



## CALGARY AA RINGETTE

### Fall Tryouts – Frequently Asked Questions (FAQ)

May 11, 2022

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The format of the 2022-23 season (including, but not limited to tryouts, tournaments, league game formats, fees and expected expenses, team sizes, dryland training, team building activities, championships, fundraising, etc.) is dependent on safety precautions associated with COVID-19. **The information presented here is the latest plan for the 2022-23 season and is subject to change.** Please follow our website, for the latest updates on season planning: <http://aaringettecalgary.ca>

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#### What is Calgary AA Ringette?

Calgary AA Ringette is an amateur sports association under Ringette Calgary (Zone 3). We provide an opportunity for high calibre ringette athletes 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, practice advanced sports 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 league games, 1 dryland session

Tournaments:

- Tournaments will be subject to COVID restrictions and if tournaments do take place, anticipate 5-7 tournaments per team (including post season Championships if team qualifies)
- Most tournaments are out of town
- U14AA does not travel east of Manitoba

Championship Tournaments:

- **Please note that all team members are expected to be available for these Championships, which may occur over Spring Break.**
- Alberta Provincial Championships (all teams)
- Western Canada Ringette Championships (WCRC, U14AA only if team qualifies)
- Canadian Ringette Championships (CRC, U16AA and U19AA only if team qualifies)

Additional:

- Team building activities such as camps and social events.
- Decisions regarding social events will consider the health and safety of our athletes and coaches, as well as Ringette Alberta and AHS safety protocols.
- Parents are expected to volunteer for team roles and each team also provides volunteers to work with the Calgary AA Committee.
- Advanced sports nutrition training
- Mental toughness training



## **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. As athletes move to the U16AA and U19AA divisions, it is increasingly expected that ringette will be their priority sport commitment.

## **What is the typical cost?**

The following estimates apply to a typical season and are provided for reference only.

- Season Registration (after team selection): \$1200
- Team Cash Call(s): Approx. \$500-\$1000 (dependent on team fundraising)
- Required Equipment: Approx. \$500 (division dependent) for mandatory teamwear including blue helmet, Calgary AA ringette pants, jacket, and hoodie. Other optional teamwear may be selected by teams, but are not a Calgary AA Ringette requirement.
- Tournaments: Approx. \$450 per tournament for hotels and transportation and more if a flight is required (for expenses not covered by team budget)
- Team Budgets: For U14, starting at \$35,000-40,000 to cover ice, tournament fees, and team-related costs; can increase by \$15,000-20,000 if attending CRC's or WCRC's.

## **Is there fundraising?**

Decisions regarding fundraising events at the team and association levels have not been made and will consider Ringette Alberta and AHS safety protocols and the health and safety of our athletes, their families, and coaches. Our association typically participates in a casino every two years to help cover program/team ice costs. We also seek out corporate sponsors and take part in programs, such as the Flames 50/50 Foundation, to raise funds that are shared across teams. Each team organizes their own fundraising events, such as bottle drives, pub nights, raffles, product sales, and corporate sponsorships to help fund their season.

## **How many teams and players are there in each Division?**

Calgary AA will be forming teams to best meet the AA program goals and to deliver a rich experience for our athletes, while remaining representative of the number of athletes in Calgary who are age-eligible for these divisions. For the 2022-23 season, Calgary AA has approval to form the following teams:

- U14AA – 3 teams of 15 skaters and 1 goalie
- U16AA – 3 teams of 13 skaters and 1 goalie
- U19AA – 2 teams of 15 skaters and 1 goalie

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

Head coaches for all Calgary AA teams shall be selected by a Head Coaches Selection Committee chaired by the Calgary 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.



### **What is the tryout process?**

Tryouts are comprised of skating drills and scrimmages, and are run by the coaches (each with their own selection team) with support from volunteers. Calgary AA may also provide additional evaluators. The number of ice times, format, and schedule have been designed to accommodate the number of registrants and will be posted to our website, <https://aaringettecalgary.ca> under 'pre-season – fall tryouts'. After the final skate, final team selection is determined by a coach drafting process. Final team rosters are then posted to our website. For more info, please see the Tryout Process Summary PDF on our website, under Pre-Season/Fall Tryouts.

### **How can I obtain more information about the program during the tryout process?**

In addition to info posted on our website, an online information session is tentatively being planned for parents during tryouts. Further, Calgary AA Ringette personnel are available at the arena (often at the host table) or via email for any questions or concerns. Please do not approach the coaches during tryout ice times.

### **What are my volunteer expectations?**

All AA teams and the Calgary AA Ringette program are operated solely by volunteers. At the team level, volunteer positions include, but are not limited to team manager, tournament co-ordinator, food co-ordinator, treasurer, fundraising, and minor officials. At the program level, three people from each team (not already serving on the executive board) **are required** to attend approximately five committee meetings **and hold a position or fill a committee role**, such as casino chair, banquet co-ordinator, or equipment manager. For more information on these roles, please see our website under Info and Forms/Parent.

### **Do all teams advance to Provincials/Westerns/Nationals?**

Ringette Alberta mandates all-inclusive Provincials for AA divisions—which eliminates the need for playdowns and renders all teams eligible to attend. The number of teams from each Province that advance to WCRCs (U14AA) and CRCs (U16AA & U19AA) is determined by Dec 15 of each season.

### **Please visit our website for more information.**

There is a great deal of information available on our website: <https://aaringettecalgary.ca>. Specifically, our About Us, Pre-Season (Fall Tryouts and Registration), and Parent (under Info and Forms) tabs contain valuable information about our program and what to expect.

