



## U14AA Intro Spring Skate Frequently Asked Questions

***Please note: Dates are typical and will be updated for the 2022-23 season.***

### What is Calgary AA Ringette?

Calgary AA Ringette is part of Ringette Calgary (Zone 3). We are an independent association that provides an opportunity for ringette players to play, compete and develop at the highest competitive level with like-minded and like-skilled players. Through competition and sportsmanship, our athletes embrace an active lifestyle and good nutrition, learn great life lessons and become part of a tight-knit team environment and AA ringette community. Our program draws players from all of Calgary's ringette associations. We're proud to work together to provide this platform and the opportunity to **meet, play and build friendships with players, coaches and parents from across our city.**

### What is the time commitment?

**Per Week:** Approximately 1-2 practices, 1-2 games (in Ringette Calgary's U16A League) and 1 dryland training session.

**Tournaments:** 5-7 tournaments—including Provincial and Western Canadian Ringette Championships (if team qualifies). **Please note that all team members are expected to be available for these Championships, which may occur over Spring Break.** Most tournaments are out of town, but U14AA does not travel east of Winnipeg.

**Additional:** Other training activities may include athlete nutrition and mental toughness. Team bonding activities may be scheduled, such as camps, social and community events. Parents are expected to volunteer for team roles; each team also provides volunteers to help out on the AA Committee.

### Can my daughter play other sports?

Our program respects LTAD guidelines and supports participation in other sports, with coaches and athletes working together to acknowledge these commitments when required. Please be aware, however, that AA Ringette usually requires a more significant time commitment compared to community ringette. As players move to the older-age divisions (U16AA and U19AA), it is increasingly expected that ringette will be their priority sport commitment.

### What is the cost? (All costs are preliminary and subject to change)

**Tryouts:** \$100 Early Bird (typically May 1–Jun 30), then \$175 (typically until mid-Aug)

**Season Registration (after team selection):** \$1200

**Team Cash Call(s):** \$500-\$1000 (dependent on team fundraising)

**Equipment:** approx. \$500 for a blue helmet, AA bag, AA ringette pants, jacket, hoodie, other teamwear

**Tournaments:** approx. \$450 each for hotels, meals, transportation, more if a flight is involved

**Team Budgets** can be \$35000-\$40000 to cover ice, tournament fees, and team-related costs

### Is there fundraising?

Our association participates in a casino every two years to help cover program/team ice costs; we also seek corporate sponsors or take part in programs, such as the Flames 50/50 Foundation, to raise funds that are shared across teams. Each team also organizes their own fundraising events, such as bottle drives, pub nights, raffles, product sales, and corporate sponsorships to help fund their season.

### How many U14AA teams are there?

To be determined for the 2022-23 season. For the 2021-22 season, Calgary AA formed three teams of 15 skaters and 1 goalie per team.

### When are Tryouts?

To be determined for the 2022-23 season. Ice times typically start the last week of August prior to Labour Day and continue through the Labour Day Weekend, ending the first week of September. Once registered, you will receive an email from a coach with your daughter's ice times approx. one week before tryouts begin. A master schedule will be available on our website by early summer.



## **What is the Tryout process?**

U14AA tryouts consist of up to 6 ice times. After the third skate, there is a first selection and these players continue on for up to 3 more ice times. The tryouts are comprised of skating drills and scrimmage, and are run by the coaches (each with their own selection team). Calgary AA may also provide independent evaluators to assist the coaches but final team selection is determined by coach draft after the final ice time. Final team lists are posted on our AA website. For more info, please see our Tryout Process Summary PDF on our website, [aaringettecalgary.ca](http://aaringettecalgary.ca), under Fall Tryouts.

## **How are head coaches selected?**

Head coaches for all AA teams shall be selected by a Head Coaches Selection Committee chaired by the AA President or designate and consisting of a minimum of three (3) other of the following individuals:

- a) Senior ranking ringette referee
- b) Veteran +18 AA player
- c) Veteran AA level coach (inactive)
- d) Veteran AA Committee Member

Coaches apply in writing and must have required certifications by Dec 15 of the playing season. For further information please refer to Policy 9 of Calgary AA Ringette Policies.

## **When is registration for Tryouts?**

Registration typically opens **May 1 and closes mid-August** (date to be finalized for 2022-23 season). Please register early to help us get organized!

## **Do I/we still register with our community association if trying out for AA?**

Yes. Once you've registered for our Fall Tryouts, please still register with your 'home' association, and indicate that your daughter is trying out for AA. If your daughter is drafted to our AA program, our Registrar will inform your community association, and your registration fee to Calgary AA will be due immediately. You will need to follow up with your association for their refund policies.

## **What if I/we have questions during the Tryout process?**

There will be a handout and parent info sessions held during tryouts. Each age division has a designated Division Coordinator to help ensure that regulations are followed and to communicate with parents. Please direct any questions or concerns to your Coordinator in person at the arena (often found at the host table), or by email. There is also a great deal of information available on our website: [aacalgaryringette.ca](http://aacalgaryringette.ca). You may also email a question to our Communications Coordinator, at [webmaster@aaringettecalgary.ca](mailto:webmaster@aaringettecalgary.ca), who will ensure that you have an answer as soon as possible.

Calgary AA is a great program that helps build skill, confidence, friendships—and a love of ringette. Thank you for your interest. We encourage your daughter to try out for us this Fall, and we look forward to seeing you at the rink!

## **Calgary AA Ringette**

