



Leduc Ringette Association  
Parent Information Handbook

This has been produced as an information booklet and guideline for parents and cannot be taken as policy or procedures of LRA. Official policy and procedures of the LRA can be found on the website at [www.leducringette.com](http://www.leducringette.com) and are based on the rules/regulations and operational requirements of the Black Gold League (BGL) and Ringette Alberta (RAB). For a complete listing of rules and operations information visit the Black Gold League website at [www.blackgoldleague.com](http://www.blackgoldleague.com). The Parent Information Handbook is a live document, subject to amendments, additions and deletions as necessary. Please visit the LRA website at [www.leducringette.com](http://www.leducringette.com) for most current version.

**Amended June 2016**



## Parent Information Handbook

### MESSAGE TO PARENTS

LRA is committed to the growth and development of its players. The following document outlines what LRA expects from parents and coaches throughout the Ringette season in order to optimize the experience for the players. If these expectations are not met, the individuals will be dealt with in accordance with the LRA Code of Conduct Policy. **(Please see Appendix B at the end of this booklet)**

#### ➤ Parent to Parent

It is important that you as parents are positive with each other. The parent-to-parent message is critical. Positive comments about the team, the coaches, your child and other parent's children create a positive environment for everyone. Remember every position is important in a team sport - not one more than another.

#### ➤ Parents in the Stands

Behavior in the stands generates the type of team you will be known as. The association and coaches expect all parents to cheer for their own team and not against another team. We expect positive comments towards both teams. Parents are also responsible for the behavior of spectators that have come to the game to support their player.

In addition, it is essential that coaches, parents and players understand the importance of actively displaying respectful and ethical behavior towards officials. The LRA supports the concept of **Zero Tolerance** where there is abusive behavior towards game officials.

The LRA expect parents to control their emotions when it comes to the officials in the game. The association will exercise zero tolerance where there is abusive behavior towards game officials. Displaying any of the following behaviors may result in immediate suspension from attending any Ringette practices/games until a full investigation can be completed:

- The association will not tolerate loud, obscene, abusive or obnoxious behavior by team personnel, players, parents, or spectators.
- Any inappropriate conduct, threats, harassment or abuse directed towards officials will not be tolerated and may result in immediate consequences.
- Under no circumstances will parents, team personnel, spectators or players approach an official after a game off-ice.
- Parents, spectators and team personnel are not permitted in the officials' room before or after a game.



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### ➤ Parents with Coaches

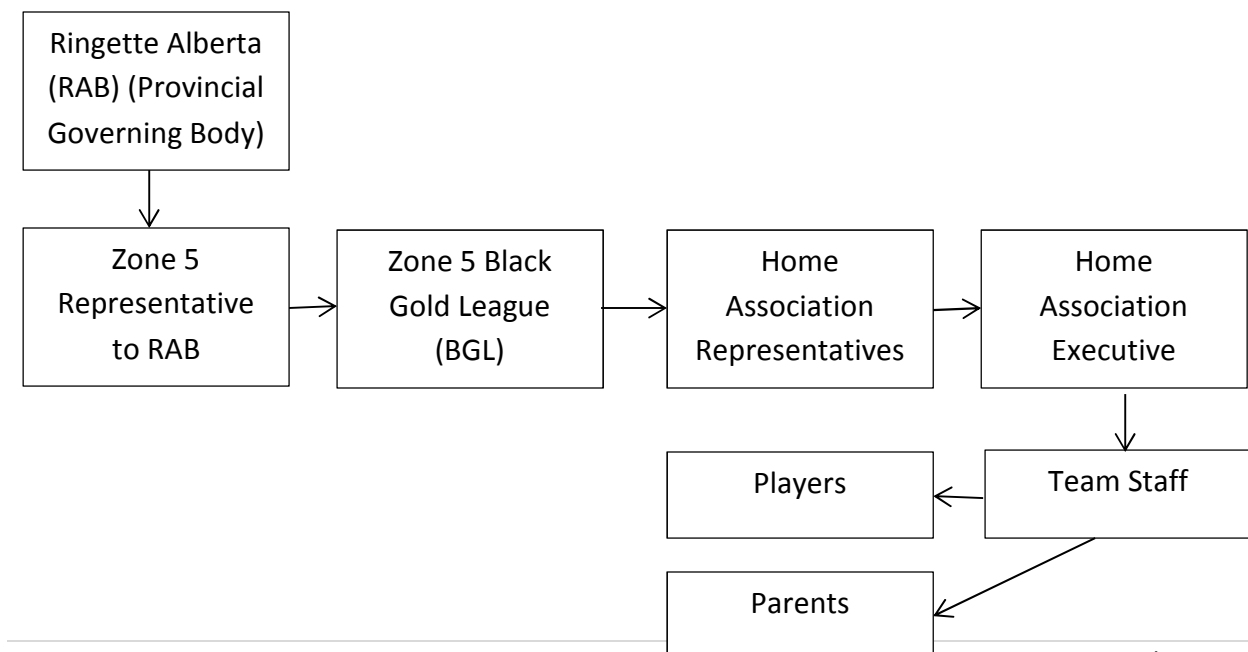
We expect parents to treat their coaches with respect. They have volunteered their time, they have committed to the roles, and responsibilities of a coach as laid out by the association. If you have a serious concern or question for the coach, email the coach, request a face-to-face meeting, and include your coach coordinator in the email. Please never discuss issues in front of the players, before games and after games. These are not appropriate times to have a meeting and will be less likely to result in a positive outcome. When you wait 24 hours before having the discussion with the coach, it allows you to determine if your child has the same perception as you do! If you do not feel comfortable discussing the issue with the coach, contact your manager.

