



2023-24 ANNUAL REPORT

**BEDFORD & DISTRICT MINOR
HOCKEY ASSOCIATION**

Contents

President's Message.....	2
VP Operations.....	6
VP Finance.....	8
VP Competitive.....	9
VP Recreation.....	14
VP U9/U7.....	16
VP Development.....	17

President's Message

With the completion of the 2023-2024 hockey season, I am very proud to have completed my final year as President of Bedford and District Minor Hockey Association ("BDMHA"). It has been an incredible eight years of serving on the Board in various positions and I feel very proud and privileged to be part of such an incredible organization. Over the eight years I have tried to focus on making BDMHA the best organization possible. Over the years we have tried new things and have been open to any and all ideas to strengthen our organization.

I would like to personally thank all the coaches, the players, our Board, and our entire membership for their tremendous support over the past eight years. I attribute our successes to the entire BDMHA team (including coaches, development team, managers, safety coordinators, board, parents, etc.) and our strategy.

For me, one of the most memorable moments of the past 3 years came from BDMHA hosting the Irish Saints today, a U15 hockey team that travelled from Ireland to participate in the local SEDMHA hockey tournament. BDMHA billeted the players from the Saints, which I am sure has led to some new life-long friendships from across the pond. A very special and heartfelt thank-you goes out to all of our billet families, and an extra special thank-you to Fran Humphreys and Andrea Hudgin for helping organize and make this opportunity so very special.

From the time these players arrived until the time they left, these players were welcomed into the hockey community, and even though they didn't find success on the ice, they found success in every other aspect that makes hockey such a great game. Everyone who had the pleasure to come in contact with this team will have a memory that will last a lifetime.



Overall the goal for BDMHA remains to be a model hockey organization, to execute our organizational strategy, and to ensure all players have an exceptional hockey experience. As an organization I hope you will continue to be proactive, collaborative, and open to all ideas that improve and strengthen BDMHA.

Registration and Teams

BDMHA is the largest minor hockey association in Nova Scotia. This year our final player registration was 1,044. We had 21 recreation teams, 20 competitive teams, 15 U7/U9 teams, and two groups with our Jump Into Hockey program.

BDMHA Awards

Every year BDMHA recognizes individuals who go above and beyond for their teams and the association.

I want to take this opportunity to share our BDMHA award winners for the 2023-2024 hockey season.

BDMHA 2023-2024 Award Recipients	
Volunteer of the year	Andrea Hudgin
Eileen Mader	Tyler Rowe
U7 Coach	Jeff Walsh
U9 Coach	Matt Yetman
Competitive Coach	Maurice Doucet
Competitive Manager	Krista White
Competitive Team Supporter	Nick Finney
Recreational Coach	Ian Alyes
Recreational Manager	Dan Cunningham
Recreational Team Supporter	Amber Lawson
Most Improved Referee	Lauren MacVicar
Most Promising Referee	Brandon O'Reilly
Most Deserving Referee	Brendan McQuaid

BDMHA Tournaments

This hockey season saw the return of tournaments. BDMHA was able to host three extremely successful BDMHA. These tournaments were administered using our newly launched tournament site at <https://bdmhatournaments.grayjayleagues.com/>



Jordan Boyd Memorial Tournament

The Jordan Boyd Tournament was hosted in October for all the U13-AAA Provincial teams, the tournament marked the beginning of the U13-AAA season and again was a huge success. This year we also added U13-AA, U11-AA and U11-A teams.

Noah Llewellyn Memorial Tournament

The Noah Llewellyn Tournament was hosted at the HRM 4-Pad over the Christmas holidays. The tournament ran between the 28th and the 30th of December with games beginning in the morning on the 28th. Nearly 70 teams took part in this tournament across the following levels: U11-C, U11-B, U13-C, U13-B, U15-C, U15-B, and U18-C. B-level teams were introduced for the first time which contributed to the increased size in the tournament. A special thanks goes to the tournament organization committee, led by Nancy Oldford.

