024/2025 season is now open!

Be sure to take a few minutes to thoroughly review the Registration information package posted to the website [Registration 2024 2025 | Metro West Force Female Hockey Club](#). This document reviews general registration information, fee structure and provides an overview of our Rec versus Rep (Competitive) programs.

A few key points:

- Registration closes August 25, 2024.
- Late registrants will be charged a \$75 late fee.
- If you have outstanding fees, you must pay these to register for the 2024/2025 season, and full payment will be required for the 2024/2025 season.
- A minimum of one-third of your registration fee is required at the time of registration.
- If registering for competitive hockey, tryout fees are included in the registration fee (last year it was a separate item in GrayJay Pay).

CONDITIONING CAMP REGISTRATION NOW OPEN!

Registration for MWF Conditioning Camp is now open - head over to our website for more information [Conditioning Camp Registration](#). Conditioning Camps will take place between September 2 and September 13. A final schedule will be released once registration closes.

PRE-SEASON MWF STORE OPEN!

We're pleased to partner with Pro Hockey Life this year as our branded apparel supplier. The pre-season store/bulk order features special pricing for our hoodies. Note, volume discount only available on this release. We're also offering custom gear bags, with a longer production window (6-8 weeks) we wanted to ensure bags arrived ahead of/early in the season.



Pre-season store is open for orders August 1-20. Order your swag today!

<https://mwfapparel.itemorder.com/shop/home/>

EVALUATION DATES

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



All sessions will take place at the Greenfoot Energy Centre. Full schedule will be released at a later date.



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COACHING APPLICATIONS

MWF is currently accepting applications for coaching positions for the 2024/2025 season. If you are interested in coaching with MWF, please submit your expression of interest by completing the Google Form [Coaching Application - 2024/2025 Season](#)

- All new and returning interested applicants must complete the form.
- Applications are due by August 30th.
- Our Director, Coaching Development, Chris Larade, will review all applications once received.

If you have any questions please contact Chris via email at coach@metrowestforce.com

MWF IS LOOKING FOR RECREATIONAL HOCKEY COORDINATOR

As the Recreational Hockey Coordinator, your roles and responsibilities would include:

- Coordinate the kick off of the season for U11C, U13C and U15/18C.
- Assist to secure coaches and managers for the respective teams.
- Assist to set up practice schedules.
- Manage and communicate game schedules within and outside of MWF.
- Assist the MWF Board to explore approaches to grow Recreation Hockey.
- Other duties as required.



The Recreation Hockey Coordinator will be on the Hockey Standards Committee reporting to MWF's VP, Hockey Standards and will have the ability to appoint leads for each age group, as required.

If you interested in joining our team please contact Mike Almond at vphockeystandards@metrowestforce.com

GEAR SWAP - SATURDAY, SEPTEMBER 7

MWF will be holding their annual **Gear Swap on Saturday, September 7, 2024**, at the Greenfoot Energy Centre in the Mezzanine on the second floor. Stay tuned for more details!

PRE-EVALUATION MEMBER MEETING

MWF will be hosting a **Pre-evaluation Member Meeting on Wednesday, August 28, at 7pm**. This will be a virtual meeting and will provide an overview of the upcoming evaluation process. Players are encouraged to also attend. A link to the meeting will be sent to Members closer to the date of the meeting,

FINANCIAL ASSISTANCE

Metro West Force believes that all children should have the opportunity to participate in sport. If your child is interested in joining the league and you are in need of financial assistance, please head to our website to check out the resources available [MWF Financial Assistance](#)