### ➤ Parents to Player

First, understand your child's strengths then compliment them on the things they do well. Try to limit what you tell them they need to do - that is the coach's responsibility. Ensure that your child comes to the games well nourished, well rested, properly equipped and in good spirits. Encourage them to work hard and to listen to their coach, as you are getting them to the rink. Do not contradict the coach with instructions as this confuses the players. Be positive and understand that a big part of your child's enjoyment this season will be based on your comments and behavior.

## LINES OF COMMUNICATION

The following flowchart outlines the only acceptable lines of communication to reach Black Gold League as adopted by Zones 4 through 8 at the 2010 Annual General meeting of the Black Gold League.





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### HISTORY OF RINGETTE

Ringette is a unique winter team sport developed in 1963, by the late Mr. Sam Jacks, Director of Parks & Recreation of North Bay, Ontario. Originally designed to be a unique winter team sport for girls and an alternative to hockey, Ringette has evolved into a fast paced, exciting sport that combines the speed of hockey with the strategy of basketball or lacrosse. The first game played in Espanola, Ontario, was nothing like the sport of today.

First introduced in Alberta in 1974 – the sport has never looked back.

Ringette is now considered an international sport with participating teams from Canada, Finland, Sweden, Germany, and the United States of America competing in the annual World Ringette Championships.

### RINGETTE PHILOSOPHY AND HOW TO PLAY

Ringette is an ice sport similar to hockey but uses a ring instead of a puck. It is a non-contact sport at all age levels. Ringette becomes a very fast and exciting game as you advance through the divisions.

The players highlight exceptional skills in ring handling and skating; while the goalies are particularly challenged with the variety of shots on the ice and the flip shots in the air.

A team can consist of up to 18 players. The age brackets for Ringette are as follow (age as of December 31st of the current year):

<b>U10 (Potentially 4 Steps/Stages or Groups)</b>	<b>10 and Under</b>
<b>U12</b>	<b>11 and Under</b>
<b>U14</b>	<b>13 and Under</b>
<b>U16</b>	<b>15 and Under</b>
<b>U19</b>	<b>18 and Under</b>
<b>Open</b>	<b>19 and Over</b>

Ringette has a major advantage over hockey in that it is a team participation sport. It forces the passing of the ring across the blue lines to another player on the team. Basic Ringette rules states that the last player to touch the ring prior to the ring crossing the blue line may not touch the ring again in the next zone before another player has touched it. This encourages and enforces team play.

A maximum of six players per team are on the ice at any time; teams consist of a goaltender, two defensive players, two forwards, and one center.



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The Game begins much like soccer with the Visiting team is awarded a Free Pass in the Centre Ice Free Pass Circle; known in hockey or lacrosse as face-off circles. Free Passes are also Ringette's way of restarting games after penalties, violations, goals or any other stoppage of the game such as when two players from opposite teams have joint control of the ring and it becomes frozen or immovable.

**Free Passes** in Ringette are like free kicks or throw-ins in soccer, like throw-ins in basketball, like the quick restart in lacrosse after a violation, or the "face-off" of hockey. The ring is placed in the Free Pass circle; in the side nearest their own goal, there are two blue placement dots inside each of the five free pass circles. The referee determines which free pass circle is to be used and which team has the free pass. One player takes possession and on the whistle has five seconds to either shoot or pass to a teammate; they must pass it completely out of the circle; they cannot skate past the middle of the circle or out of the circle with the ring. Failure to move the ring results in the free pass being given to the other team. During these five seconds, no other player is allowed in the Free Pass circle. A shot on goal is permitted during a Free Pass.

**Joint Control:** Joint possession of the ring, or as the rulebook calls it, "Joint Control," is when two or more opposing players place their sticks in the ring and it becomes immovable. The concept of the rule is very simple. The ring is awarded to the team gaining second control. That simply means the ring is awarded to the team that did not initially control it when that struggle for possession began. If the player first in control momentarily removes her stick from the ring, allowing an opponent to gain control and then takes joint control again, the ring is still awarded to the team that gained second control from the start of that play. Simple eh? Why? The reason for the rule is very simple. Possession of the ring in Ringette is so important and by the very nature of the stick inside the ring, it is very difficult to 'take the ring away' from a player in possession. The rule used to be that when a defensive team attacked the ring carrier, often the player in possession would be tied up by a good check by the defensive team only to be given the ring back because they had initial possession. The rule was changed to \*Second Possession\* to encourage and reward defensive teams to attempt to gain possession. This rule has sped the game up immeasurably and reduced "ring ragging" as a concept of ring control.

**Blue Line Violation:** A player cannot carry the ring over a blue line in either direction. The ring must be passed over the blue line to another teammate. That teammate is permitted to skate ahead of the ring carrier and already be across the Blue Line before the ring crosses it. This is quite different from hockey where the puck must cross the Blue Line before any offensive player does. Ringette does not have an 'offside' call.

The requirement to pass the ring over the blue line eliminates the situation where one player can carry the ring from one end to the other. It also is one of the keys to Ringette being such a "Team Game."

