

Fitness

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AGENDA

- Introduction
- Explanation of Evaluation Process
- Coaching Selection Process
- Zero Tolerance Policy
- Try It Night
- Volunteering
- Fundraising
- Parent Handbook

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Red Deer Ringette Association

Parent Handbook - Season

This booklet is meant to be for information purposes only and should not be taken as Red Deer Ringette Policy or Procedures. Please refer to the official Red Deer Ringette Operating Manual and Bylaws found on the association website.

www.reddeerringette.com

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What is Ringette

Invented in 1963 by Sam Jacks (also the founder of floor hockey) in North Bay, Ontario, Ringette is celebrating 50 years in 2013.

Developed for girls, ringette is a fast paced team sport on ice in which players use a straight stick to pass, carry and shoot a rubber ring to score goals.

Ringette is played in all 10 Canadian provinces and the Territories.

In 2012 the Under 19 World Ringette Championships were held, featuring teams from France, Russia, United States, Finland and 2 teams from Canada. There were 4 Red Deer ringette alumni in the line up:

In 2013 the world championships were held in Ontario with representation from Central Alberta.

Other opportunities include participation in Alberta Winter Games and Canada Winter Games.

Scholarships – there are currently over 24 Canadian Universities that host a ringette program, with some universities having more than one team (www.canadianuniversityringette.com). Last year the University of Alberta offered its players \$42,500 in total ringette scholarships. The University of Alberta is the 2 time defending National Champions. In 2012 the University of Calgary finished third at the National Championships, Red Deer Ringette alumni Ashley Millar was part of this team.

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Ringette 101

Most people know the rules of hockey, there are many similarities as well as differences, as demonstrated in the following literature.

Ringette is a non-contact, high speed sport that focuses on skating and ring handling. Ringette is a team participation sport that requires passing over the blue lines so that one player cannot skate the entire ice surface with the ring, there must be at least 2 passes when travelling from one end of the rink to the next.

Similar to hockey there are 6 skaters on the ice; a goalie, 2 defence, 2 forwards and a center.

Zone Play – 3 in the Zone – in the offensive or defensive zone, which extends from the end of the rink out to the red ringette line, also known as the free play line. The thin red ringette line is seen at the top of the face off circles in each end. In the offensive zone you will typically see the center and the 2 forwards in the zone, while in the defensive zone you will see the center and 2 defenceman. A switch is allowed whereby for example, the center will come out of the defensive zone and one of the forwards will go in. While a team is at full strength (or has one penalty) only 3 players from each team is allowed in these zones. If a team has more than one penalty then they are only permitted to have 2 skaters in their defensive zone.

Blue Lines – as mentioned above the ring must be passed over blue line. A player cannot carry the ring over the blue line in either direction. The ring must be passed over the blue line to another teammate, that teammate can skate ahead of the ring carrier and take the pass over the second blue line. A player cannot pass the ring to themselves over the blue line. If a player touches the ring on both sides of the blue line before another player touches the ring then a violation occurs. There is no “offside” in ringette as there is in hockey.

Free Passes – when the game starts the ring is placed in the center face off circle (also known as the free pass circle), one player from the visiting team (home team in the second half) takes the ring within the circle and must pass the ring outside the circle to their teammate. If the player crosses over the center line it is a violation and the ring is turned over to the opposing team. If the player does not pass the ring completely outside of the circle it is possible that a violation may occur. If one of the other players skates within the circle during a free ring, it is a violation and the ring is turned over to the other team. The player within the free pass circle has 5 seconds to either shoot or pass the ring to a teammate, otherwise a violation occurs and the ring is turned over. The same rules apply in each of the 5 free pass circles. A shot on goal is permitted from the free pass position.

Free passes are also done in the offensive ends of the ring when there is turn over. A free pass is ringette’s way of restarting the game after penalties, violations, goals or any other stoppages of the game such as joint control (defined below) of the ring when the ring becomes immovable.

The ring is placed in the free pass circle, on the side nearest your own goal, there are two blue placement dots inside each of the five free pass circles. The referee determines which of the face off circles is to be used (left or right).