Joanne Lenihan Jamboree

The annual Joanne Lenihan Memorial U7 & U9 Jamboree was held in February 2024. Joanne Lenihan, who passed away in 2021, spent many years, and in many different roles, supporting BDMHA as a volunteer, this Jamboree is named after her and in 2024 the tournament was host to over 80 U7/U9 teams. Sadly, the tournament could not run one day due to extreme weather, but the feedback received from those that did attend for 2 of the 3 days was enormously positive. A special thanks goes out to the tournament organization committee, led by Megan Douglas.

Constitution Committee

As part of our overall goals of continuous improvement the Executive formed a new Constitutional Committee for the 2023/2024 with the mandate of performing a governance review, and devising a strategy that would allow the organization to adopt change to its Constitution.

After a thorough review and examination of the current constitution, past attempts to ratify the constitution the Committee made the following recommendations:

Fix the governing documents to update and restate the filed MOA to align with the Societies Act requirements, use the 2020 Constitution as the foundational document for the Bylaws and amend it to remove provisions that are or should be in the MOA, policies, or other governance documents. Create initial policies from the provisions carved out of the 2020 Constitution that should be policies and refer to sub-committee for review.

STEP 1 - Special Resolution to update the MOA as filed with the Registrar (1973 version) by amending and restating it to delete archaic language and incorporate provisions from articles in the 2020 version of the Constitution that are properly part of the MOA.

STEP 2 - Special Resolution to delete the “MOA Articles” from the 2020 Constitution as they will be moved into their appropriate location (MOA) in step 1 and are now redundant in the bylaws. Also, the bylaws are subordinate to MOA so any conflict would be void.

STEP 3 - Special Resolution to remove the “policy” Articles from the 2020 Constitution and create them as separate Association policies apart from the Bylaw (Constitution). This can be done as one big resolution or as a separate resolution for each depending on anticipated success.

STEP 4 - Special Resolution to delete Article VIII containing the job descriptions for various positions in existence (and some not) from the Bylaws. Move them to governance documents if desired to keep in some form (See draft as Appendix D).

STEP 5 - Special Resolution to amend and restate the remaining Articles of the 2020 Constitution as the Bylaws (Constitution), without making any substantive changes (only technical changes), as the foundational Bylaws.

STEP 6 - Special Resolution to amend Articles III and IV from the restated Bylaws to present qualifications, voting status and terms for positions similar to the Table used by other associations.

STEP 7 - Pending input/member consultation - Special Resolution to amend the tenure and staggering of Executive positions per governance recommendations

STEP 8 - Pending input/member consultation - Special Resolution to address policy committee, development and governance

STEP 9 - Pending input/member consultation – Special Resolution to amend housekeeping items to remove the “over-reach” from various remaining articles. (e.g., Crest and Colour re: sole supplier).

I would like to extend my thanks to this committee and acknowledge the great work completed. A very special thank-you goes out to Keirsten Amos and Mike Hurley for all their research and effort. As a result of this work, we will be voting on proposed amendments to our constitution at the 2024 AGM.

In Closing

To the membership, I hope your player’s experience is all they can make out of it, I always said my stated goal for success at BDMHA, was a) the players learn to work together, b) they have fun c) they came out of it with a sport they can enjoy for life – anything above that, was a bonus.

To our players who will not be returning to BDMHA next season, I wish you the best in your future endeavors.

I also want to take this moment to once again thank everyone in the association. Thank you to our volunteers, coaches, managers, timekeepers, board members, and everyone in between. Our success is a direct reflection of all of you and the countless hours committed to this organization and to the game of hockey. And of course, not to be forgotten, thank you to all the parents for supporting your children, your team, and BDMHA!

If anyone has any comments, questions or ideas please direct your comments to me at j.foster@bedfordblues.com.

Jason Foster

BDMHA President

VP Operations

The VP of Operations is responsible for supporting the overall operations of BDMHA and with this being my first year in this role it provided me with some unique perspectives of what a hockey season looks like. It also brings some challenges with 1044 players on 58 teams (U7: 6, U9: 9, U11: 10, U13: 11, U15: 9, U18: 10, U23: 1, Jump Into Hockey: 2, one at U9 and one at U11/U13.