**Goal Crease:** If the ring lands in or on the crease the only player who can touch it is the goalie. The goalie usually picks up the ring and throws it like a Frisbee to a teammate. The Goalie may not throw the



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ring beyond the Blue Line. If the Goalie does, then the offensive team regains possession on a Free Pass back inside the Goalie's deep defensive zone. The goalie has five seconds to pass it out of her crease. She may also choose to hit it with her stick or skate, instead of picking it up and throwing it. Neither team can enter the goal crease, not even their stick. If the team with the ring enters the crease then they lose possession. If the defensive team loses the ring then the offensive team gains the ring on a Free Pass in the attacking zone. If the offensive team loses the ring, play is restarted with a Goalie Ring.

**Goalie Ring:** Replaces a defensive zone Free Pass on all violations by the offensive team inside their offensive zone. On a Goalie Ring the goalie is given five seconds to throw the ring towards a teammate after the referee blows the whistle to signify restarting of play. The main difference between the Goalie Ring and a normal Free Pass is speed of restarting the game as play is not held up for player substitution (you can't change players on a goalie ring). This adds much to the speed and excitement of the game.

**Two Blue Line Pass:** There is no icing in Ringette, but there is a two-line pass, called slightly different than in hockey. The feet have nothing to do with it and there is no Center Ice Red Line in Ringette. When the ring crosses both blue lines, untouched, no player from the team that put it there can touch the ring until one of their opponents does first. For example, on an offensive two-line pass, no member of the offensive team can touch it before the defense gets control of the ring. Touching it prematurely is a violation that sends the ring all the way back to the zone it originally was in for a Free Pass by the non-offending team.

**Penalties:** Penalties exist for various infractions. Most penalties in Ringette are unintentional and are the result of accidentally running into someone when trying to stop or when checking the ring carrier and missing the opponent's stick. Rough intentional body contact of any type is not allowed and the penalty for that is much more severe. However, like basketball and soccer, bodies sometimes accidentally collide.

**Violations:** Similar to basketball, violations are also called for various infractions, such as skating over the blue line in possession of the ring or unintentionally shooting or holding the ring out of play, or as detailed above, in the two-line pass.

At no time can a player raise the playing end of the stick above the shoulder height - this includes celebrating a goal for safety reasons and failure to comply will result in a high sticking penalty.

### Black Gold League Game Length

All games are two periods long as described below:

Division	Game Duration	Period Duration (Two Periods)
U10 (All Stages)	50 minutes	18 minutes, Stop Time
U12	60 minutes	18 minutes, Stop Time
U14 OR	60 minutes	18 minutes, Stop Time



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<b>U14</b>	<b>75 minutes</b>	<b>23 minutes, Stop Time</b>
<b>U16 &amp; above</b>	<b>75 minutes</b>	<b>23 minutes, Stop Time</b>

NOTE: \*\* There is no overtime in regular season league play \*\*

### SHOT CLOCK OPERATION (U12 & up)

**Shot on Goal:** A shot on goal is taken when the team in possession of the ring legally propels the ring toward the other team's goal and:

- The ring enters the net;
- The ring contacts a goal post or the cross bar;
- The ring contacts the goalkeeper or AGK within the goal crease;
- The ring contacts the goalkeeper outside the goal crease and that contact prevents the ring from entering the net.

### Playing Rule:

- The shot clock shall be set to 30 seconds at the beginning of each period;
- The shot clock shall count down only when the game clock counts down;
- The shot clock shall be started when play is started and stopped when play is stopped;
- The shot clock shall be reset to 30 seconds when:
  - The team in possession of the ring takes a shot on goal;
  - Control of the ring changes from one team to the other team;
  - A delayed penalty is signaled. If additional delayed penalties are signaled before play is stopped, the shot clock shall not be reset again;
  - A penalty causes the non-penalized team to commit a violation, and play is stopped as a result;
  - A player on the team not in control of the ring commits a violation, and play is stopped as a result;
  - A player on the team not in possession of the ring is injured, and play is stopped as a result.
- When the shot clock reaches zero seconds, an audible signal will sound when:
  - Play is stopped, as the team last in control of the ring has committed a violation; then the shot clock is reset to 30 seconds and the ring is awarded to the non-offending team, in the nearest circle within the zone in which the ring was last contacted or controlled.
- If the shot clock's audible signal sounds in error:



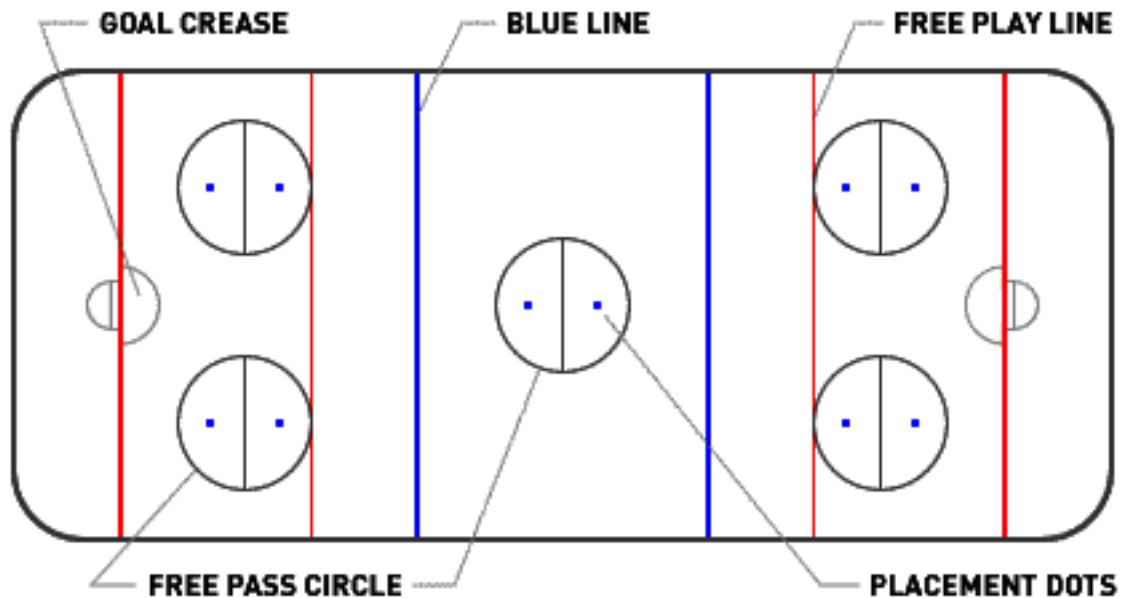
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- Play is stopped; the shot clock is reset to 30 seconds; and the ring is awarded to the team last in control of the ring, in the nearest circle within the zone in which play was stopped.

- If the shot clock is reset in error, play continues.
- The shot clock display units shall be turned off when there is less time remaining in the period than there is on the shot clock. If the display units cannot be turned off, then the shot clock shall be reset to 30 seconds and stopped.

**Shot Clock Operator:** The shot clock operator is a minor official, responsible for the operation of the shot clock. The shot clock operator shall be positioned so that they can see the rink and follow play, while being protected from interference or distraction by spectators or team staff. The on-ice officials must be able to communicate easily with the shot clock operator. At the end of the game, the shot clock operator shall sign the Official Game Report.

### RINGETTE ICE SURFACE







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### REFEREE SIGNALS

<p><b>DELAYED CALLING OF A PENALTY</b> Arm straight up, and pointing to the player once or twice, until there is a stoppage in play.</p> 	<p><b>BODY CONTACT</b> Fist clenched and arm extended out in front of the body.</p> 	<p><b>ILLEGAL SUBSTITUTION/POSITIONING</b> Putting flat of hand on the top of the head.</p> 
<p><b>DELAYED CALLING OF A VIOLATION</b> Arm bent at the elbow, with the hand and forearm directed upward.</p> 	<p><b>CHARGING</b> Rotating clenched fists around one another in front of the chest.</p> 	<p><b>INTERFERENCE</b> Crossed arms stationary in front of the chest.</p> 
<p><b>DELAYED CREASE VIOLATION</b> Same as above, with the other arm counting the 5 second delay.</p> 	<p><b>CROSS-CHECKING</b> A series of forward and backward motions with both fists clenched, extending from the chest.</p> 	<p><b>PENALTY SHOT</b> Both fists clenched and the wrists crossed above the head.</p> 
<p><b>TWO BLUE LINE PASS</b> Arm raised at a 45 degree angle to the body, and holding up two fingers.</p> 	<p><b>DELAY OF GAME</b> The arm bent and placed across the front of the chest.</p> 	<p><b>SLASHING</b> A series of chopping motions with the edge of one hand across the opposite forearm.</p> 
<p><b>HAND ON LOWER THROAT</b> Both fists clenched and brought together and apart once of the thumbs.</p> 	<p><b>ELBOWING</b> Tapping other elbow with the opposite hand.</p> 	<p><b>TRIPPING</b> Striking the right leg just below the knee.</p> 
<p><b>MINOR PENALTIES</b></p>	<p><b>HIGH STICKING</b> Holding both fists clenched, one immediately above the other at the height of the forehead.</p> 	<p><b>FULLY SERVED AND EJECTION PENALTIES</b></p>
<p><b>BOARDING</b> Repeatedly striking the clenched fist of one hand into the open palm of the opposite hand, in front of the chest.</p> 	<p><b>HOLDING</b> Clasping either wrist with the other hand, in front of the chest.</p> 	<p><b>UNSPORTSMANLIKE CONDUCT</b> Arm bent and placed behind the back.</p> 
	<p><b>HOOING</b> A series of hugging motions with both arms as if pulling something loose in front, towards the stomach.</p> 	<p><b>MAJOR PENALTY</b> Using both hands to form a "T" in front of the chest.</p> 
		<p><b>MISCONDUCT OR MATCH PENALTY</b> Both hands on hips then pointing to the player.</p> 

Thanks to Ringette Canada, Ringette Alberta & the Black Gold League for the above information!

### LEAGUE PLAY

Leduc Ringette Association (LRA) plays within the Black Gold League (BGL). Your team has been registered with the BGL. SGRA operates following the bylaws of the Zone 5 Ringette Association and the BGL Operations Manual. Both can be found on the BGL web site [www.blackgoldleague.com](http://www.blackgoldleague.com). It is your responsibility to review BGL Operations Manual.

