

# MWF News and Updates

## May 2026 - Candidates for Executive Positions



AGM

We're excited to announce our candidates for the available Executive Positions. We will be formally welcoming our new Board Members at the AGM being held on Wednesday, June 10, 2026 at the Greenfoot Energy Centre at 6:30pm. All MWF Members are encouraged to attend (in-person or virtually). As per MWF by-laws any open Executive Position with two eligible candidates must go to vote.

**AGM: Wednesday, June 10, 2026 6:30pm to 8:00pm**

**Greenfoot Energy Centre, Multi Purpose Room (a virtual option is available; meeting link will be sent to Members closer to the date)**

**We are seeking volunteers to fulfill the following important Board positions. At this time no candidates have stepped forward and these positions are critical to our Association's success. If you would like to hear more about these roles, please reach out to Angela Lewis by June 5th: [president@metrowestforce.com](mailto:president@metrowestforce.com).**

### **VP HOCKEY OPERATIONS**

The VP of Hockey Operations oversees all on-ice operations for MWFHA, ensuring our players, coaches, and teams have the resources they need to succeed. This role leads the Hockey Operations Committee, manages officials, ice scheduling, and equipment, and sets annual objectives aligned with the Association's strategic plan.

### **VP SAFE SPORT**

The VP of Safe Sport is essential to ensuring a safe, inclusive, respectful and positive environment for all girls participating in our programs. This individual is responsible for leading risk management, chairing the Safety & Risk Management Committee, and supporting policies related to health, safety, conduct, and complaint processes.

Please head to our [website](#) for more information on the above positions if you are interested in helping to shape the future of female hockey in our community—on and off the ice.

### **WE ARE ALSO LOOKING TO FILL THE FOLLOWING POSITIONS:**

**ICE SCHEDULER: A \$15,000 stipend is provided in recognition of the time and commitment required.**

The Ice Scheduler is a key role and works closely with the VP of Hockey Operations as part of the Hockey Operations Committee ensuring the smooth operation of all on-ice activities for the association. This position manages ice contracts, allocates ice time equitably across teams, and coordinates scheduling logistics throughout the season.

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**BOOK KEEPER:** A \$5,000 stipend is provided in recognition of the time and commitment required.

The Bookkeeper plays a vital role in supporting the financial operations of the Hockey Association. This position reports into the VP Finance to ensure accurate record-keeping, timely payments, and transparent reporting throughout the season.

*\*\*Please head to our [website](#) for more details on these positions and how to apply.*

## WE ARE PLEASED TO ANNOUNCE THE FOLLOWING NOMINEES FOR THE 2026/2027 MWFHA BOARD OF DIRECTORS:

### **PRESIDENT: CHRIS COTTON**

As a proud Nova Scotian, husband to a proud Nova Scotian, lifelong athlete, and girl dad, I am grateful for the opportunity to put my name forward for President of MWFHA.

My military career took our family around the world and kept us away from Nova Scotia for much of our lives. We decided to come home so our daughters could grow up surrounded by the people, communities, and experiences that make our province so special. For our family, one of those experiences has been hockey.



Since 2022, I have been a part of MWFHA as a parent, coach, manager at both the C and Competitive levels, and Board Director. Through those roles, I have seen firsthand what makes MWFHA special: it is athlete-centred, recreational, grass-roots and steeped in a genuine love of the game.

I also have come to fully ascribe to our mission to grow **strong leaders** through the delivery of inclusive, rewarding and unique experiences for **all** of our membership.

As a parent in a busy family, I understand the balancing act many of our members face. As a longtime player and fan, I appreciate the value of sport in building confidence, teamwork, and friendships. And as a girl dad, I care deeply about creating an environment where female athletes feel challenged, respected, and excited to come to the rink.

Next year, MWFHA will celebrate its 10th anniversary. We are no longer a new association and that milestone gives us an opportunity to reflect on how far we have come while also looking ahead. My goal as President will be to continue the outstanding work of those who have built our association over the past decade. In doing so, we will strengthen our foundation and help position MWFHA to offer Atlantic Canada's premier minor female hockey experience for years to come.

