

What is: Athlete Development, Thinking Long Term?

It is a science based development model that is sensitive to stages of human development rather than simply chronological age. We grow and learn at different rates and times in our lives.

- We want to provide an ordered approach to developing better skills and enhancing performance and it encourages the use of proper measures to determine progress. One must learn the skill to perform the skill first. Did you know this is one of the LTAD principles?
- The focus emphasizes developing physical literacy, skill development, improves the level of competence for all as well as providing children a positive self image.



The Importance of Practices

Game versus Practice: 10 Skaters

Practice: 50 minute ice time

- 5 minute warm up
 - 5 minute cool down
 - 5 minute explanation
- = 35 minutes of “RING” time**

Game:

- 30 minutes/2 teams
 - 15 minutes/2lines
 - 7.5 minutes/5 athletes
- = 1.5 minutes of “RING” time**



Why Parents Encourage Sport

Parents often have their own reasons for seeing their children play Ringette, and problems arise when their motives conflict with those of their son or daughter. The result can be a very negative sporting experience for the child. Some of the most common problems arise when parents:

- place too much emphasis on winning.
- push their children to specialize in one sport too early.
- live their own dreams through their children.

The **ideal situation** is when your child finds intrinsic reward in participating in the activity

Otherwise known as FUN!

When the emphasis shifts towards external rewards from parents (extrinsic motives) or being “pushed” to participate, children are far less likely to enjoy and continue in the activity and they become more susceptible to burnout and dropout.

Why Your Child Plays Ringette

Children have their own reasons for participating in sports and physical activities but coaches and parents are not always in harmony with their motives. Children commonly play sports:

- to have fun.
- to experience thrills.
- to be with friends or make new friends.
- to do something they are good at.
- to feel good about themselves.
- to feel accepted.
- to improve and learn new skills.

Before you sign up or involve your child to play Ringette, take time to talk to your child about his or her interests. Children are far more likely to continue in the sport if they are satisfying their own motives and have the support of their parents. They are also more likely to want to achieve excellence in competition for the same reasons.

The 8 Stages of a Ringette Player

WATCH ME START

0-6 years old (Girls and Boys)

I AM SKATING

6-8 years old (Males and Females)

I AM PLAYING

Early Stage: Females 8-9 years, Males 9-10 years

Later in Stage: Females 10-11 years, Males 11-12 years

I AM ON THE TEAM

Early Stage: Females 12-13 years, Males 13-14 years

Later in Stage: Females 14-15 years, Males 15-16 years

I AM A COMPETITOR

Females 16-18 years, Males 17-18 years

I AM EXCEEDING MY LIMITS

Females 18-19+ years, Males 19-20+ years

I AM A CHAMPION

Females 18+, Males 19+

I AM RINGETTE

Active for life (Enter at any age)

Parent's Code of Conduct

- **I WILL** remember that my child plays Ringette for his or her enjoyment, not for mine.
- **I WILL** encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- **I WILL** teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game.
- **I WILL** create an atmosphere so that my child will feel like a winner every time by offering praise for competing fairly and trying hard.
- **I WILL** never ridicule or yell at my child for making a mistake or losing a game/tournament.
- **I WILL** remember that children learn best by example. I will applaud good players' performances by both my child's team and their opponents.
- **I WILL** not force my child to participate in Ringette.
- **I WILL** never question the official's judgement or honesty in public.
- **I WILL** not support any verbal or physical abuse from my child in the sport of Ringette.
- **I WILL** respect and show appreciation for the trained volunteer coaching staff who give their time to provide the sport of Ringette for my child, understanding that I have a responsibility to be a part of my child's development.