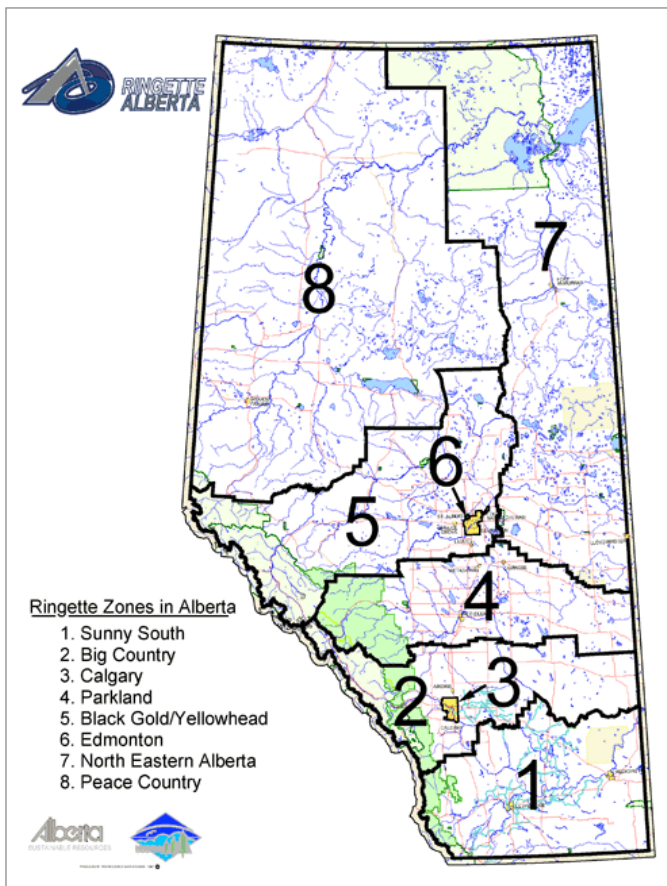


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The BGL league covers 5 of the 8 Zones in which Alberta is divided into for sport association purposes. Spruce Grove is in Zone 5. In order for Ringette to obtain provincial funding there must be a team in every zone. The smaller associations require the support of larger organizations to provide competition. **As such all teams (at all levels) are expected to travel to play the games they have been assigned by Black Gold League (typically two games / year).**

Examples of other locations: Red Deer, Lacombe, Hinton, Drayton Valley, and Fort McMurray. The Black Gold League game scheduler deals with 1000+ games and considers travel time, tournaments, blackout dates, and other factors.

The season is divided into two sessions with and posted on the BGL website at [www.blackgoldleague.com](http://www.blackgoldleague.com). Changes to the season structure have been made for the 2015-2016 season and will provide for a more accurate assessment of competitive equality and also provide for the development and preparation for play downs and Provincials.



- U10 will play four (4) games in the first and ten (10) games in the second session. Session one play will commence on October 21, 2015.
- U12 to U19 will play six (6) games in the first session and ten (10) games in the second session. Session one play will commence on October 7, 2015.
- November 24, 2015: session two play commences for all divisions.
- The exception to games scheduled within the BGL will be the LRA Active Start teams which will not have scheduled league games but instead, they will have fun games or exhibition style games coordinated by each team for the season.

Teams are re-pooled according to their record of the first session with the intent of making more competitive games and divisions in the second session.

Failure to play a league-scheduled game without just cause (as defined by Black Gold League) will result in the team being assessed a \$500 fine from the League. All league games must be played and take precedence over practices, tournaments, or team events.



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*Please note – that ‘not wanting to travel’ outside of metropolitan Edmonton, is not acceptable to either LRA or the BGL.*

**Team staff must contact the LRA Ice Allocator (SGRA Ice Allocator). At no time should coaches be involved in the rescheduling of league games. The SGRA Ice Allocator will talk directly to other Association Ice Allocator as well as BGL.**

### RINGETTE SEASON

For Leduc, Ringette typically begins in early September with evaluations and team equalization sessions taking place. At no time during the pre-season or regular season is a participant allowed to be on the ice without full equipment. The regular season begins in October and runs through to March. Zone playoffs and Provincial playoffs are in March and April.

For the older aged participants wanting to try out for “AA Divisions” you must let your intentions be known at the time of registration as we have to notify the Zone AA Coordinators. Please check out the Zone 5 AA website for more information at [www.zone5aaringette.com](http://www.zone5aaringette.com)

### TEAM FORMATION

Ringette Alberta made a major change for the 2014-2015 seasons moving towards a “stage-based” structure for the U10 Division. **(See Appendix A)**

This new structure ensures athletes are placed in an environment that is optimal for their long-term development. The following stages are included in the new U10 Division structure:

- Active Start
- U10 Step 1
- U10 Step 2
- U10 Step 3

All players will participate on ice for standardized assessments. Where there are enough players for more than one team in a specific stage, those players will be divided to make equal teams. See the Evaluations link found on the LRA website for further information.

Leduc and other associations in Black Gold tier their teams at U12 level and above. The number of teams LRA puts in each tier depends on the total number of players in that division and is based on a formula



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provided by Ringette Alberta (RAB). In order to place players in each tier, LRA makes considerable effort to evaluate players to determine at what level each player should play.

### ICE TIMES

The Ice Allocator is responsible for scheduling all practices based on the available ice slots that we have allotted. Game slots are submitted in the middle of September to the BGL Scheduler who will determine the game schedules. This information is returned to LRA approximately one week before the start of the season to allow for scheduling of all remaining slots by the Ice Allocator. The LRA Ice Allocator will endeavor to ensure that the teams receive equal amounts of desirable and undesirable ice times from all practice slots remaining. Practices are scheduled after school during the week and on weekends beginning as early as 7:00 am. Games are scheduled in the evenings and on weekends. Generally, there are two ice times per week – one practice and one game slot. Teams that participate in tournaments, power skating, coaching clinics, or other ice based events are considered as ‘practice ice’ times for team allocation. Any time on the ice is good ice!