Coach Selection and Certification:

I oversaw the committee for selecting our AAA and AA coaches. The committee consisted of HDP, Andre Lefebvre, VP of Finance, Craig Lynk and VP of Competitive, Brian Furdas. The committee interviewed several candidates at the 11U, 13U and 15U levels. This not only allowed the committee to get to know the potential coaches but it also provided BDMHA an opportunity to look at how we could continue to improve this process as we had gotten away from it a bit over the years.

Certification is a tremendous amount of work not only by the coaches to obtain it as HNS often brings in new requirements every few years. I wish to express my sincere thanks to Tanya Wilson, Certifications Coordinator and Flo Eaton, Safety Officer for their tireless efforts in seeing this process through. These two individuals work with coaches, managers and safety reps to ensure that each team and their coaches meet all the necessary requirements. The system it is administered in is not the most user friendly so it does mean a lot of hours spent between when staff are put in place and the deadline that is imposed by HNS.

Ice Availability and Quality

I think one of the most contentious issues faced this year and perhaps every year is available ice to run our programs. We are at a point where BDMHA really can not grow much in terms of number of registrations because ice availability is very limited. Some members of BDMHA attempted to work with HRM on this issue. It continues to be a struggle to say the least. We certainly recognize the issue as well as some of the quality of the ice and infrastructure inside the 4-Pad. There were many hours spent trying to improve this and I am sure this will need to continue moving forward.

Hockey Development Professional (HDP):

I want to begin by thanking Andre Lefebvre for his efforts this year. As noted in the previous paragraph, ice availability is an issue and this saw us not have enough time to run our Core Skills properly. It is something the next Executive must really look at getting back in place. For years, Core Skills was a "staple" of BDMHA and one of the things that other associations modeled from us. Andre continues to put his knowledge and skills around the development of our players and coaches. This year saw Andre doing several video sessions with teams. I see this as an area which is still untapped in many ways in this association and one that I believe we need to promote even more moving forward. .

BDMHA Administrator/Ice Coordinator

Over the years, Matt Oxford has been the consistent face in BDMHA. I believe all of us rely on Matt for more than just registration, scheduling of games and practices. Matt is instrumental in the overall

administration of BDMHA and often the “go to” for many questions involving CMHL and/or MMHL. Matt also did a lot of the support for the 3 major events that we held this year, Jordan Boyd, Noah Llewellyn and Joanne Lenihan). Matt works closely with HNS and the other minor hockey associations. Thanks again for your dedication to BDMHA, Matt!

Equipment

IIG/Nova Trophy continues to be the preferred supplier for BDMHA. I want to acknowledge Ryan Lapointe for his efforts on the jersey and equipment front. This is a large organization and requires a lot of coordination not only to get jerseys and equipment out for the season but now to get it all returned.

Referee In Chief

Chris Nyers has a tough job. BDMHA is the largest association and therefore, has the most games to schedule officials for. Add to this the 3 major events that we held and each and every week there is work to be done. I note only want to thank Chris but I want to thank all the officials who worked games for BDMHA. I want to “call out” many of the young officials who are just getting started or are early in their careers. I continue to be amazed at the improvements I have seen. Thanks Chris for your efforts.

Constitutional Review:

As I write this at the end of May, I hold out hope that at the AGM this year we will reach a milestone in this process. This is something that was recognized since I arrived 3 years ago and though attempts over the past few years were made we unfortunately never got this to a point where we got over the finish line. Kiersten Amos and Mike Hurley were selected as co-chairs and I offered Executive support for the review. They both worked hard to not only get us to this point but I am extremely proud that BDMHA provided the opportunity for the membership to have a say. There were two on-line sessions where members were provided an opportunity to discuss the work of Kiersten and Mike but also make recommendations. The entire board had a few opportunities as well for input. If we are successful in getting this over the finish line then this will provide a better opportunity for not only BDMHA to operate on a day to day basis but also provide members with a more transparent opportunity for involvement in the future.

It goes without saying that any season needs a lot of volunteers and people to go that extra mile. I want to thank the coaches, managers, treasurers, safety officers and any other support staff that were involved with the teams. I want to thank the families because truly you are the ones who put in the hours getting your child to the rinks, paying for hotels and giving up so much time. As they say it takes an army. I want to thank the board for their effort in putting together a program for all the youth in the communities that make up BDMHA.