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Joint Control – Joint Control or joint possession is when two or more opposing players place their stick in the ring and it becomes immovable. The ring is awarded to the team gaining second control. That simply means that the ring is awarded to the team that did not initially control it when the struggle for possession began. If the player first in control momentarily removes her stick from the ring, allowing her 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 the play.

Goal Crease – every ringette goalies friend! If the ring lands within the goal crease, only the goalie can touch the ring, no other player can touch the ring. When the ring is in the crease, the goalie normally picks the ring up and throws it to a teammate, like a Frisbee. The Goalie may not throw the ring passed the blue line, if they do and one of her teammates touches the ring within five seconds it is a violation with the ring being turned over. The goalie has five seconds to pick up and throw the ring out of her crease (the goalie can shoot or kick the ring out of their crease).

If a player's stick or skate enters the goal crease, whether the ring is in the crease or not, it may result in a turn over or a five second count. For example, if the team that enters the goal crease has possession of the ring then there is a loss of possession, resulting in a free ring or goalie ring, depending on which team was in violation. If the team that enters the goal crease does not have possession of the ring then a five second count occurs and if the team gains possession within those five seconds a turn over occurs, otherwise play continues on as normal and no violation occurs.

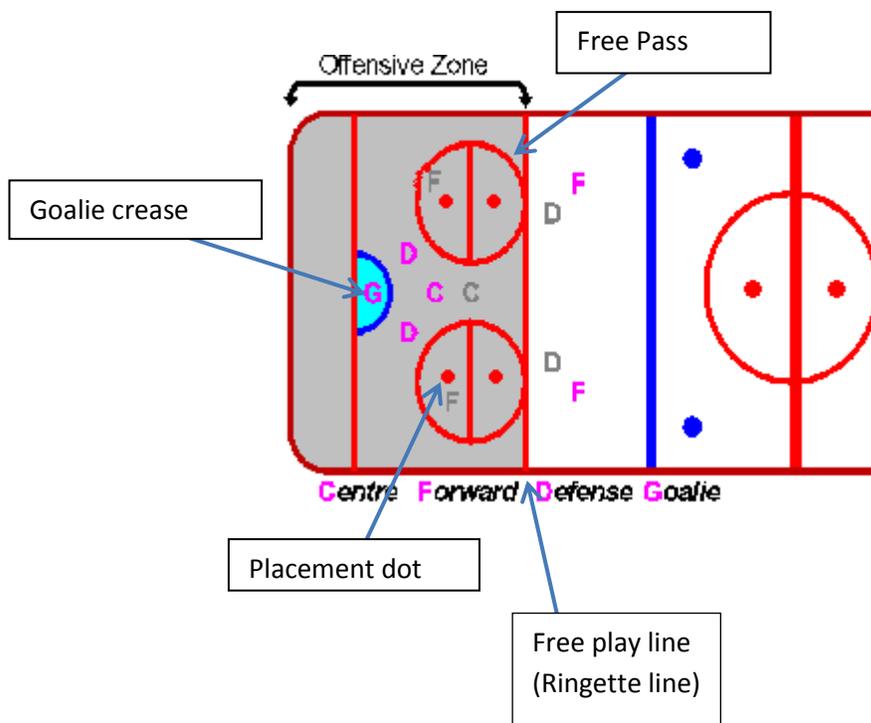
Goalie Ring - replaces a defensive zone free pass on violations incurred by the offensive team inside their offensive zone. On a goalie ring the goalie must throw the ring out of their crease within five seconds of the referee blowing their whistle. If the ring is not thrown then a violation occurs and the ring is turned over. The main difference between a goalie ring and a free pass is that play is not stopped during a goalie ring and thus play is not held up for player substitutions. A line change is not typically done during a goalie ring.

Two Blue Line Pass - there is no icing in ringette, but there is a two line pass. When the ring crosses both blue lines, untouched, then no player from the team that shot the ring can touch the ring until one of their opponents touches it first. If the team that shot the ring also touches it first after the 2 blue line pass then a violation occurs and the ring is turned over and it goes back to the zone where it was shot from to the opposing team as a free ring.

