



Rep Report for AGM, June 17, 2024

VFIHA fielded three Rep Teams in the 2023-2024 Season at the U13, U15 and U18 levels. Each team participated in various tournaments and represented VFIHA well. Season highlights included U13 rep establishing a new annual tradition of cross-border friendliness with a team from Washington State, U15 rep earned a Bronze Medal at the Richmond Rep Classic (the first medal for a local PCAHA team in the AA category in the 10-year history of the tournament) and U18 played strongly in the playoffs to finish the season with an exciting President's Series.

Other learnings, recommendations, and highlights from the season

- Due to scheduling optimization, each rep team met the target 16 Skills Development session this season. Instruction included Empower Hockey, UBC Hockey and Slapshot Alley in a schedule reflecting the Hockey Canada Long-Term Athlete Development Program.
- Each Rep Team partook in off-ice training at the OVAL HP Gym for Strength and Conditioning.
- By utilizing Pro-D Days and holidays, it was possible to offer Advanced Power Skating to each rep team from renowned skating instructor Karen Kos.
- U13 and U15 also elected to undertake Mental Training seminars from Empower Hockey
- Each Rep Coach received a check-in/mentoring opportunity with Graham Thomas, Head Coach of the UBC Women's Hockey Team
- Each team had female on-ice helper(s) to assist the team and provide a female voice and influence on the ice.
- Teams participated in tournaments in Victoria, Kelowna, Richmond, Calgary and Seattle.
- Four VFIHA Players participated in the PCAHA Female District Development Program travelling to Toronto to play Ontario teams.
- Several rep players from VFIHA participated in the Team BC Program of Excellence Camp and by all reports, had a great time skating with the top players in the Province.
- Most coaches took advantage of ice offers to schedule additional practices throughout the season.
- It was identified that more development for players of all levels is desirable – particularly at U7/U9 – to this end, Empower Hockey was asked to provide additional instruction beyond the rep cohorts.

- There continues to be opportunity for players, parents and the association to communicate more frequently and better to ensure alignment and two-way support.
- Some parents continue to ignore rules of conduct – as a group we need to ensure this behavior is controlled and strongly discouraged.
- Cell phone use in the dressing room continues to be occasionally problematic among some players – parents, players and coaches are encouraged to self-police and set rules early in the season that exceed the minimum requirements of BC Hockey
- Players are reminded to exercise good judgement when playing music – content and volume should be mindful that rinks are shared-use spaces
- The Association scheduled Spring Break and Spring training sessions with Empower Hockey and UBC Women's Hockey.
- Fall 2024 Rep Evaluations were announced in May to allow time for families to better plan. Schedules, resources and costs are already planned.
- Summer training opportunities will be available for both rec and rep players from top instructors.
- Registration numbers for tryouts exceed the minimum requirements to host evaluations.
- Several players were successful in moving from recreation hockey to rep hockey this past season and are to be commended on their hard work and dedication.
- Rep players continue to be welcomed and trained as hockey referees and many earn considerable funds for their hard work and dedication and are in demand due to being so well-trained.
- Rep players continue to strongly support Come Try Hockey
- Some of our graduating rep players earned PCAHA scholarships, game recognition and distinctions and we are so proud of them and wish them well in their next adventures.
- Alumni continue to distinguish themselves beyond VFIHA including at the BCEHL U18AAA level, JWHL and no less than four BC Academies playing in the CSSHL, demonstrating how truly extraordinary they are as players and people.
- Partners like LGS continue to support VFIHA by offering association-exclusive discounts at West Coast Prep Camp and LGS Victoria Camp.

The 2023-2024 Board has supported many new initiatives and been open-minded and encouraging to rec and rep development alike. In addition, the volunteers who served on the Board spent countless hours resolving conflicts and issues that arose on the rep teams to ensure the kids could continue to play and to create the safest and most supportive environment possible. During this season alone it was hundreds of hours for most Board volunteers. On behalf of the rep players, their families and the coaching and bench staff I would like to express my heartfelt thanks for the assistance and understanding from all the many volunteers who make hockey possible. It has been a honour to serve on the VFIHA

Board and to be among such caring and passionate people. I wish you all the best and see you at the rink!