ENJOY YOUR SUMMER!

Ken Lenihan

VP Operations

VP Finance

For the 2023-2024 season our actual player registration was 1,044 players (2022-2023 registration was 1,050). We are forecasting 1,049 player registrations for the 2024-2025 season. Registration revenues across all programs and tryouts were approximately \$1,130,000 net of family discounts of \$10,000. This was also down versus budget of \$1,214,400 since programs such as the Spring and Summer Training Programs were partially scaled back and there was a high number of players that moved to other associations to play at higher levels.

This season, the Board resumed some non-essential expenditures such as the annual jersey refresh and core skills contractor costs to name a few. We also purchased goalie equipment for the U7/U9 group to encourage more players to take up that position and entered into a contract with FinnGoalie to provide our goalie training programming.

Our largest expense is ice rental costs typically representing 50-60% of registration costs per player/program registrant. Ice costs were approximately \$704,000 across all programs for the 2023-2024 season. While we had a slightly lower number of teams than originally budgeted, additional ice was procured for development programs and certain tournaments. Ice rental rates have increased last season with an additional increase communicated for next.

We have also seen a significant increase in insurance costs for both the 2023-2024 season as well as for next season. Current insurance costs for the association stand at \$110,000. We will be taking steps to limit this expense including a reduction in the number of coaches at certain levels.

It is expected that the final 2023-2024 fiscal year end results will have a loss of approximately \$2,500. The loss was driven by lower revenue as a result of lower registration numbers and escalation in contractor, insurance and ice rental.

In terms of longer term liabilities, as disclosed in last few years' reports, the Board also took advantage of several government incentive programs during the pandemic such as the payroll wage subsidy and the CEBA loan program which allowed us to continue without any negative employee implications. We repaid the CEBA loan in full as required by the end of 2023.

2023-2023 also marked the fifth year for the 50-50 draws with Metro Force West which were successful with sales totalling \$87,000 over 5 draws. BD&MHA does not receive any amount directly from 50-50 and only serves in an administrative capacity for the benefit of its membership. Due to the popularity of the program, it will likely return in the 2024-2025 season.

Overall, the current financial and cash position of BD&MHA remains in good shape.

Craig Lynk

VP Finance

VP Competitive

Firstly, I would like to thank the staff and the many volunteers that are not only critical to organizing our evaluation process but who are involved with our various teams and play vital roles in our season overall.

Evaluations:

- We had 490 +/- players trying out for 20 teams
- I would like to specifically thank the Evaluation Committee for all their work and guidance throughout the process and to our Divisional Coordinators who play a major role in keeping the various sessions running on time, having players in their correct jersey number/colour and thus accurately “checked in.”
- Thank you to Matt Oxford, Andre Lefebvre and Chris Nyers (RIC) on their efforts.
- Our evaluations this year ran from roughly September 15th (U13AAA) to October 6th. Each year HNS publishes their “Season Structure” which dictates when evaluations for each division may commence. For the 2023-2024 season, U13AAA, U15AA and U18AA were allowed to start September 15th with the balance of the divisions on September 22nd. This season was complicated at the U15 level by a delay in U15 Major tryouts due to Nova Scotia hosting Atlantics and having their season start much later. Hopefully HNS can coordinate these dates a bit better going forward.
- Prior to COVID, BDMHA ran a “Spring Evaluation” with the goal of a) offering a “pre-sort” and b) to condense the time required for fall evaluations given our membership numbers. Per HNS regulation 2.43, we are no longer allowed to run a “Spring Evaluation.” Spring evaluations were always contentious but did allow for more manageable numbers in the fall and more expedited process. We are no longer able to host spring evaluations therefore we will look at other ways to streamline the fall process which can be stressful to players and families with its duration and uncertainty.
- We are looking to strike a balance while also giving people value for their money and a fair number of sessions.
- Each year we have issues with U13AAA and U15AA players trying out elsewhere while our own U13AA and U15AA processes are underway. There are always a variety of opinions around how these play out and we look to minimize the various impacts to all parties as much as possible but some elements are unavoidable.
- U18 was also a struggle this year as the AA league was on again, off again right up until the last minute and we were also very low on forwards and evaluation attendance was problematic in general.

