

MWF News and Updates

January 2025



MID SEASON UPDATE MEMBER MEETING: Monday, January 20, 2025

We held a virtual mid-season Member Meeting on Monday, January 20, 2025. Thank you to the 52 Members who attended and to the Members who sent along questions prior to the meeting. The slides that were presented have been uploaded to our website for your review.

[Mid Season Update Report](#)

WINTER MWF STORE IS NOW OPEN!

The MWF Winter store is now open - closing February 6, 2025. This will be the last store opening for the 2024/2025 season. [MWF Winter Store](#)

RAFFLEBOX FUNDRAISING

Happy to announce our Rafflebox fundraiser in partnership with Bedford Blues is now open! Draws are done on a monthly basis and funds raised are credited towards individual players for next season's registration fees.

All you need to do is send your friends and family the link, they can search for your player's name to support them and purchase the tickets online - it's that easy! [Rafflebox](#)

ACTS OF KINDNESS CHALLENGE

Thank you to everyone for participating in the Acts of Kindness Challenge, we had 12 teams participate in 14 Acts of Kindness in December. Teams made cards for Seniors, donated to Feed NS, made gift bags for Santas for Seniors, collected toys for the IWK, visited with residents at Northwood, volunteered their time at Mission Mart, filled stockings for Souls Harbour and donated items to Phoenix House. **Congrats to our U11AA Red Team for winning a Pizza Party!**

MID-SEASON PLAYER SURVEY

Hey Players! Please help us out by answering a few quick questions to let us know how your season is going. You may want to have a parent help you or choose to complete your answers on your own. We love hearing from you! Please complete the survey (see link below) by February 9th.

[Player Survey](#)

REMAINDER OF REGULAR SEASON GAMES

We recognize that playing in a provincial league and traveling, particularly during the winter months, can be a lot to manage. However, we'd like to remind Members that being part of a team means committing to attend games (when possible; we understand illness and the occasional conflicting schedules), no matter where they are held. Travel is a part of the experience for all competitive teams from U11 to U18, across A, AA, and AAA levels. When players miss games, it affects the entire team and could even result in a forfeit, which might lead to a coach's suspension.

As per the HNS Female Regulations:

F2.16. Any team which fails to compete in any scheduled pre-season, regular season, or playoff game shall have the Head Coach suspended by Hockey Nova Scotia. The offending team will be responsible to cover the costs for ice and officials for any missed games.

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WINTER WEATHER POLICY

The time of year is upon us when weather and poor travelling conditions could impact games. You can review Hockey NS's Winter Weather Policy [here](#)

PLAYOFFS AND PROVINCIALS

The playoff schedules are starting to show up on the Female HNS page. Please keep in mind that every league has different playoff schedules and arrangements due to the number of teams in each league. To stay updated on dates you can find the schedule [here](#) **Not all schedules have been uploaded as of the release of this newsletter.*

Provincial Dates (Stay tuned for more details)

- U11A, U11AA, U13A, U13AA, U15A, U15AA and U18A: April 4 to 6 hosted by HNS in Sydney
- Day of Champions (U11C and U13C): March 22 and 23 at SMU
- U13AAA: March 20 to 23, hosted by Quad County
- U15AAA: March 28 to 30, hosted by Quad County
- U18AA: April 4 to 6, hosted by Metro West Force

GEAR SWAP GROUP

MWF is excited to announce that we have a MWF Gear Buy/Sell/Trade Facebook page now for MWF Members only. Be sure to look for it: [MWF Gear Buy, Sell and Trade](#)

UPCOMING EVENTS

- ★ Female Celebration Game hosted by the Greenfoot Caps: Friday, January 31 at GEC
- ★ MWF Association Night at SMU Female Hockey Game: February 15, 2025
- ★ U13A Red Participating in a relay race at the Mooseheads game on March 8, 2025
- ★ Seniors Celebrations:
 - U18A: February 22, 2025
 - U18AA: February 16, 2025

CONGRATULATIONS!

Congratulations to our Technical Director, Jordan Burke, Jordan was appointed as Assistant Coach to the HNS High Performance U18 Female Team – our NS team will be participating in the Atlantic in May 2025! Good Luck Jordan and Team NS!



Congratulations to all our MWF teams for their efforts at the Kraken Cup, The Blizzard and The Force Cup.

Congrats to U11AA Red for bringing home the Gold at the Kraken Cup

Congrats to U15A White for bringing home the Gold at the Blizzard Tournament.

Congrats to U13C Blue for bringing home the Gold at the Force Cup.