I am eager to hear your insights and ideas. MWFHA belongs to its members, and its future should be shaped by the people who care about it most. If you see me at the rink, please say hello. I welcome the conversation.

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### EXECUTIVE VICE PRESIDENT: KYLE SELIG



I am excited to step into the role of Executive Vice President and build on the strong foundation established by Metro West Force.

I have a deep passion for helping kids develop life skills through sport. My two daughters are members of the association, and seeing the confidence they have gained through hockey has been incredibly rewarding. The friendships they have formed and the coaching they have received inspired me to get involved as a coach for their teams over the past two years.

Growing up, I played hockey throughout my childhood and was also a competitive golfer. I previously helped teach and grow the game of golf through the junior program at Ken-Wo Golf Club.

Professionally, I work in the financial industry with RBC, where I have spent the past 17 years in various roles, including Financial Planner and, most recently, Mortgage Specialist for the past eight years.

I believe my finance experience, combined with my background in coaching and supporting young athletes, will be valuable assets as Metro West Force continues to move forward. I am eager to get started and look forward to meeting everyone across the organization



### VICE PRESIDENT, MEMBERSHIP EXPERIENCE: LLOYD CLARKE

I am incredibly excited to put my name forward for the role of Vice President of Membership Experience! My goal is to ensure that every MFW member; player, coach, parent, and volunteer feels valued, supported, and clearly connected to our association from the first day of registration to the final whistle of the season.

A great athletic environment is rooted in open communication, and making things easy for our busy families. As your VP of Membership Experience, I want to be a resource to help families smoothly navigate our association and, more importantly, to ensure your voices are heard. I am committed to setting up clear, friendly channels for feedback so players, families, coaches, and volunteers can share what's working and what isn't. By listening closely to your experiences, we can team up to tackle challenges, resolve any day-to-day concerns, and keep shaping a positive, fun environment on and off the ice. I want to ensure our association has robust, reliable feedback loops so that any systemic areas for improvement are brought directly to the board so we can fix them together.

Professionally, I bring over 15 years of experience leading cross-functional teams and managing complex stakeholder relationships. Throughout my career, including roles as a Chief Operating Officer, Head of Business Operations and currently serving as the Director of Metadata Management & Reference Data at RBC, I have specialized in strategic planning, stakeholder engagement, governance, and process improvement. While this may seem worlds apart from hockey, the core skills are exactly the same: listening to people, keeping things organized, and driving positive changes that make the overall experience better for everyone involved.

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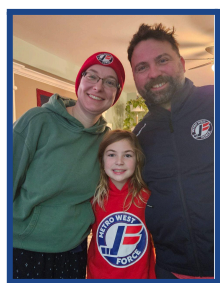
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Personally, as a resident of the Halifax area, I am incredibly passionate about community sports. I know firsthand how amazing hockey can be for young athletes when it is centered around inclusion, safety, and a great team spirit.

September is going to creep up on us quickly, and there is a lot of exciting work to do to get ready for the upcoming season! I am honored to be considered for this position and can't wait to hit the ground running to support our hockey community.

Thank you for your support, and I look forward to seeing you all around the rink very soon!



### **VICE PRESIDENT, RECREATIONAL HOCKEY: MARK RICHARDSON**

I have been coaching youth hockey for over 25 years starting as a teenager in Cape Breton. I have coached across multiple associations and multiple provinces. I have coached AAA hockey and rec hockey and everything in between. My first ever job was an instructor for a youth tennis program. I also coach football, soccer, and baseball. So it's safe to say youth sports is my passion. I absolutely loved my time in Minor hockey growing up and I want to help pay it forward and give everyone that same great experience.