Team Mix:

- This season we iced 20 teams including 6 at U11, 7 at U13, 5 at U15 and 2 at U18. This compares to 22 for the 2022-2023 season.
- The most notable changes from last season were U13A (1 team), U15AA (1 team) and U18A (1 team).
 - U13A has always been an area of issue and we try to balance pushing kids development versus being way outside of a comfort zone. This level has seen a variety of team mix and ice success over the last 4-6 years and it is always a challenge to evaluate what is best. As a result of this decision, we decided to go with three teams at U13B and there was some precedent for this in prior seasons also.
 - U15AA struggled significantly in the 2022-2023 season with a record well below 0.500. The adjustment to contact hockey can be a challenge and we decided to go with one team at U15AA and then two and two at U15A and U15B respectively.
 - U18 saw very low numbers try out specifically at the Forward position. We had ample Goaltenders and Defence but were very light up front and even asked some players if they wanted to convert from Defence to Forward to be able to even ice one U18A team. Unfortunately, we had A LOT of quality goaltenders reassigned to the recreational level that could easily play competitive.
- Contrary to the abundance of goaltenders at U18, we have a deficit at other levels. Though not necessarily the driving force behind team mix decisions, this is a factor in the conversation from time-to-time.

Call Ups:

- Early in the season (balance of October) we used the results from evaluations as the basis for call ups. As of November 1, we reverted to the process used last season that is outlined in the constitution.
- It has been a heavy year on call-ups which mirrors last season.
- Some of our coaches will call up as much as possible and some hardly call up at all. There is a balance there that needs to be achieved.
- Cooperation amongst the various teams has been excellent for the most part but some, unfortunately, lost sight of what the spirit of the call-up is and that is opportunity and development.
- The process this season and last differs slightly from prior seasons and we will meet, discuss and solicit feedback from coordinators, coaches and managers to see what worked well, what didn't and what should be improved going forward.

Ice/Scheduling/Facility:

- Unfortunately, we are dealing with repeat issues as it relates to our ice allocation sufficient to host our various programs and development sessions. It seems to be showing up in our results and standings and needs to be addressed going into next season.
- A key priority from a competitive standpoint is quantity and quality of practice time including core skills and this is something that will require focus and creativity going forward as ice allocations continue to present issues.
- We have a variety of teams with unsatisfactory practice times and many challenges finding additional ice times for practice.
- Our relationship with HRM and Nustadia needs to be a primary focus going into the off season to ensure we have a reasonable conversation around fair ice allocations.
- Our facility is tired and needs some TLC. Ice conditions have deteriorated and need to be addressed asap.

Mistakes/Issues/etc:

- Evaluations involve countless hours in the lead up to organize the various ice times such that they are coherent and divisions line up in sequence but have days off and that lists are posted in a reasonable time frame. Jersey organization and software data input are also major factors in the lead up and throughout. The coordination also includes bench staff, time keepers, referees, technology and anything unforeseen that arises.
- During the process the on-ice sessions typically run 5-6 hours per weekday night and upwards of 10-12 per day on the weekends over a 3 week period. Each session requires hours of data entry in advance to ensure the software is set up and players are checked in appropriately. Layer in ensuring there is proper staff at each session and there is an immense amount of planning that goes into this BEFORE we even get a chance to be critiqued on the results.
- All this is said not to make excuses but to give some sense of the volume of the workload involved. We WILL look at feedback and look to make improvements but there is a base-line logistical mountain to deal with regardless of other elements.
- As a result of this, some lists are posted later than we like but the original schedule was maintained throughout. Toward the end of the process we have some obligations to our various sister associations to reciprocate and send teams over so that they can complete their process also.
- At the end of all of these evaluation sessions, we then finalize coach placements, draft all the teams and get their initial schedules out so that they get underway.
- This is ALL outlined simply to illustrate the hours and burn out that can occur. We had a clerical error at U13 with 2-4 names copied and pasted in the wrong group and we contacted each family asap to resolve that. We also incorrectly posted an extra player to U11A and, as a result, both U11A teams have 16 skaters. Finally, we had an omission of a player at U18AA and had to work through that. None of these are ideal and we apologize to those impacted and the

uncertainty it caused. We hope to attract more volunteers going forward to assist with the overall process and try to prevent human error from occurring. If you would like to be part of the solution, please reach out.