### TOURNAMENTS

Most teams enter tournaments each year although it is not mandatory. LRA encourage a maximum of 3 tournaments per season, with one away tournament requiring hotel costs. This thinking encourages the younger levels to play as the cost will stay affordable. LRA encourages participation and does not want to deter families from the sport. Tournaments are typically held from Friday, during school hours through to Sunday, but this depends on the size and hosting association of the tournament. Tournament fees, accommodations, food, and travel expenses are an extra cost to the team.

Tournaments may interfere with BGL scheduled games. BGL games MUST be played regardless if you are in a tournament or not. Please note that if you want to reschedule a game both teams must mutually agree on the new date, time and location. Your team must also play the scheduled game before the end of the session.

Check out Black Gold League or Ringette Alberta’s website for a listing of all sanctioned tournaments and registration information: [www.ringettealberta.com](http://www.ringettealberta.com) and [www.blackgoldleague.com](http://www.blackgoldleague.com).



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### TEAM FIRST AID AND SAFETY

Ringette is a very fast and physically demanding sport. Even with the best training and preparation, accidents and injuries can occur. Thankfully many of the injuries are minor and do not require a player to miss a shift or game. However there is the rare occasion when injuries can be more severe.

LRA has taken steps to establish a basic safety and first aid guideline for all injuries on and off the ice. Information and guidelines can be accessed by clicking on the Team Safety and First Aid icon on the front page of the LRA website. This area has resources for coaches, team staff and parents such as the Team Safety and First Aid Response Plan which includes a Medical Response Plan, Activity Action Plan, Return to play and Allsport Insurance Claim forms as well as other reference material in relation to concussion awareness, asthma in sport and Ringette Alberta Insurance information and flow chart.

### JEWELLERY

Ringette has a zero tolerance rule for wearing jewelry (Yes, even those brand new pierced ears may cause a problem!) Teams can, and have been, assessed a penalty for players wearing jewelry. Opposing coaches have been known to wait until the most inopportune time, to point out the infraction to the referee.

### VOLUNTEERING

For many years, we have developed a strong relationship with our parents and the community that leads to a 'family like' atmosphere of cooperation and support. In addition to the volunteer requirements outlined at the time of registration (i.e.: bingo/tournament shifts, etc.), there are plenty of opportunities for you to get involved with your child's team or volunteer for our special events.

### FUNDRAISING

LRA has many fundraising opportunities that arise throughout the year such as Bingos or Edmonton Oiler 50/50. Participation in these events would be credited to your volunteer commitments with LRA.

In addition, the LRA is fortunate to have a Fundraising Coordinator on the Executive to bring further fundraising opportunities to association members throughout the year. **PLEASE NOTE: Fundraisers organized by the Association may change from year to year and are determined by the incoming Executive and Fundraising Coordinator.**



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### TEAM FINANCIAL INFORMATION

Team financial accounts shall be a team activity and team responsibility. LRA assumes no liability or responsibility in the management of team accounts. Teams should discuss a budget at the start of the season as teams may require funds for items such as:

- Tournaments;
- Team Socials;
- Provincials;
- Team Apparel;
- Bank Service Charges;
- Additional Ice Costs;
- Additional Referee Costs; and
- Any additional fees not covered by the registration costs.

It is up to the team discretion to determine seed money (up-front cash from parents) and/or fundraising requirements. The list above should only be used as examples of extra costs and is not intended to be all inclusive.

### TEAM VOLUNTEERS

Once evaluations are complete and the teams have been determined, parent involvement becomes crucial! Parent involvement with the teams is an extremely important aspect of Ringette. If everyone shares the workload, it will provide a smooth running team. All teams have need for the following positions:

**Required: Head Coach, Assistant Coaches and Manager**

**Optional: On-Ice Assistants, Junior Coach, Trainer, and Goalie Coach (where applicable)**

**\*\*NOTE: A female is required on the bench and MUST be a certified coach or manager. \*\***

Every team needs to have a Coach and at least one Assistant Coach. Ringette requires that at least one person on the bench be a female. Head Coaches must have certification. Training costs (Coaching Clinics) are reimbursed by LRA; if you are interested, please contact the Coach Coordinator on the Executive and check the Ringette Alberta website for locations.

LRA encourages each team to have a Goalie Coach or one Assistant Coach whose priority is to ensure that the goalie is not forgotten and help develop their skills.



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Coaches plan practices, direct games and share their wisdom with their players. Anyone interested in coaching is required to fill out an application (available through our website).

