



AA RINGETTE CALGARY Tryout Process Summary

May 11, 2023

The format of the 2023-24 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.) presented here is subject to change. Please follow our website, for the latest updates on season planning: <http://aaringettecalgary.ca>

This is a summary of the AA Ringette Calgary Policies and Procedures that are relevant to fall tryouts. The full AA Ringette Calgary Policies and Procedures can be found on our website, <http://aaringettecalgary.ca>, under 'About' or 'Info and Forms'.

1. The objectives of the tryout and team selection process:
 - i. To provide coaches with the flexibility to build a team based on their own coaching philosophy and knowledge of athlete skills and attitude
 - ii. To provide the opportunity to assess an athlete's ringette skills during skating and scrimmage sessions
 - iii. To provide uniformity and consistency in the tryout process
 - iv. To form teams composed of athletes of similar ability to maintain balanced and competitive teams, where the athletes can develop and participate equitably, and have satisfaction playing ringette during the season
2. **UPDATED:** AA Ringette Calgary will be forming teams to best meet the AA program goals and to deliver a rich experience for the athletes, while remaining representative of the number of athletes in Calgary who are age-eligible for these divisions. For the 2023-24 season, AA Ringette Calgary has provisional approval to form the following teams:
 - U14 – 3 teams of 15 skaters and 1 goalie
 - U16 – 3 teams of 13 skaters and 1 goalie
 - U19 – 2 teams of 15 skaters and 1 goalie
3. AA Ringette Calgary provides a high performance ringette environment. Competitive-level ringette players possess above-average technical skills, are intensely competitive and highly committed to the game of ringette, are physically and mentally fit, and always give maximum effort. Besides improving ringette skills, athletes participate in professional fitness training; practice advanced sports nutrition, and learn how to set goals and manage the stress of competition through mental resiliency training. Competitive-level ringette is not for everybody as it means a significant time commitment and level of involvement by both the athlete and their family, including financial costs that are minimized where possible by team and association fundraising initiatives. Prior to tryouts, a session with prospective athlete families will be held by the selected Head Coaches and



members of the Board of Directors to communicate the program's commitment expectations so that the athlete and their family can make an informed decision regarding their commitment to AA Ringette.

4. The tryout ice times, schedule, and locations have been posted on our website. The names of the athletes selected to continue in the tryout process after the first round, and those drafted to a team after the final round, will be posted on the AA Ringette Calgary website:
<https://aaringettecalgary.ca/>
5. Athletes will be given equal opportunity to demonstrate their skills in skating, ring control, ringette sense, knowledge of the game, competitive drive, and sportsmanship.
6. There is no guarantee that returning AA Ringette Calgary athletes will be drafted to a team.
7. Coaches may solicit input on a player's ringette skills, attitude, etc., from prior years' coaches.
8. If an athlete misses tryouts because of illness, injury, family emergency, or a conflicting high performance ringette activity (tryouts for Team Alberta or Team Canada) but still wishes to be eligible for selection, a committee consisting of the AA President, Division Coordinators and Head Coaches will decide whether the athlete will be eligible for selection. The athlete must complete the Medical Exemption form and submit it to the Division Coordinator prior to the start of tryouts, or as soon as the player becomes injured or ill. The Medical Exemption form is available on the AA Ringette Calgary website, under Fall Tryouts (scroll to end) or under Info/Forms/Calgary AA Program.
9. After the final ice time, AA Ringette Calgary teams are formed by coach selection in a draft process. Each coach has their own selection team who assists them by observing athletes during the tryout process.
10. The AA Ringette Calgary Committee may, at their discretion, assign evaluators (independent of the coaches' selection team) to observe ice times.
11. AA Ringette Calgary representatives will be available during the tryouts to answer any questions that the coaching staff, parents or athletes may have during the tryout process. Please do not approach the coaches during tryout ice times.

