



## CALGARY AA RINGETTE Tryout Process Summary

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

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 player skills and attitude
  - ii. To provide opportunity of assessment of a player's ringette skills during skating and scrimmage sessions
  - iii. To provide uniformity and consistency in the tryout process
  - iv. To form teams composed of players of similar ability playing together to maintain balanced and competitive teams where the athletes can develop and participate equitably and have satisfaction playing ringette during the season
  
2. 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:
  - 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. Calgary AA is a highly competitive level of ringette. 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 toughness training. Competitive-level ringette is not for everybody as it means a significant commitment and involvement by both the player and their family, including team and association



fundraising initiatives that help cover costs. Before the final team selection process ends, there will be communication regarding the program's commitment expectations so that the player and their family can make an informed decision regarding their commitment to AA Ringette.

4. The tryout schedule and locations will be posted on our website. The names of the players selected to continue in the tryout process after the first round, and those drafted to a team after the final round, will be posted to on the Calgary AA Ringette website: <https://aaringettecalgary.ca/>
5. Players 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 players 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 a player misses tryouts because of illness, injury, or family emergency, but still wishes to be eligible for selection, a committee consisting of the AA President, Division Coordinators and Head Coaches will decide whether this player is eligible for selection. The player must complete the Medical Exemption form and submit to the Age 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 Calgary AA website, under Fall Tryouts (scroll to end) or under Info/Forms/Calgary AA Program.
9. After the final ice time, Calgary AA Ringette teams are formed by coach selection through a draft process. Each coach has their own selection team who assist them by providing feedback on players during the tryout process.
10. The Calgary AA Ringette Committee may, at their discretion, assign evaluators (independent of the coaches' selection team).
11. Calgary AA Ringette representatives will be available during the tryouts to answer any questions that the coaching staff, parents or players may have during the tryout process. Please do not approach the coaches during tryout ice times.