### Team Manager:

- Act as a liaison between the parents and coaches;
- Provide information to the parents;
- Coordinates the activities of the team to allow coaches time to teach the players;
- Schedule outside league games, and additional practices;
- Assists coaches with scheduling of off-ice activities such as dry land;
- Assist with distributions and collection of LRA equipment and jersey to the team;
- Ensure game sheets are labelled with proper player and coaching staff information;
- Ensure game sheets are collected and distributed appropriately after games;
- Email game stats to LRA and Black Gold League Statisticians within 48 of game;
- Manager will have access to LRA equipment storage at Leduc Recreational Center, holding responsibility for providing shot clock remotes to workers prior to games, and returning to lock-up after games;
- Book referees for all exhibition games – games regularly scheduled will already have referees booked; and
- Submit Provincial Tournament Applications to Ringette Alberta.
- Timekeeper and Scorekeeper workers are required for all home games. A Shot Clock Operator is also required for all home games in U12 and up.
- This position would be required to coordinate a fair and equitable rotation amongst the parents to work these noted positions.
- Ringette tournaments which teams are attending out of town may require workers. The scheduler will include these games into rotation.
- It will be the workers responsibility to find coverage for positions if they are not able to fulfill their turn – not the scheduler.
- Familiarize with the Team Safety and First Aid Response Plan located on the LRA website.
- Complete and be aware of safety plans and response during team activities and events. Ensure proper response and procedures for injury and return to play.
- Obtain input from coaches and parents as to how many tournaments the team will want to attend throughout the season; ensuring input includes how many out of town tournaments the coaches and parents are able to commit to;
- Research and inquire about available tournament;
- Responsible for filling out and submitting tournament application forms and payment (payment obtained from Treasurer);
- Inquire about team rates and reserve blocks of hotel rooms for out of town tournaments; and



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- Provide coaches and parents with information regarding upcoming tournaments, hotels and booking instructions.

### **Treasurer:**

- Set up a bank account to control funds raised by the team;
- Two signatures will be necessary for team cheques;
- Set up a team budget and provide parents with a year-end accounting;
- Look after player accounts, team funds, retain receipts; and
- Provide refund of any team money back to parents (if applicable) and forward any additional fundraised amounts, clearly indicating amount and player name, to SGRA to be used as a credit toward player's next year registration.

### **Wild Thing Tournament Representatives (2):**

- Each team will need to provide a minimum of two volunteers to be part of the Wild Thing Tournament Committee (Tournament held in January of each year);
- These individuals will attend tournament planning meetings throughout the year; generally one per month to start with the possibility of more frequent meetings closer to tournament;
- Tournament reps will work within the committee to help our Wild Thing Tournament be a success;
- Reps are responsible to communicate tournament commitments to the team, such as basket donations and volunteer shift schedules for the tournament; and
- Reps will generally work one to two additional shifts the weekend of the tournament as a "Tournament Committee Representative" in addition to team volunteer requirements.

### **Jersey Parent(s):**

- Responsible for team jerseys;
- Have jerseys at each game in a timely manner for players;
- Collect jerseys at the end of each game and put back into supplied LRA jersey bag;
- Wash and care for jerseys throughout the season; and
- Ensure all jerseys are cleaned, in jersey bags and returned at the end of the season.

### **Social Coordinator:**

- Obtain input as to what types and number of activities the team is interested in throughout the year;
- Arrange social functions for the team and/or parents throughout the year and at tournaments;
- Arrange or assist with any player or coach gifts, if applicable.





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### Fundraising Coordinator:

- Obtain input as to what type of fundraising activities the team would be interested in throughout the year;
- Discuss budget with team staff and parents, to decide how these budget goals will be met;
- Work with LRA Fundraising Coordinator, collecting and providing orders for LRA coordinated fundraising efforts (LRA will have fundraisers available to teams throughout the year available to teams – such as English Bay Cookie Dough, Popcorn and Mundare Sausage).
- Coordinate any additional fundraising efforts decided on as a team (Ex. Bottle Drives).

### REQUIRED RINGETTE EQUIPMENT

Equipment required for Ringette is similar to hockey including a CSA approved helmet with a Ringette specific facemask (diamond shape openings not rectangular guard) and a BNQ certified neck protector. A padded girdle is worn under the game pants instead of the traditional hockey pant and jock strap. The Ringette stick shall be a regulation stick and is cut off somewhere between the chest bone and the armpit (with skates on) for proper length.

The top of the stick (cut off end) must be taped as well – similar to a hockey stick for safety and to allow easier pickup off the ice surface should it fall. Please check with your coach if you have any questions regarding equipment. There must not be any tape or grip support on the bottom third of the stick.





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Good used equipment is available at used equipment stores and equipment exchanges. The best time to buy equipment is in August with the best selection available pre-season. The following is a list of a few companies that offer goods and services; please check your local phone directory for a complete listing.

**Equipment can be bought, and in some instances, sold, or traded at the following places:**

- United Cycle (Edmonton)
- Source for Sports (St. Albert)
- Klondike Cycle (Edmonton)
- Pro Hockey Life (Edmonton)
- ProSkate (Edmonton)
- Evolution Sporting Goods (Leduc)
- All Sports Replay (Edmonton)
- Totem Outfitters (Edmonton)



## Parent Information Handbook

### Appendix A - U10 Structure:

Generic Program Descriptions (Your associations may differ)

Stage: Active Start

Sub-Stage: Active Start 1

- approximately 1 ice time per week
- Introduction and primary focus: skating, ring handling, passing, checking, shooting, small area games
- Emphasis on active involvement, participation and FUN
- Introduce the concept of informal games in a 1/2 or cross-ice format. No scorekeeping.
- 1-2 Jamborees with other local Associations with similar program
- Season – post thanksgiving to early March (approx. 22 weeks)

Sub-Stage: Active Start 2

- Same as above but...
- Approximately 3 ice times every 2 weeks
- Enrollment in this program will be based on having more refined skating skills than Active Start 1

Stage: FUNdamentals

Sub-Stage: U10 – Step 1

- 1-3 ice times per week will include a combination of practice and games depending on the league game schedule
- Fundamental skills development focus including: skating skills, ringette skills and basic goalie instruction for all players
- Emphasis on active involvement, participation and FUN
- Full ice games with a focus on basic concepts, rules and flow of the game. Continue to play half ice or cross-ice games in practice sessions.
- Game format should be structured to maximize “time on the ring” for each player.
- Coaches on the ice during games for the first half of the season
- Strive for team travel to remain relatively close to home
- Tournament participation permitted. (1 - 2 maximum with recommendation that one be at or close to home and one “fun trip” away.)
- Season – Mid September to early March (approx. 25 weeks)

Sub-Stage: U10 – Step 2

- As above plus...
- Continue to refining skills and to understand game concepts.