Violations – violations typically result in a turn over of the ring to the opposing team or a goal ring.

Penalties – High sticking – at no time can a player raise their stick above their shoulders, whether they are in the play or around other players does not matter.

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Time Commitment

U6 – one practice per week and 2 jamborees throughout the year

U9 and U10 – one practice and one game per week. U12 and up – one to two practices per week and one game per week (unless games have been rescheduled)

Tournaments are additional commitments and are determined on a team by team basis.

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Travel

U6, U9 and U10 – will require travel to Delburne and Penhold for games and practices, as these 2 rinks are part of our home ice. Will likely require travel to Lacombe or Clive for games as they are in our league.

U12 and up – Red Deer ringette is part of the Black Gold League and as such normal league games will occur in towns north of Red Deer. Games are typically on weekends. Teams within the Black Gold league may be (will be dependent upon the level and tier you are playing):

Beaumont	Leduc	Drayton Valley	Edmonton
St. Albert	Hinton	Spruce Grove	Sherwood Park

Fort McMurray (typically use Edmonton as their home ice)

The season begins in October and goes to February for the younger age groups. Older age groups (U12 and up) will potentially have provincials throughout the month of March. Please see the Ringette Alberta website for information on your provincial weekend and location. Any Red Deer team wishing to apply for provincials should bring the request forward the Red Deer Ringette Executive Meeting no later than November.

Evaluations

Evaluations are done by volunteers who do not have children in the level there are evaluating. Older players U19 and above are also used to assist with the evaluations. In trying to make the evaluations as non-biased as possible the evaluators are not given the players name, they only information they have on the players is a jersey number.

Evaluations for U9 and U10 are done solely to try to equalize the talent amongst the teams. Given that some players have attended summer camps whereas others have not been on the ice before evaluations and the fact that players develop at different speeds the player that has been evaluated in September may not be at the same level by the time November or December roll around.

For levels U12 and up the divisions are tiered, for example A, B, C. The number of teams at each level is determined by the Ringette Alberta policies based on the number of players in our zone. The first evaluation requires the players to complete a set of skills deemed essential to playing ringette. The second evaluation takes place in format of a game whereby the player's positioning, skating, transitions and game sense are evaluated.

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Practice & Game Scheduling

Our ice allocator like all other positions in the Red Deer ringette association is a volunteer position. All of our ice is given to the Black Gold League (BGL) scheduler who takes all time slots and determines the game times and dates. The remaining ice is then given back to our ice allocator who then proceeds to schedule all of the practices for Red Deer Ringette and games for the U9 and U10 divisions. Please note that the BGL may not give us their schedule or our ice until days before the first games/practices so there may be little warning of these times at the start of each session (there are 2 sessions – October and January). Due to the ever increasing demand for ice and the loss of the Kinsmen A rink for the upcoming season it is likely that most practices will be done on shared ice (2 teams on the ice at one time). Coaches are aware of slots that are on shared ice and can plan their practices accordingly.

Teams can expect at least one 6:00am practice each month and 1-3 out of town practices (Delburne or Penhold) per month. The ice allocator endeavors to ensure that all teams receive equal amounts of desirable or undesirable ice times.

** We will be looking for a new ice allocator for the 2014/2015 season; anyone interested should contact Tanya Doyle for more information on the job description and time commitment.

Tournaments and Black Gold League Games

Red Deer Ringette does not set any parameters around the number of tournaments a team participates in, this is up to each individual team. BGL games must be played regardless of tournaments. It is up to each coach/manager (not the ice allocator) to reschedule any games missed due to tournaments. You must play the game prior to the end of the season if it is a BGL game, otherwise your team will face a fine from BG. If you are having difficulties with rescheduling a game please contact our BGL zone rep.

Tournaments are typically held from Friday (during school hours) to Sunday. All costs of the tournament are the responsibility of the individual team.