Tournaments:

- I would like to thank all of those involved in the Jordan Boyd and Noah Llewellyn tournaments. A big thanks to the organizing committees and various volunteers. Each year the parents, players and other family members of our U13AAA team take on a major role in the organization of the JB Tournament. Your efforts are greatly appreciated.
- It was great to have the JB tournament back to include U11AA, U11A, U13AA along with U13AAA.
- Big thank you to Nancy Oldford for organizing the NL Tournament and for including the B teams this season.

Shooter Tutors:

- See photos below
- Fabricated by McLean Welding roughly based off of measurements and photos taken while at an away tournament
- 2 sets of shooter tutors ordered and will be hung from brackets in the rink (pending permission)
- Augment practices for teams with one goaltender and utilize in other drill/skill settings or while goaltender warm ups or special training are occurring
- Currently off-site at Rainbow Net & Rigging in Dartmouth for mesh installation. A huge thank you to Rainbow for offering to provide and install the netting via donation at no cost to BDMHA
- Thank you to Ken Lenihan and Krista Sheehan for providing the contact information for Rainbow and McLean.



Volunteers:

- I would like to specifically thank Krista Sheehan, Krista White, Anthony Dopp and Tim Garriock for taking on the roles of divisional coordinators this past season. You were always willing to help whenever asked and it's appreciated immensely. Without dedicated volunteers like yourselves, we would be in a real bad spot organizationally.
- I would also like to thank Ryan Lapointe for being our equipment manager and Tanya Wilson for completing our certifications. These are not glamorous roles within the board but they are vital to the success of the season and getting things off on the right track.
- There are many other great volunteers and your efforts are appreciated also.
- For those on the Executive Committee moving on, thank you for your time and for your dedication to BDMHA.
- Finally, to the coaches, managers and other team staff: Without you, there is no season. I know that the season can be long with many ups and downs and perhaps too many issues at times to deal with but your dedication is truly appreciated. Quite often the Head Coach and Manager are the face of the organization for many players and parents on their team and this is not lost on me. Thank you!

Brian Furdas

VP Competitive

VP Recreation

The 2023-2024 season saw 21 teams at the recreational level at Bedford and District Minor Hockey Association:

- U11 – 4 teams
- U13 – 4 teams
- U15 – 4 teams
- U18 – 8 teams
- U23 – 1 team

Similar to previous seasons, we started the year with a formalized process for team balancing in each division. Players were invited for on-ice sessions in October that consisted of skills sessions and games where evaluators (coaches/volunteers/hired evaluators) rated the players on skills and hockey ability. Head coaches were then invited to a team draft where teams were created. There were multiple requests from players to be placed on a team with friends. BDMHA tried to accommodate requests as possible, however balancing the teams was our top priority to provide a competitive season for all players.

The Metro Minor Hockey League kicked off their season in November and regular season play continued until December. In January, teams were tiered within Gold, Silver and Bronze to continue play. Playoff rounds commenced in January continuing through to March.

Given limited ice allocations, BDMHA adjusted practice schedules for teams, incorporating half ice practices, with full ice practices, to increase the frequency of practices during the month. For player development, Andre Lefebvre offered to attend practices and deliver video review sessions to teams. There were challenges with this schedule, however something that can be built upon for future seasons to focus on player development.

Roster size and assignments also created some challenges for teams throughout the year. At the U15 level, rosters of 13 players, 1 goalie were created which caused challenges later in the year when players were injured or ill and as a result, teams played with reduced numbers. At the U13 level there was an insufficient number of goalies for all teams, and therefore, one U13C team did not have an assigned goalie. The players and parents were very accommodating for rotational goalies, however this did create many challenges with scheduling. In future seasons, each team should be fielded with an assigned goalie.

BDMHA hosted the annual Noah Llewellyn Memorial tournament from December 28-30, 2023. This year we extended the tournament to B level teams at the U11, U13 and U15 divisions, in addition to the regular offering of C level at the U11, U13, U15 and U18 divisions. A total of 69 teams, from across Nova Scotia participated (26 B level teams and 43 C level teams) which was a great success for our association.

