



Introduction to AA Ringette Calgary

- **April 29th, 2025**
Flames Community Arenas
6:45pm-8:00pm
- **May 2nd, 2025**
Trico Centre
6:45pm-7:45pm

aaringettecalgary.ca



Introductions & Purpose

Introductions

- **Brad Kane** – President
- **Sean Jozsa** – Co-Vice President, Operations
- **Kristy Assaly** – Co-Vice President, Operations
- **Stefanie Bischel & Sonja Deeks** – Coordinators, AA Intro Spring Skate

Spring Intro Skate Presentation: Key Objectives

- **Introduce the AA Ringette Calgary Program**
Give families a clear understanding of the program's structure, goals, and opportunities.
- **Promote Transparency**
Share important details on time commitments, financial expectations, and athlete responsibilities.
- **Address Myths and Misconceptions**
Clear up common misunderstandings and provide accurate information about the program.
- **Engage Parents**
Create an open forum for questions, feedback, and insight into the AA Ringette experience.
- **On-Ice Experience**
Give athletes the opportunity to skate with current U19AA players and experience the pace and energy firsthand.

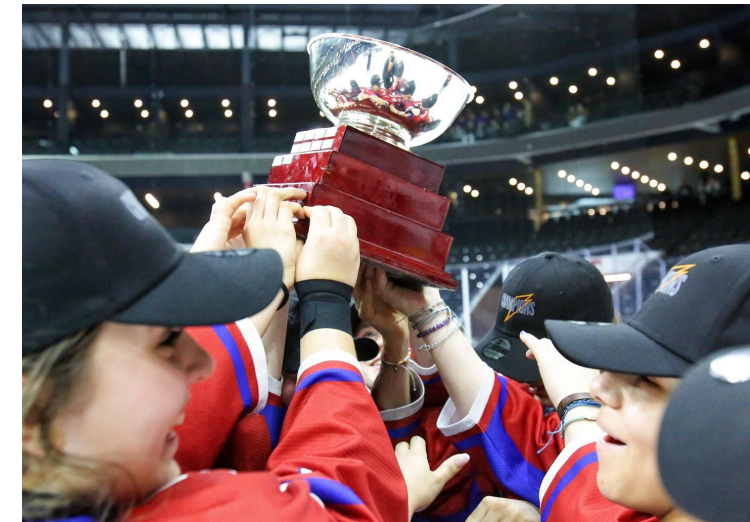
This is NOT a tryout!!



AA Ringette Calgary

Elite Ringette Program Overview

- **High-Performance Focus**
Our program selects top-tier athletes who demonstrate outstanding work ethic and skill from South Calgary, Bowview, and Northwest Ringette associations.
- **Comprehensive Athlete Development**
We focus on building complete athletes through advanced on-ice skills, fitness training, mental resilience, nutrition education, and community involvement.
- **Proven Track Record of Success**
Our teams and athletes consistently achieve excellence at both provincial and national levels.



| 2025 Canadian Ringette Championship Results (Ottawa, Ontario) | | | | | | | | |
|---|--------------------|---------------------|------------------------------|--------------------------|--------------------|-----------------------|---------------|---------------------|
| U16 | | | U19 | | | NRL | | |
| | | | | | | | | |
| AB2 - Calgary Riot | AB1 - Team Alberta | QC1 - Équipe Québec | AB3 - Zone 2 Blaze | QC2 - Cyclones de Québec | AB4 - Calgary Bold | Montréal Mission | Edmonton WAM! | Rive-Sud Revolution |
| 4th ON3 - Richmond Hill Lightning | | | 4th QC1 - Équipe Québec | | | 4th Calgary RATH | | |
| 5th QC2 - Cyclones de Québec | | | 5th AB2 - St. Albert Mission | | | 5th Atlantic Attack | | |
| 6th ON1 - Team Ontario | | | 6th AB1 - Team Alberta | | | 6th Waterloo Wildfire | | |
| 7th NB1 - Team New Brunswick | | | 7th ON1 - Team Ontario | | | 7th Saskatchewan Heat | | |
| 8th QC3 - Laurentides | | | 8th NB1 - Team New Brunswick | | | 8th Gatineau Fusion | | |
| 9th AB4 - Calgary Fuze | | | 9th NS1 - Team Nova Scotia | | | 9th Manitoba Herd | | |



The Tryout Process

AA Tryout Registration Details

- **Registration Opens:** June 1st
- **Dual Registration**

Athletes are encouraged to also register with their home association, noting their AA tryout participation, to ensure placement if not selected for AA.

