

## Mission Statement:

To provide a viable and sustainable training program whereby our athletes are exposed to an environment which encourages and promotes the pursuit of excellence both as an athlete and a whole person.

Making tomorrows leaders and world humanitarians one shift at a time.

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## Myths and Facts

**Myth:** I have to try out and play for my home association.

**Fact:** Ringette Alberta encourages athletes to try out and play where their interests as a whole athlete are best served

**Myth:** I can't play any other sport

**Fact:** Our athletes are encouraged to be multi sport athletes

**Myth:** It costs \$7000 a season to play

**Fact:** Team fees and costs are likely no more than what you would find playing house league. Lots of means of subsidizing costs are made available throughout the season.

# Zone 5 AA Ringette Club

"Pursuit of Excellence"



This isn't your average game of ringette. Then again, you aren't your average ringette player. Are you?



## What we are:

The Zone 5 AA Ringette Club focuses on the competitive stream training of ringette athletes from all associations surrounding Edmonton

We do work with our supporting associations to encourage and promote the development of their athletes to join the competitive stream training program.

## What to expect:

Athletes can expect 2 to 3 training sessions per week with a game. The season runs from September through early March for U14 and Early April for U16 and 19. Our athletes will be encouraged to push themselves outside their "comfort zones" which is where

With Zone 5 AA you will be given the EDGE to become a leader of the PACK and compete with GRIT and skill.

the greatest learning is accomplished.

Parents can expect to be part of an extended family where we subscribe to and encourage the "it takes a village to raise a child" philosophy. Your daughters will be mentored by some of the games most successful young women and trained by some of Canadas most respected coaches and trainers.

## Our Teams:

**EDGE** is our U14 team. Our young athletes are introduced to the competitive training stream and how to balance all their responsibilities, both athletic and personal.

A heavy emphasis on basic skill development and correct movement mechanics. The introduction of offensive and defensive structure while encouraging creativity under a team concept.

Goal tenders are given individual goal tender specific coaching with a strong emphasis on movement mechanics, angles and positioning.

**PACK** At U16 our athletes now are familiar with the time management side of training and are encouraged to focus on their individual skill development while maintaining a strong team structure. This is the level where players are encouraged to critically think the game and come up with their own solutions to game situations. There is still a heavy emphasis on individual skill development and refinement.

**GRIT** Our U19 team and pinnacle of our athletes training within the club. At this level, our girls are already well versed in their time management, have established long term individual training programs for both on ice and off ice, in season and off season. A strong team structure and systems play is established whereby our athletes are able to think the game and execute at the highest level. Individual skill refinement is strongly emphasized. Athletes are encouraged to be mentors and junior coaches both within the club and supporting associations.