The recreational season concluded in March with the Metro Minor Hockey League Championship on March 29, 2024. 8 teams from BDMHA participated in the championship finals. Congratulations to the following teams who won championship banners in their respective divisions.

- U11C Silver - Bedford Bolts
- U18C Bronze - Bedford Canadians
- U18C Gold - Bedford Coyotes

Our season would not have been possible without the support and countless hours offered by our coaches, team managers and volunteers. Several of these positions were filled by our regular coaching and managing volunteers and I would like to thank you for continuing to support our recreational hockey teams at BDMHA.

I would also like to thank the divisional coordinators who were instrumental in our season. They maintained communication with teams and assisted with smooth operation of our hockey program.

- U11 – Krista Sheehan
- U13 – Krista White
- U15 – Anthony Dopp
- U18 – Tim Garriock

In addition, thank you to all the parents and players for a successful year of recreational hockey at BDMHA!

Nancy Oldford

VP Recreation

VP U9/U7

The 2023-24 U7 and U9 programs had another very successful season this year. We had close to 400 players registered at Bedford & District Minor Hockey Association (BDMHA) between both levels. Below is a summary and overview of our programs this year as well as our jamboree.

U9 Program Report – Year End 2023-24

In 2023-24, there were 178 players registered for U9 hockey, which was on par with our previous hockey season. This led to us to 10 teams in total - three (3) Advancing teams, five (5) Intermediate teams and one (1) Developmental team. This year we also had one (1) jumpstart to hockey team at U9 for kids new to hockey to allow them dedicated time to learning to skate.

As in previous years, the number and distribution of teams was based upon the number of registered players and the results of the player evaluation process. In accordance with Hockey Canada, we held 3 pre-Evaluation skates this year to give all players a chance to get on the ice prior to the U9 Evaluations. We also used a timing session to help with the initial sorting of players for the first day of Evaluations, which was quite well received.

We had significant challenges in finding volunteers for Head Coaches and Assistant Coaches, particularly for our Intermediate and Developmental teams. All of our U9 teams faced challenges with getting coaches out to the weekday practices due to timing but we were able to lean on our HDP and his team during these shortages.

U9 teams were provided with 3 practices per week in a shared ice format to focus on skating and puck skills until the end of November. All U9 teams began their half-ice games on December 1st, and their full-ice games commenced February 15th.

The season would not have been possible without the cooperation and volunteer work of the coaches, managers, safety representatives and parents. Our head coaches and team managers all deserve special recognition for making our season great. Thank you for your tireless work - it would not have been possible without you!

U7 Program Report – Year End 2023-24

Our U7 program has wrapped up another successful season at BDMHA with 174 players registered. This was down significantly from our previous hockey season and the bulk of this decrease was seen in our U7-3 program.

Our U7-1 program is geared towards four-year-olds (born in 2019) and had 38 players this year. We had 64 players registered in U7-2 with 2 teams for five-year-old players (born in 2018), and with approximately 78 players registered in U7-3, we had 3 teams for six-year-old players (born in 2017).

Unfortunately this year our skating component was unable to run for the U7 and U9 age groups due to lack of volunteers and ice time. BDMHA provided the U7 and U9 teams each with goaltender gear to use for the season. Players rotated the equipment each practice so players had a chance to try it out prior to making an investment in equipment of their own. BDMHA would like to continue to support the development of goaltenders starting at an early age.

Our U7 and U9 teams were able to participate in jamborees and for the U73 teams, the Moosehead Intermission games. We were able to have 50 of our U7-3 players participate in a Mooseheads intermission game this year! A great experience for the kids! Coaches and Managers did a great job providing a fun hockey experience for our youngest players. We would like to recognize and thank our Head Coaches for taking the lead on their teams and the incredible amounts of work they did for our youngest players. Furthermore, thank you to all the team Managers and Assistant Coaches for their wonderful commitment to the program.

Joanne Lenihan Jamboree - 2023-24

Our Joanne Lenihan Jamboree ran from February 2-4, 2024. 85 teams registered at the U9 level and U7 level from across Nova Scotia and played in our Jamboree which was deemed a success by volunteers and participants.