Friends on Ice Tournament – is the Red Deer home tournament and is typically held the first weekend of January. With 60 teams in 13 divisions, volunteers are essential to the success of this tournament. Each team is required to have at least one tournament rep attend their committee meetings. Your team tournament rep will help to organize your team volunteers and carry out other activities of the tournament committee. Each player's family is expected to have volunteer duties during the tournament weekend. A player that does not fulfill their volunteer spot will be fined by the committee. Many of our ringette families have multiple children in ringette and other sports, we understand it is a busy weekend between games and volunteering and hope that teams/families will cooperate with each other to ensure that it is as stress free for everyone as possible

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Volunteering

With an association our size volunteers are crucial, we encourage all families to become involved, the more families involved the lesser the workload for all.

Required Participation

- Friends on Ice Tournament - \$50 for each missed shift that your team has

Teams - there are many positions that will need to be filled once your team starts up. Some suggested positions are:

- Manager
- Treasurer – reconciliation of bank account and tracking of money and gift cards by family (spreadsheets are given to each treasurer) reporting to team on a monthly basis.
- Fundraising Coordinator – looks after the monthly gift card orders and coordinates the pub night tickets and basket. Also looks after any other fundraising that the team deems necessary
- Tournament – recommended you have 2 reps to spread the work around, attends meetings with the tournament committee, looks after basket for the raffle and coordinates the team's volunteer schedule, other jobs as assigned by the tournament committee
- Scorekeeper coordinator – makes and the team labels for scoresheets, assigns the scorekeeper, timekeeper and shot clock operator for games/tournaments
- Parent Liaison – is used when a parent has concerns or conflicts with a coach or other parent
- Media – send game and tournament scores to the local paper and radio. Photo and write up to be sent to RD Ringette webmaster to post on the website
- Jersey parent – bring the jerseys to each game (older teams may want a home and away jersey parent)
- Photo coordinator – sets up time and distributes information for the photo shoot, may also want this parent to take pictures of the team throughout the year to post on Red Deer Ringette website or teamsnap, etc
- Board Representative – attends monthly meetings to bring relevant information back to the team and raise any questions or concerns the team may have
- Water bottles – for younger teams (fills them up and gets the water bottles to the bench and back to the dressing room)
- Goalie Equipment – for younger teams that do not have a regular goalie

Board – there are many opportunities on the board - please see the website for a listing

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Fundraising

Pub Night – this is the one big fundraiser that RD Ringette does on an annual basis. The Pub night is coordinated by the U16 parents and is typically held in November, a great meet the parents on your team evening. There is a silent auction and raffle, each team is expected to sell 4 tickets to the event. Proceeds are used by the association to purchase shot clocks, jerseys, goalie equipment, goalie training, and ice fees.

Oilers 50/50 night – usually get to participate in this event once every 4 years – proceeds go toward ice fees, jerseys and equipment purchases

Casino Night – usually get this event every 2 years, it can raise \$20,000 in one evening – proceeds go towards ice costs

Gift Cards – Coop, Save-on Foods and Sobey's

These wonderful supporters of Red Deer Ringette have allowed us to purchase gift cards on a monthly basis at a discounted rate and that discount goes to each individual family to help them pay their team fees for tournaments and player development. The fundraising committee can outline the discounts received and how the program works.

The discount received from the sale of these cards goes to the individual family NOT Red Deer Ringette.