Stage: Learn to Train early



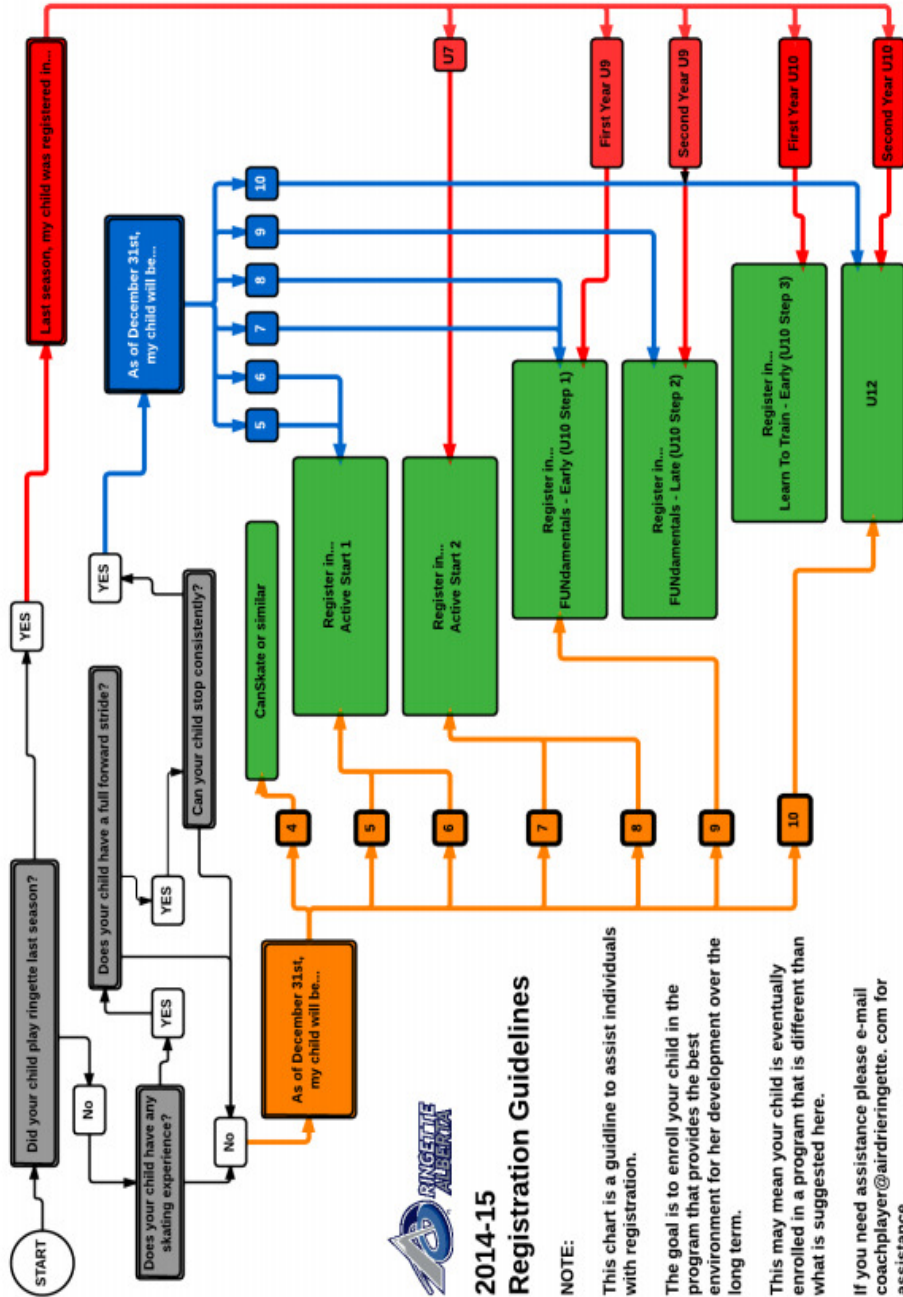
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Sub-Stage: U10 – Step 3

- Can execute most skills in U10-Step 2 plus understands the game concepts very well.
- Maturity of the athlete indicates readiness for Learn to Train early.
- Season – Mid September to early March (approx.25 weeks)



# Parent Information Handbook



## 2014-15 Registration Guidelines

**NOTE:**  
 This chart is a guideline to assist individuals with registration.  
 The goal is to enroll your child in the program that provides the best environment for her development over the long term.  
 This may mean your child is eventually enrolled in a program that is different than what is suggested here.  
 If you need assistance please e-mail [coachplayer@airdrieringette.com](mailto:coachplayer@airdrieringette.com) for assistance.

*Ringette Alberta would like to recognize and thank Lori Horne for her leadership in the effort to move ringette in Alberta towards stage-based athlete development.*