



MONDAY · APRIL 27

Flames Community Arenas

5:15 – 6:15 pm

WEDNESDAY · APRIL 29

Flames Community Arenas

5:15 – 6:15 pm

INTRODUCTION TO

AA Ringette Calgary

2026 Spring Skate · Parent Information Session

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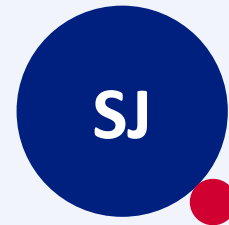
MEET YOUR AA RINGETTE CALGARY LEADERSHIP

Tonight's Lineup



Kristy Assaly

Co-Vice President, Operations



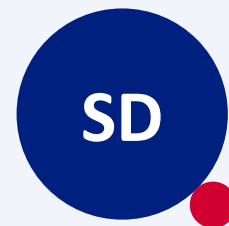
Sean Jozsa

Co-Vice President, Operations



Brad Kane

President



Sonja Deeks

Coordinator, AA Intro Spring Skate





Why we're here tonight

1

Introduce the program

A clear picture of structure, goals, and opportunities.

2

Promote transparency

Honest details on time, financial commitment, and athlete responsibilities.

3

Address myths & misconceptions

Clear up common misunderstandings with accurate info.

4

Engage parents

An open forum for questions, feedback, and insight.

5

On-ice experience for athletes

Skate with current Rath and returning 14AA players — feel the pace and energy firsthand.

This is NOT a tryout.



Calgary's Elite Ringette Program

01

High-Performance Focus

We select top-tier athletes who demonstrate outstanding work ethic and skill — drawn from South Calgary, Bowview, and Northwest Ringette associations.

02

Complete Athlete Development

Advanced on-ice skills, fitness training, mental resilience, nutrition education, and community involvement — building the whole athlete.

03

Proven Track Record

Our teams and athletes consistently achieve excellence at both provincial and national levels.



REGISTRATION & FEES

The Tryout Process



REGISTRATION OPENS

June 1

DUAL REGISTRATION

Also register with your home association

TRYOUT SCHEDULE

August 24 – August 30

WHAT'S INCLUDED

Minimum 3 tryout skates · U14 athletes get +1 UAA skate

TRYOUT FEES

EARLY BIRD

\$125

June 1 – June 30

REGULAR

\$175

July 1 – August 15

LATE

\$350

August 16 – August 25





What to expect during tryout week

1

Position selection

At registration you'll list primary and secondary positions. Coaches honor preferences when possible but may move players to better assess skills.

2

Schedule communication

About one week before tryouts, you'll get an email with rink locations and times for the first three skates and the UAA skate.

3

Advancement after initial skates

After the third skate, coaches select athletes who continue. The advancing list is posted on the AA Ringette Calgary website.

4

Final team selections

After the final skate, coaches finalize team drafts. Final rosters are posted on the website shortly after.

5

Evaluation team

Each Head Coach leads their own evaluation team — assistant coaches plus independent evaluators of their choosing for a fair, comprehensive assessment.



Team structure

U14AA

TEAMS

3 teams · Red · Blue · White

ROSTER

13 skaters + 1 goalie

LEAGUE

Wild Rose Premier Ringette League

PLAYS VS.

U14AA opponents in Alberta

U16AA

TEAMS

3 teams

ROSTER

13 skaters + 1 goalie

LEAGUE

Wild Rose Premier Ringette League

PLAYS VS.

U16AA opponents in Alberta

U19AA

TEAMS

2 teams

ROSTER

15 skaters + 2 goalies

LEAGUE

Wild Rose Premier Ringette League

PLAYS VS.

U19AA opponents in Alberta

MYTH BUSTED

Every athlete must re-earn their spot each season — selection is based solely on tryout performance.



COACH SELECTION

Join our AA coaching team



HOW COACHES ARE SELECTED

Head coaches are chosen by our Coaching Selection Committee — built to create the best possible environment for athlete development.

COMMITTEE INCLUDES AT LEAST 3 OF:

- Senior-ranking ringette referee
- Veteran AA-level coach (currently inactive)
- Former AA Board member
- Former AA player (18+ years old)

HOW TO APPLY

01 Applications

Available on the AA Ringette Calgary website.