- **Tryout Schedule**

August 25th – August 30th

- **Tryout Fees**

- **Early Bird (June 1–30):** \$100
- **Regular (July 1–August 15):** \$175
- **Late (August 16–25):** \$350

- **What's Included**

- A minimum of **3 tryout skates**
- **U14 athletes** receive an additional **Universal Athlete Assessment** skate (total of 4 ice times)



The Tryout Process (continued)

What to Expect During Tryout Week

- **Position Selection**

During registration, families will indicate their athlete's primary and secondary positions. Coaches will do their best to honor these preferences but may move players to different positions during tryouts to better assess their skills.

- **Schedule Communication**

About one week before tryouts, families will receive an email with details on the first three tryout skates and the UAA skate, including times and rink locations.

- **Advancement After Initial Skates**

Following the third tryout skate, coaches will select athletes to continue in the process. The list of advancing athletes will be posted on the AA Ringette Calgary website.

- **Final Team Selections**

After the final skate, coaches will complete their team drafts. Final rosters will be posted on the AA website shortly after the draft concludes.

- **Evaluation Team**

Each Head Coach leads their own evaluation team, which includes assistant coaches and independent evaluators of their choosing to ensure a fair and comprehensive assessment of all players throughout the week.



AA Ringette Calgary Team Structure

U14AA Teams

- **Three Teams:** Red, Blue, and White
- **Roster Size:** Typically 13 skaters and 1 goalie per team
- **League:** Compete in the Chinook Ringette League
- **Competition Level:** Play in the U16A Division as well as against other Zone 2/3 U14AA teams

Older AA Teams

- **U16AA**
 - Three teams
 - Typical roster: 13 skaters and 1 goalie per team
 - Compete in the Chinook Ringette League against U16AA and U19A teams
- **U19AA**
 - Two teams
 - Typical roster: 15 skaters and 1–2 goalies per team
 - Compete in the Black Gold League

Myth Busted:

Making — or not making — an AA team in your first year does **NOT** define your chances in your second year. Every athlete must re-earn their spot each season, with selections based solely on their performance during tryouts.



Coach Selection

Join Our AA Coaching Team!

- **How Coaches Are Selected**

Head coaches for all AA teams are chosen by our Coaching Selection Committee — a group dedicated to building the best possible environment for athlete development.

- **Who's on the Committee?**

The selection group includes at least three of the following:

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

- **Coaching Opportunities**

We're always looking for passionate and qualified coaches, especially at the U14AA level. If you're driven to lead, develop athletes, and be part of something special, we want to hear from you!

- **How to Apply**

- Applications are available on the AA website.
- Apply between **May 1–31**.
- Coaches will be finalized in **June**.

- **Why Coach with Us?**

Our AA program thrives because of strong contributions from former AA players, RATH members, and National Team athletes — and we're excited to welcome the next generation of leaders to continue that tradition.



Athlete Commitment Level

What to Expect with the AA Team Schedule

- **Ice Time**
Athletes are on the ice **3–4 times a week**, with a mix of practices (**1–3**) and games (**1–2**). A great balance of skill-building and competition!
- **Dryland Training**
Each team also has **1 performance training session per week** to build strength, speed, and athleticism off the ice.
- **Goalie Development**
Goalies get extra support — helping them take their game to the next level!
- **Tournaments**
 - Teams will attend **4–5 tournaments** during the season, chosen by the coach and team.
 - Most tournaments involve some travel (great for team bonding!).
 - **U14AA teams** stay west of Manitoba — no long-distance eastern travel.
 - **Western Canadian Championships** are separate and not included in the 4–5 tournament total.
- **Key Dates**
 - **Provincials:** End of February
 - **Westerns:** End of March

Please Note:

We ask that all athletes plan to be available for **Provincials** and **Westerns**, as these important events may overlap with **Spring Break**. We appreciate your flexibility and support in helping the teams be at full strength during championship season!



