

# Zone 5 AA Spring Information Session

Obstacles are things a person sees when they take their eye off the goal!



Zone 5 AA Ringette Club.....The Pursuit of Excellence



# Zone 5 AA History

Founded back in 2003

- Used to be an east and a west....10 years ago
- Would rotate between SARA and SPRA
- Removed the heavy bias
- Brought together all of the associations
- Created the best platform for a long-term sustainable model
- Allowed competitive equity at Provincials, Westerns and Nationals
- Created a common goal in Alberta North
- Equal opportunity to all competitive-minded athletes regardless of association size
- Solely focuses on the needs of highly competitive Athletes



# What can Zone 5 offer you!!

## Athletes

- Elite training with like minded athletes and coaches
- Set and achieve goals
- Make long-lasting friendships
- Access to off ice training
  - Weekly Dry-land
  - Class Room Strategy
  - Nutritional Discussion
  - Sports Psychologists
- Highly experienced coaching staffs
- Play at the highest level possible
- Pushed outside their comfort zone

## Parents

- Watch your daughter grow into that star you knew she could be!
  - Understands Time Management
  - Manages and Balances sport and personal life
  - Creates Long lasting friendships
- Mentored by the games elite players
- Create great new friendship with other parents
- Watch the game played and practiced at the highest level possible



# Where can it take me?

AA provides Opportunities for:

- Alberta Winter Games
- Canada Winter Games
- Junior National Team
- University of Alberta
- Senior National Team
- National Ringette League (WAM)



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# Lets talk 2014-2015

- Camps are all started and run through May, June and August
- Evaluation for all levels begin last week of August
- Seasons typically run through to late March...early April

## Your Fees Include:

- All ice costs...practice, games and tournaments
- Referees and dry-land
- Team building weekends
- All athlete meals....pre and post game nutrition at tournaments



# Lets talk 2014-2015

Zone 5 will ice four teams this season

U14AA

U16AA

U19AA

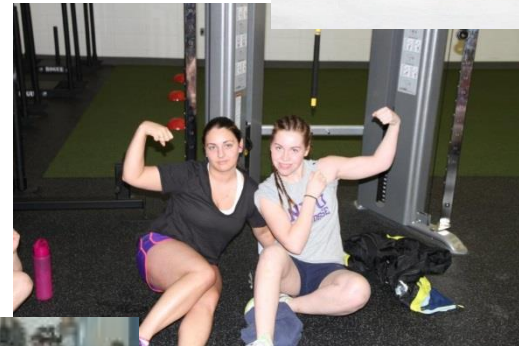
Open A



Typical Week

2-3 ice time

1 Dry-land session



Ice locations

River Cree

Sherwood Park

Leduc



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# Lets talk 2014-2015

## Each team will:

- 35-40 practices
- Regular BGL season
  - 16 games....
  - travel is the same as any association
- Weekly Dry-land Session

## Compete in 4-5 tournament

- Saskatoon
- Winnipeg
- Calgary
- Toronto
- Edmonton
- Lacombe
- Vancouver

Provincials, Westerns.....or Nationals



# Coaches...experienced, talented, committed

## U14AA- Cheryl Govenlock

- Bachelor of Physical Education
  - Registered Kinesiologist and a Certified Exercise Physiologist
- 25 years coaching ringette
- 24 years playing Ringette
- Coached Team Canada in 1992
- 5 times a coach at Nationals
- 5 times a player at Nationals
- 20 years coaching at the AA level
  - 6 at Open AA
  - 8 at the U19AA level
  - 2 at the U16AA level
  - 4 at the U14 AA level





# Coaches...experienced, talented, committed

## U16AA- Chris Broadhurst

- 20 year of coaching
- 14 at the AA level,
- 7 at the U19AA level
- Assistant coach on the 2014 Alberta Winter Games team.
- Coach for the RAB Cup on several occasions.
- Had two daughters who played, both at the AA level
- Assistant Coach of U14AA, U16AA and U19AA in 2013-2014



# Coaches...experienced, talented, committed

## U19AA- Ashley Peters

- 22 years of ringette playing experience
- Youngest member of Team Alberta at the Canada Winter Games.
- Played for Team Alberta, Edmonton WAM!
- Represented “Team Canada” on the National Team
- 11 years coaching experience.
- Coaching in the Zone 5 club since 2007,
- One season with the U14AA
- Six Years with U19AA
- Head Coach of the Z5 Alberta Winter Games team in 2014



# Dispelling the Myths

## Myths

My daughter can't play other sports if she play AA

Its cost \$5K-\$8K per season

The AA teams have no league to play in

What about injury...my daughter plays against bigger girls

The travel is way to much

School studies will suffer

Teams are formed before tryouts

## Reality

Z5 will not discourage our athletes to play other sports during the season

Avg. team fees are \$1500-\$2000

All AA teams play in one "A" division higher **i.e. U14AA play with U16A**

AA athletes tend to be quicker and more skilled and are able to compete

Car pooling is common

Club is supportive and insistent that athletes maintain good grades

Best players play, grow to accommodate