02 Window

Apply between May 1 – May 31.

03 Decisions

Coaches finalized in June.

04 Especially seeking

Passionate, qualified U14AA leaders.

Our program thrives because of former AA players, RATH members, and National Team athletes — we welcome the next generation of leaders.



What to expect with the team schedule

WEEKLY	
3–4	Ice times per week
1–3	Practices
1–2	Games
1	Performance / dryland session
+	Extra goalie development support

TOURNAMENTS	
4–5	Tournaments per season
✓	Some travel — great for team bonding
U14	Stays west of Manitoba
Note	Westerns are separate from the 4–5 total

KEY DATES	
Late Feb	Provincials
Late Mar	Westerns - Winnipeg, MB
Plan	Both may overlap with Spring Break
Ask	We need full strength at championships

Please plan athlete availability for Provincials & Westerns — they may overlap with Spring Break.



Beyond the ice



Team retreats & bonding

Lasting friendships off the ice.

Workshops

Nutrition and mental resilience training.

Community & charity

Leadership, gratitude, and giving back.

MYTH BUSTED

"My athlete can't play other sports."

AA is a high-performance commitment — and we develop well-rounded athletes.

Communication is key. School, family, and life events are always respected.

Excellence on the ice · Balance in life





HELPING MAKE THE SEASON GREAT

Parent Volunteering



Our teams run on the energy, support, and talents of our parents.

EVERY FAMILY TAKES A TEAM ROLE

Pick what fits your strengths

- Team manager
- Food planner
- Fundraiser
- Off-ice official
- Treasurer
- Social committee
- Social media coordinator

PLUS, EACH TEAM PROVIDES

3

Parent Volunteers for AA
Sub-Committee roles

Full role details on the AA Ringette Calgary website.

Volunteering is required — there is no buy-out option.



Understanding the investment

TRYOUT FEE

\$125

Early bird rate · June 1 – 30

AA REGISTRATION FEE

\$1,800

Per athlete · per season

YOUR REGISTRATION COVERS

- Ice time (our biggest expense)
- Ringette Calgary & association fees
- Referee fees & coach certification
- Athlete development programs

WHAT "ATHLETE DEVELOPMENT" ACTUALLY MEANS

A full development experience — not just competition

Nutrition support

Fueling young athletes well

Mental resilience training

Confidence under pressure

Performance conditioning

Strength, speed, athleticism



Additional season costs

MANDATORY AA GEAR

~\$500

Helmet, pants, jacket, hoodie

TOURNAMENT TRAVEL

~\$4,000–\$5,000

Hotels, meals, travel · 4–5 tournaments

TOTAL ESTIMATED SEASON

\$8,500 – \$9,500

spread across the entire season

TEAM CASH CALLS

~\$2,000–\$2,500

Extra ice, fees, events, travel

OPTIONAL TEAM GEAR

Varies

Dri-fit shirts, vests, gear bags

IF YOUR TEAM QUALIFIES FOR WESTERNS

Additional costs may apply:

- Extra practice ice between Provincials & Westerns
- Westerns registration & required team purchases
- Travel, hotel, meals for a 3–4 day event

Estimates vary by team. The good news: costs are spread across the season — not all at once.



HELPING OFFSET THE COST · WE'RE ALL IN THIS TOGETHER

Fundraising opportunities



AA RINGETTE CALGARY · PROGRAM-WIDE

Big fundraisers we run as a program

- 1 Casino night**
Held every two years
- 2 Flames 50/50**
Typically once per season

EACH TEAM ADDS THEIR OWN

Common team-level fundraisers

Bottle drives

Raffles

Pub nights

Product sales

Fundraising makes a real difference for athletes and families.

Questions?

Tonight is your forum — ask away.

VISIT

aaringettecalgary.ca

Program details ·
registration · coach apps

REGISTER

June 1, 2026

Tryout registration opens ·
early-bird until June 30

TRYOUT

August 24 – 30, 2026

Tryout week · schedule
emailed ~1 week before