Athlete Commitment Level (continued)

Additional Program Highlights

- **Team Building Beyond the Ice**
 - Team retreats and bonding events that create lasting friendships
 - Nutrition and mental resilience workshops to build strong, healthy athletes
 - Community and charity initiatives that encourage leadership, gratitude, and giving back

Myth Busted: "My athlete can't play other sports or do other activities."

We believe in developing **well-rounded athletes and people.**

- While **AA Ringette is a high-performance commitment and takes priority** for practices, team events, and games, we understand that athletes benefit from diverse experiences.
- **Communication is key** — if a conflict arises, we'll work together to find solutions whenever possible.
- **We support the whole athlete** — school, family, and life events are respected, because success isn't just about what happens on the ice — it's about who our athletes become along the way.

"Excellence on the ice, balance in life."



Parent Volunteering

Volunteer Commitment: Helping Make the Season Great

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

- Each family is expected to pitch in by taking on a team role — like **team manager, treasurer, food planner, social committee member, fundraiser, social media coordinator, or off-ice official.**
- In addition, each team must provide **three parent volunteers** to help with broader **AA Sub-Committee roles**(you'll find more details about these on the AA website).

Please note:

Volunteering is a required part of the AA experience — there is **no “buy-out” option.**

Your involvement is what helps create a great season, strong team spirit, and unforgettable memories for all our athletes!



What's the cost to be part of the fun?

Understanding the Investment in AA Ringette

We know that choosing AA Ringette is a big decision — both in time and financial commitment — and we want to be as transparent as possible about what to expect.

Here's a breakdown of the **estimated** out-of-pocket costs (please note these can vary slightly by team):

- **Tryout Fee:** \$100
- **AA Registration Fee:** \$1,800

This helps cover:

- Ice time (our biggest expense)
- Ringette Calgary and association fees
- Referee fees and coach certification
- Athlete development programs, including nutrition support, mental resilience training, and performance conditioning

We are proud to offer a program that invests deeply in every athlete's growth — on the ice, off the ice, and for their future beyond ringette.

Your investment supports not just competition, but a full development experience that builds skills, confidence, and lifelong memories.



What's the cost to be part of the fun?

Estimated Additional Costs for AA Ringette

In addition to registration, families can expect some extra costs throughout the season (these are just estimates — each team may be a little different). The good news is, these costs are spread out over the whole season, not all at once.

- **Mandatory AA Gear:** ~\$500
(Helmet, pants, jacket, hoodie)
- **Optional Team Gear:**
Extras like dri-fit shirts, vests, and gear bags (optional).
- **Tournament Travel Costs:** ~\$4,000–\$5,000 per season
(Covers hotel, meals, travel for ~4–5 tournaments.)
- **Team Cash Calls:** ~\$2,000–\$2,500
Supports extra ice, tournament fees, coach expenses, team events, and travel needs.
(Final amounts may vary depending on team fundraising.)

We recognize the commitment families make — and we're proud to offer an experience that builds athletes both on and off the ice.



What's the cost to be part of the fun?

Total Estimated Costs: \$8,500–\$9,500

Please note: Additional costs may apply if a team qualifies for **Westerns**, including:

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

Helping Offset Costs: Fundraising Opportunities

We understand the financial commitment involved, and there are several ways families can help reduce expenses:

- **AA Ringette Calgary-Wide Fundraisers**
 - **Casino Night** (held every two years)
 - **Flames 50/50** (typically once per season)

- **Team Fundraising Initiatives**

Each team runs their own fundraisers, which may include:

- Bottle drives
- Raffles
- Pub nights
- Product sales

We're all in this together — and fundraising efforts make a big difference in supporting our athletes and making the season more affordable for everyone!



Questions?