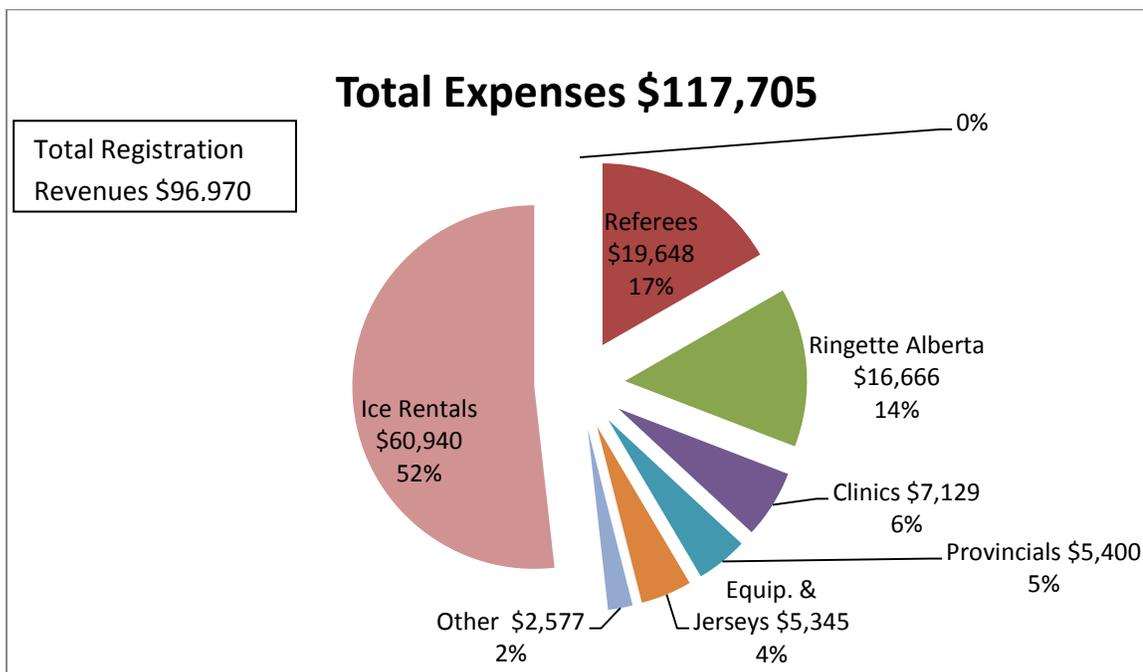
For example, if you sell \$400 gift cards in the month of October, you give \$400 to your team, the RD Ringette treasurer then transfer from your team account \$360. The other \$40 remains in your team account and is attributed to your individual family. If Family A does not want to sell any gift cards they do not reap the benefits of other families that choose to sell the cards. This amount is dependent on the discount received as it can range from 5% to 10% depending on the store cards are purchased from.

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Registration Fees

Where does our money go? Total registration fees received during the last year were **\$96,970**. This money was spent on Ringette Alberta fees, goalie, coaching and officiating clinics, equipment, jerseys, ice rental, provincials (the fee to play in provincials for each team is paid by Red Deer Ringette) and referees.



It should be noted that the Board of Directors does not receive any honorariums for work done on behalf of the association. In fact it is very rare that any of the expenses that the board incur are reimbursed. For example, our Black Gold League representative took multiple trips to Leduc and never once requested a reimbursement of mileage (another example of an amazing volunteer). Actual board costs are kept to a minimal amount.

Coaching and officiating clinics do include the cost of mileage if there are no clinics offered in Red Deer.

Board of Directors

The board is made up of 7 voting members (President, Past President, Vice President (U12 and up), Vice President (U10/U9), Secretary, Treasurer and Registrar. There are also 18 director positions available. Please see the website for a complete listing of the positions and their job descriptions. (www.reddeerringette.com)

Board meetings are held on the second Tuesday of every month at the St. Francis of Assisi Middle School. Everyone is welcome.

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Zero Tolerance Policy

Red Deer Ringette expects its coaches, players, referees and parents to respect the sport and its participants and make each game/practice a positive experience for everyone. Red Deer Ringette does not condone any abusive or derogatory comments towards any officials, coaches, players or other parents in the stands.

As parents and fans we set an example for our children and players by the behavior that we demonstrate in the stands. We encourage all parents and fans to cheer loud for their own teams and players however, we do not encourage you to cheer against another team.

We have a no tolerance policy for yelling at officials.

When dealing with coaches we ask you to remember that these individuals are volunteers and have taken numerous hours of their own time to coach your child. When they are coaching they do their best to ensure that fair play occurs but let's be honest they are not going to time every shift that every player has and neither should you. If you have concerns or questions for a coach please feel free to talk to them away from the players and other parents. If the concerns are of a more serious nature please use the 24 hour rule before you have your discussion or use the parent liaison on your team.