2025-2026 was my daughter and I's first year with Metro West, and after 2 years of playing with boys my daughter absolutely loved the environment that Metro West provided. That said, our season had its fair share of challenges. I strongly believe there can be improvements made to the evaluation and balancing process within the recreational division at metro west. I have been involved in this process in other associations in the past and hope to bring that experience to metro west. My goal is to create evenly balanced teams and make it a great experience for everyone. I also hope to bring more attention overall from the association to the recreational divisions. They are the grass roots of hockey and are the key to growth of the sport. The recreational division needs the most support and my goal is to do everything I can to provide that. I am very much looking forward to the challenge.

### **VICE PRESIDENT, COACHING DEVELOPMENT: CHRIS LARADE (Incumbent)**

Chris re-ups for the VP – Coaching Development as the incumbent for the role, with hopes of continuing his work with MWF coaches, and strengthening the connections and consistencies amongst all age levels within the association. Chris' aim is to help support MWF coaches in their juggling of ever-growing tasks, as they guide their MWF female teams.

Chris' wife Sarah is a former varsity hockey player herself and has coached within the association the past three years. They live in Halifax with their kids Blake and Paige, who has been a MWF player since her first U11 season. Chris has enjoyed fifteen years as head coach of the women's hockey program at Saint Marys University, having accumulated an overall conference record of 212-113-32 over his time. He has led the Huskies to their last three AUS championships in 2016, 2017 and 2018 with those teams having strong showings at the U SPORTS national championship tournament, highlighted by the program's first ever medal, a bronze in 2016. The Huskies have consistently been a dominant force, as evident in their appearance in the national rankings every season from 2014 to 2025, climbing as high as #1 in the USports polls during the 2019-2020 and 2021-2022 seasons. Larade is a four-time AUS and two-time U SPORTS Coach of the Year award recipient.

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As a High Performance 1 level coach, Chris has also been involved with HNS' HPP and Canada Games Programs and served as head coach of Team Atlantic's entry at the 2017 U18 National Championships. His past club experiences include three years as head coach of the Metro Boston Pizza Female program of the MMGHL his team captured the first ever three U18AAA provincial and league titles, two Atlantic silver medals.

### **VICE PRESIDENT, MEMBERSHIP GROWTH: KERI IRWIN (Incumbent)**

Over the past four years, I've been actively involved with Metro West Force as a team manager and, for the past two seasons, as a board member. I'm passionate about continuing to support the growth of female hockey in our community.



Professionally, I work in marketing, communications, and digital strategy. I hold two degrees from Dalhousie University (BA/BCom) and a master's degree in Public Relations from Mount Saint Vincent University. As Senior Director of Marketing & Digital at Dalhousie University, I oversee recruitment marketing, brand, and digital marketing, and have extensive experience in brand development, sponsorship, communications, and community engagement. I've also served on volunteer boards in various capacities, including president, membership chair, fundraising lead, and PR chair, with the Junior League of Halifax.

Since joining the MWF board, I've supported several initiatives focused on player growth, accessibility, and community awareness. I've helped lead successful Come Try Hockey programs that introduced new players to the sport, including a partnership with Metro East Inferno to support growth across both associations. I've also volunteered at community events such as Spring Flings to promote female hockey and helped organize the Force Cup Tournament.

In addition, I've overseen administration of the Force Fund player assistance program and supported association sponsorship, marketing, and communications initiatives. I also helped lead the rollout of new association uniforms and branding, while supporting the stewardship and growth of association-level sponsorship partnerships. Looking ahead, I'd like to continue working collaboratively across associations to help grow female hockey and support initiatives with Hockey Nova Scotia and the MWF board focused on diversity, inclusion, accessibility, and continued growth within our organization.

I'm a strong believer in the importance of sport in building confidence, leadership, and community for girls and young women, and I'm grateful for the opportunity to continue giving back to the association.

### **VICE PRESIDENT, HOCKEY FOR LIFE: KRISTA STEWART (Incumbent)**

Growing up in Cape Breton, sports were a huge part of my life. Playing multiple sports gave me a strong sense of teamwork, dedication and community. Having two kids in hockey and balancing a full time career as a stylist and participating as a Board member for the past two years, I have a passion for supporting youth in sports and understand creating positive relationships on and off the ice. I have built meaningful connections within the hockey community and would love to continue to make more.