Unfortunately some of our U7 and U9 teams missed the opportunity to participate due to a flood in registrations. Next year, we will hold spots for all U7 and U9 teams until a certain date for first right of refusal. Weather was also not our friend this year, and we had to make the difficult call to cancel the final day of the tournament. Teams across NS were understanding and their support is sincerely appreciated.

Thank you to all our volunteers who came out to support the jamboree including some of our own BDMHA U11, U13, and U15 players.

Thank you to all the parents, coaches, managers and all the volunteers who make Bedford and District Minor Hockey Association the successful association it is. And lastly, I would like to take this opportunity to personally thank Kiersten Amos (U9 Coordinator) for her continued dedication and commitment to U9 and BDMHA as a whole this year. We would not have made it through if not for you!!

Megan Douglas

VP U7 / U9

VP Development

The 2023-24 season was one of continued progression toward offering the coaches and players opportunities. Considerable emphasis was placed on spending time watching the teams play and compete in games, as it provided us a live view into the development needs at each level. That information was then used to help deliver team training via core skills, in team practices and help establish the base for our Spring Development programs.

We offered the following development programs this year 2023/24:

- Hockey Nova Scotia Level 1 Goaltending hosted by BDMHA
- Try goalie initiative for our U7, U9 and U11 aged players. This was met with great success and was very well attended.
- BDMHA Coach the Coach sessions, including some early season Hot Stove sessions.
- BDMHA Mental Health awareness seminar with Ben Meisner.
- BDMHA Core skills (modified from previous years due to ice allocation challenges)
- BDMHA Goalie skills

This year we continued to offer our coaches access to the online coaching tool, CoachThem. This has proven to be a great resource for our coaches to share drills and collaborate with the team's coaching staff.

For spring 2024, we, BDMHA, did the following programs for our players;

- Three (3) on Three (3) U7, U9, U11, U13 & U15
- U9 Power Skating
- U11 Power Skating
- U13 Power Skating
- U9/U11 Forward Skills
- U13/U15 Forward Skills
- U19/U11 Defence Skills
- U13/U15 Defence Skills
- U13/U15 Checking Skills
- HNS Certification - Checking Clinic
- Goalie Development U9 – U18

For the 2024/25 season, we should look to continue with all the above development programs with some modifications to each age groups drills, as necessary.

This season, we officially hired a Goalie Development Professional (GDP), Jack Hartigan. The role of GDP this year was to run our try deliver the following:

- deliver our 'Try Goalie' sessions.
- provide our weekly goalie training
- provide consultation and feedback to teams who sought it out.
- provide video review of game play to teams who sought it out.

- provide planning and development programs for teams who sought it out.
- provide report cards at the end of the season for all goalies who regularly attended the weekly goalie training.
- assist with leading feedback and information on goaltender retention.

These, amongst a number of other areas where the GDP assisted the association.

This year we also tried to restore the Bedford Goalie Club. Each goaltender who regularly attended the weekly goalie training was given a Bedford Goalie Club t-shirt. This was to help make the goalie feel as though they were part of an exclusive and inclusive club. The planned expansion of this program for the 24-25 season is to establish a mentoring program where our older goalies would be 'buddies' to our younger goalies.

We had some challenges with delivering the Core Skills program this year in the same manner as it has been in previous year. This was largely due to the allocation of ice that the association received. Matt Oxford has already placed an allocation of ice to the Core Skills program for the 24-25 season. Our hope is that it will be able to be held in place and used for the program and will not need to be repurposed. Andre and Matt will work with the incoming VP Development on delivering this program.

I would like to thank our coaches, players and parents for their effort and commitment to this season. It's a long journey throughout the season.

I would like to thank our team managers and our BDMHA Coordinators for keeping the groups prepared and organized.

I would like to extend a special thanks to Andre Lefebvre and Matt Oxford. These two gentlemen work all hours of the day to make sure that our players and parents have the best experience possible. I've worked very closely with Andre over the past two years and am very appreciative to him for all I have learned, as well as his collaboration.

Thanks again to all families. I hope your 2024-25 season is the best yet.

Chris Snide

VP Development