These coaches are gone through a certification process and they have set practice plans and goals for the team throughout the year. Please allow the coaches to coach and limit what you tell them at home as it may become confusing if they are getting two different messages. You can help the coaches and team by ensuring that your child is properly nourished and rested before games and tournaments. Being your child's biggest fan on and off the ice will help to make this an amazing season.

Coaching

All coaches interested in coaching for Red Deer Ringette must submit their application to coach to the Coaching Director (Greg Swenson) . The application can be found on the Red Deer Ringette website.

All coaches in the U9 and U10 levels must have their CSI (Community Sports Initiation) and CSI MED (make ethical decisions). The CSI MED is an online course.

All coaches in the U12 B/C, U14 B/C, U16 B/C and U19B/C divisions must have their CSI and CSI MED. The CSI MED is an online course.

All coaches in the U12A and U14A must be trained in both CI (Competition Introduction) Level 1 and CI Level 2, as well as completing the online CI MED (make ethical decisions).

All Coaches in the U16A and U19A must be certified in both the CI (Competition Introduction) Level 1 and CI Level 2, as well as completing the online CI MED.

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There must be a qualified (trained or certified) adult female coach on the bench at all times, as well as a responsible female in the dressing room when the coaches are in the dressing rooms.

All head coaches, assistant coaches, manager and trainers must have a n RCMP background check done.

All certification courses are paid (reimbursed) for by Red Deer Ringette.

Coaches should not be using sawed off hockey sticks on the ice at practices.

Parents are encouraged to submit their coaching evaluation forms at the end of the season to help assist the coach in making improvements towards future years.

** All coaches and volunteers ie dressing room supervisor will be subject to the RDR Screening Policy.

Dressing Rooms

No dads are allowed in the dressing rooms at U12 and up. If you would like to tie your players skates please do so in the hallways or concourse areas.

Red Deer Ringette encourages the no cell phones or other devices that take pictures in the dressing rooms. Any player found taking pictures in the dressing rooms will face disciplinary action.

Referees

All referee clinics are paid for by Red Deer Ringette. For new referees Red Deer Ringette will reimburse them for their first jersey. All other equipment is up to the individual.

We need adult referees! Please contact Sheena Frantik if you are interested in becoming a referee- there is no better way to learn all of the rules than taking the course and getting on the ice.

A lot of our referees are players and teenager – we have a zero tolerance policy in place. Everyone is going to make a mistake – so before you yell about a call imagine it being your daughter in the striped jersey...

Ringette Equipment

Let's start at the top and work our way down.

- Helmet – must be CSA approved
- Ringette Mask – different than a hockey mask as instead of the wires being square they must be triangular so that the tip of the stick does not go through the mask.
- Neck guard
- Shoulder pads and chest protector
- Elbow pads
- Gloves

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- Girdle
 - Shin pads
 - Skates
 - Ringette stick
 - Red Deer Ringette pants U12 and up along with U10 Competitive teams only are mandatory. All other age groups may wear the plain black pants.

Goalie equipment – goalie stick up to and including U12, blockers and goalie pads are paid for by Red Deer Ringette if a player so chooses, the equipment then belongs to Red Deer Ringette and must be returned at the end of each season. For the U6, U9 and U10 teams these three items are provided to each team to be shared on the team, as each player will have the opportunity to play goalie throughout the year.

You can't be a ringette player without knowing at least a couple of cheers. In the U6, U9 and U10 divisions this is a favorite activity during the half time.

We don't wear no mini skirts
We wear skates and ringette shirts
We don't cry and we don't whine
We skate better than a hockey guy! (boot camp army tune!)

Turn on the radio
What do you hear?
The (name of your team) is giving a cheer!
We're gonna beat 'em, bust 'em, that's our custom
Come on team, let's readjust 'em!

We have taken information from Ringette Canada, Ringette Alberta, Black Gold League and the National University Ringette websites to compile this handbook.

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Sponsors for the 2013/2014 Season



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Royal Canadian Legion #35
Ladies Auxiliary

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