

# MWF News and Updates

March 2026



## INTERNATIONAL WOMEN'S DAY - Celebrating the Women of MWF

This International Women's Day, we extend our heartfelt thanks to the incredible women who help shape MWF—on the ice, behind the bench, in the stands, and throughout our community. Your leadership, strength, and passion for the game keep our organization moving forward. Thank you for everything you do!



## YEAR END BANQUET

We're excited to be hosting our first ever MWF Year End Banquets for all our U9, U11, U13, U15 and U18 players. This is an evening to come together and celebrate all our players and recognize hard work, commitment, consistent effort, leadership and kindness on and off the ice.

**U9 - Saturday, April 11, 2026 - 6pm to 8pm**

**St. Mary's University**

**U11 to U18 - Wednesday, April 22, 2026 - 6:30pm to 8:30pm**

**Cedar Event Centre, 111 Clayton Park Drive**

\*We will be releasing more information for both events as we finalize details.

***We will be presenting awards for Coach of the Year (1 awarded per age group), Manager/Volunteer of the Year (1 awarded per age group) plus Junior Coach of the Year.***

**Coach of the Year and Manager/Volunteer of the Year** will be awarded based on Member nominations (players or guardians) for each age group (U9 to U18). If you believe your Coach or Manager/Volunteer is deserving of recognition based on the criteria below, we invite you to submit a nomination including a brief explanation of why they should receive the award. Please be sure to include the nominees name and team.

**All submissions must be emailed to [awards@metrowestforce.com](mailto:awards@metrowestforce.com) no later than 5:00 PM on April 1, 2026.** A selection committee will review all nominations and determine the final recipients to be awarded at the Year End Banquet!

**Junior Coach of the Year** will be awarded based on Coach and/or Member nominations. If you believe your Junior Coach is deserving of recognition based on the criteria below, we invite you to submit a nomination including a brief explanation of why they should receive the award. Please be sure to include the nominees name, the team they coach and your name. **Submission for Junior Coach of the Year must be submitted to Carla Alderson at [juniorcoaching@metrowestforce.com](mailto:juniorcoaching@metrowestforce.com)**



### Coach of the Year (1 per age group - U9, U11, U13, U15 and U18)

A nominee for the MWF Hockey Coach of the Year Award should demonstrate excellence in the following areas:

#### **1. Player Development and Coaching**

- Shows a strong commitment to helping female athletes grow in skill, confidence, and understanding of the game.
- Encourages all players—regardless of level—to reach their full potential.
- Demonstrates strong hockey IQ, effective practice planning, and game management.
- Encourages learning through positive reinforcement, constructive communication, and age-appropriate teaching strategies.
- Shows adaptability and professionalism throughout the season.

#### **2. Positive Team Culture**

- Builds an inclusive, supportive, and empowering environment for girls and women in hockey.
- Promotes teamwork, respect, and sportsmanship both on and off the ice.
- Acts as a role model, demonstrating integrity, fairness, and emotional leadership.
- Engages positively with parents, volunteers, officials, and the broader hockey community.

#### **3. Commitment to Female Hockey and Player Well-Being**

- Actively supports the growth of girls and women in the sport.
- Advocates for equal opportunities, safe environments, and development pathways for female athletes.
- Demonstrates dedication through consistent attendance, preparation, and support for players and families.
- Prioritizes physical and emotional safety at all times.
- Encourages confidence, resilience, and a healthy mindset.
- Handles conflicts, challenges, or injuries with responsibility and care.

#### **4. Sportsmanship & Integrity**

- Models honesty, respect, and fairness in every situation—win or lose.
- Treats all opponents, officials, and players with dignity and respect.
- Upholds the values of the organization and the game.

### Manager/Volunteer of the Year (1 per age group - U9, U11, U13, U15 and U18)

A nominee for this award should demonstrate excellence in the following areas:

#### **1. Exceptional Commitment**

- Consistently goes above and beyond their role to support the team and organization.
- Shows reliability, dedication, and a strong work ethic throughout the season.

#### **2. Team Support & Organization**

- Manages team logistics effectively, including schedules, communication, and coordination.
- Ensures players, coaches, and families always have the information and support they need.

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- Keeps the team running smoothly behind the scenes.
- Communicates clearly and respectfully with coaches, players, parents, and officials.
- Works collaboratively with others to solve problems and support team needs.

### 3. Promotion of Female Hockey and Volunteer Impact

- Actively supports the growth and visibility of girls'/women's hockey.
- Represents female hockey with pride and advocates for a positive, inclusive environment.
- Makes a meaningful and noticeable difference to the team, families, and organization.
- Shows leadership either through visible responsibilities or quiet, dependable effort.

### 4. Positive Attitude & Leadership

- Demonstrates kindness, patience, and professionalism in all interactions.
- Maintains a solutions-focused mindset and helps build a strong team culture.
- Acts as a role model for players, families, and volunteers.
- Conducts themselves with fairness, honesty, and respect at all times.
- Reflects the values of the association both on and off the ice.

## Junior Coach of the Year Award

The Junior Coach of the Year Award recognizes a participant in the Junior Coach and Leadership Program who exemplifies the values of the program by demonstrating outstanding leadership, commitment, and positive influence within the Metro West Force hockey community.

This award honours a junior coach who goes above and beyond in supporting younger athletes by creating a safe, fun, and encouraging environment while sharing their passion for the game. The recipient demonstrates strong communication skills, acts as a positive role model both on and off the ice, and shows a genuine commitment to helping younger players develop confidence, skills, and a love for sport.

The Junior Coach of the Year embodies the program's goal of empowering female athletes to become leaders in sport and their community while contributing to the long-term growth and retention of girls in hockey.

Coaches and/or Members are encouraged to nominate a junior coach who consistently demonstrates initiative, teamwork, leadership, and dedication to making a meaningful impact on younger players and their team environment.

Nominees should demonstrate:

- Leadership and initiative during practices or team activities
- Positive mentorship and encouragement of younger players
- Respectful communication with players, coaches, and parents
- Commitment to creating a safe, fun, and inclusive environment
- Passion for hockey and helping grow the girls' game