

“Did you Know” Newsletter

November 2017

For SGRA Members...Did you Know?

Registration with Spruce Grove Ringette Association has grown again, now **at 328 players**, from ages 4 to 40+. SGRA has **23 teams**. That translates into approximately over **350 BlackGold League (BGL) games** this season, just for Spruce Grove teams! Speaking of BGL, did you know that there are over **140 teams in BGL?** That’s over **2,200 league games**. WOW!

You can share your teams’ experiences and photos with SGRA’s publicity coordinator, Trish at publicity@sprucegroveringette.com. Tag SGRA through your social media accounts:

- Instagram: #sprucegroveringette
- Twitter: @spruceringette
- FB: sprucegroveringetteassociation

For SGRA Coaches...Did you Know?

When and how to Use Affiliated Players:

- When you have an absent, sick, suspended or injured player(s)
- When your roster falls below 12 PLAYERS (if affiliate is skater) or below 13 PLAYERS (if using a combination of affiliated skater(s) and an affiliated goalie). **PLAYERS are defined as GOALIES and SKATERS**. For example, you can add 1 affiliate skater when your roster is 10 skaters + 1 goalie + 1 affiliate = 12 max on your roster for that game.
- For U10, an affiliated player cannot play more than 5 affiliated games per season.

Affiliate players (skaters and goalies) main responsibility is to her full-time team’s schedule. Coaches will offer equal opportunity to affiliates by rotating through their list of affiliates and will contact the player’s regular coach before the affiliate plays. Affiliate players are NOT to attend affiliating team practices. See both [SGRA](#) and [Ringette Alberta](#) policies for complete details and contact your Divisional Director if any questions.

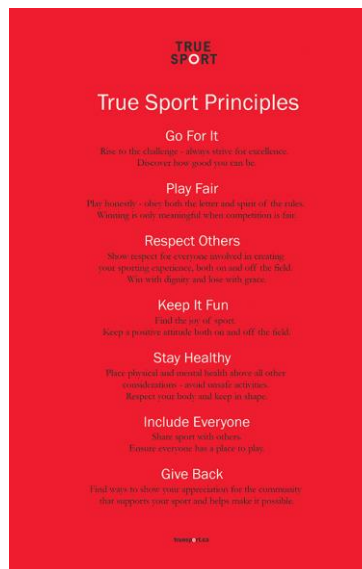
Every team from U10 to U19 plays in the [BlackGold league](#). A full BGL [Operations Manual](#) plus [Appendices](#) are online that can answer questions such as: When am I allowed to reschedule a game for weather? What happens when a referee is not present? It is useful for your manager to have these documents downloaded or printed for reference.

The [SGRA website](#) is a great resource for coaches. It includes practice guides for every age division, information about Long Term Athletic Development (LTAD) and important information on Safety and First Aid.

An SGRA [Return to Play Form \(RTP\)](#) must be used when an athlete returns from injury/concussion. The form must be completed by a health care provider for any athlete that has been removed from play due to injury and had to seek medical attention. The RTP must be signed by the athlete's parent/guardian consenting to the health care provider's recommendations. A copy of this form will be retained by the coach/manager with a notification to the applicable director. This will help to ensure our athletes are not put into game situations before they have fully recovered from an injury. Other resources include:

- [SGRA Team Safety and First Aid Response Plan](#)
- [Team Medical Response Plan](#)
- [Team Activity and Event First Aid Action Plan](#)
- [Athlete Return To Play Form](#)
- [Ringette Alberta Insurance Information and Flowchart](#)
- [Accident Claim Form](#)
- [Concussion Awareness for Coaches, Parents and Players](#)
- [Provincial Pathway for Childhood Asthma - Sports Care](#)
- [Simple Action Asthma Emergency](#)

[True Sport Principles](#) are the foundation of good sport? When they are present in the right balance and proportion, at all levels of competition, they foster a quality sport experience for all.



Provided for information purposes. Always visit relevant websites for most current and accurate information.