

MWF News and Updates

August 2026



IMPORTANT DATES TO KEEP IN MIND

- August 11: MWF Summer Store Closes
- August 15: Registration for U11 to U18 (Rec and Competitive) closes
- August 20: Pre-Evaluation Conditioning Camp registration closes
- August 21: Coaching Applications are due
- August 24: Pre-Season Member Meeting
- Sept 1 to 12: Pre-Evaluation Conditioning Camps take places

REGISTRATION IS OPEN!!

Registration for the 2026/2027 season is now open! Under the Registration tab on our website you will find several useful documents; be sure to take time to review the documents to understand MWF's guidelines and policies.

[Registration Overview](#)

[Registration Fees](#)

[Competitive vs Rec FAQs](#)

A few key points:

- Registration closes August 15, 2026 for U11 to U18 competitive and recreational hockey.
- Registration for U7 and U9 closes September 20, 2026.
- Late registrants will be charged a \$75 late fee and may be placed on a wait list.
- If you have outstanding fees, you must pay these to register for the 2025/2026 season, and full payment will be required for the 2026/2027 season.
- A minimum of one-third of your registration fee is required at the time of registration.
- If registering for competitive hockey, non-refundable tryout fees are included in the registration fee.

PRE-EVALUATION CONDITIONING CAMP REGISTRATION IS OPEN!

Registration for MWF's Pre-Evaluation Conditioning Camp is now open for U11, U13, U15 and U18 players - head over to our website for more information [2026/2027 Pre-Evaluation Conditioning Camps](#)

**There will also be pre-season development sessions for U9, and for those U11 and U13 players registering directly to our recreational programming*

COACHING APPLICATIONS

As a reminder, all new and returning coaches (head/assistant) and on-ice helpers must submit their expression of interest by August 21, 2026. [Submit Coaching Applications Here](#)

MWF SUMMER STORE - CLOSING AUGUST 11

The MWF Merch Summer Store is now open and will close August 11, 2026 (end of day)

[Shop Here](#)

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WELCOME TO THE BOARD!

MWF is pleased to announce the appointment of Dave Gallina as our VP of Safe Sport.

I am extremely excited to be entrusted with the position of V.P Safe Sport for our Association.

Our family has been a part of the Metro West Force association for the past 7 years. My daughter is now entering her first year of U18 and has played competitive hockey throughout her tenure with Force. I myself have held many roles on her teams over the years including Head Coach, Assistant Coach, Team manager and most recently, ..overly excited parent in the stands.



My background is deeply rooted in competitive athletics having played hockey and lacrosse up to the Varsity level at prep school in Rhode Island. Professionally, I am a medically retired member of the Canadian Armed Forces following a rewarding career as a Combat Engineer specializing in Explosive Ordnance Disposal. This background has equipped me with the analytical skills to investigate issues thoroughly and the composure to effectively advocate for players, coaches, and parents.

Over the many years of competitive athletics, I have shared and been witness to the many stresses that players, coaches and parents must manage. I myself have worked closely with VP Safe Sport in the past as a parent advocating for player mental health. My goal for my time in this role is to promote mental health initiatives within the membership while facilitating a safe and competitive environment for all involved. My key themes will be Hard Work, Transparency and Understanding. It is through each of these that I believe that we can make this upcoming season one of the best years yet.

VOLUNTEERS NEEDED FOR THE 2026-27 SEASON

A successful season depends on the dedication of our volunteers, and we're currently looking to fill the following positions:

- U7 Coordinator
- U9 Coordinator
- U15 Coordinator
- U18 Coordinator

If you've ever considered volunteering, now is the perfect time to get involved! You don't need to be a hockey expert to make a difference. What matters most is a passion for growing the female game and a commitment to creating a positive experience for our players. Please visit our website for information about these roles and details on how to apply. [Looking For League Coordinators](#)

A sincere thank you to everyone who has already stepped forward to help. Your support is invaluable and helps make Metro West Force a great place for our athletes to develop and thrive.

PRE-SEASON MEMBER MEETING

MWF will be hosting a **Pre-Season Member Meeting on Monday, August 24th at 7:30pm**. This will be a virtual meeting and will provide an overview of the upcoming season including the evaluation process. 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](#)