

## Children’s Ringette (Active Start, FUN1, FUN2 & U10)

This guide is designed to help families register their child in the most appropriate Children’s Ringette program.



Children’s Ringette follows a nationally recognized **Long-Term Athlete Development (LTAD)** pathway. Early stages focus on **fun, skating, and physical literacy**, before progressing to structured gameplay and tactics. Athletes are best supported when they move through stages based on their **development and readiness**, not just age.

If you are unsure which program is best, please contact our Registrar at [registrar@hhringette.ca](mailto:registrar@hhringette.ca). Placement decisions are made collaboratively with input from parents, coaches, and HHRA technical leadership to ensure the best developmental fit for each athlete.

### Child starts playing ringette at 4 years old

4 yr old	5 yr old	6 yr old	7 yr old	8 yr old	9 yr old	10 yr old
AS	AS	FUN1	FUN2	U10	U10	U12

### Child starts playing ringette at 5 years old

5 yr old	6 yr old	7 yr old	8 yr old	9 yr old	10 yr old
AS	FUN1	FUN2	U10	U10	U12

### Child starts playing ringette at 6 years old

6 yr old	7 yr old	8 yr old	9 yr old	10 yr old
FUN1	FUN2	U10	U10	U12

### Child starts playing ringette at 7 years old

7 yr old	8 yr old	9 yr old	10 yr old
FUN1/FUN2	FUN2/U10	U10	U12

### Child starts playing ringette at 8 years old

8 yr old	9 yr old	10 yr old
FUN2/U10	U10	U12

### Child starts playing ringette at 9 years old

9 yr old	10 yr old
U10	U12

## General Progression Pathway

Ideally, athletes progress through the Children's programs as follows:

**Active Start → FUN1 → FUN2 → U10**

Each stage builds important skills needed for long-term success and enjoyment in ringette.

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## Key Factors When Choosing a Level

Every child develops at a different pace. In addition to age, the following factors should guide placement:

### ✓ Skating Ability (Most Important)

A child's skating ability is the strongest indicator of appropriate placement. Confidence, balance, and ability to move independently on the ice are critical for success.

### ✓ Skill Development

Programs focus on building foundational skills such as:

- Skating
- Balance and coordination
- Ring control and passing
- Basic game awareness

### ✓ Confidence and Engagement

Children should be placed where they:

- Are actively involved
  - Experience success
  - Build confidence and enjoyment
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## Important Development Principles

- **Development comes first:** The primary goal at these ages is fun, participation, and skill development.
  - **Do not rush progression:** Skipping stages (especially FUN1 or FUN2) may limit a child's long-term skill development.
  - **Strong foundations matter:** Early stages focus heavily on skating and physical literacy, which are essential for future success.
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## Flexibility in Placement

While this guide reflects the ideal pathway:

- Some athletes may benefit from **additional time at a level** to continue developing core skills
- Others may be ready for **additional challenge** based on their abilities

In select cases, placement in a higher level may be considered, but this is done carefully to ensure it supports **long-term development**, not short-term advancement.

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## If You Are Unsure

When deciding between two levels, choose the program where your child will:

- Be engaged and active
- Build confidence
- Successfully develop core skills

Consultation with the Registrar, Director of Junior Programming, and coaches is encouraged to ensure the best experience for your child.

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## Our Goal

Our goal is for every child to:

- Have fun
- Develop skills at an appropriate pace
- Feel confident and included
- Enjoy a positive introduction to ringette

Program	Commitment	Cost	Equipment Rental*
Active Start	Half-year, 1 session/week	\$142.50	\$50.00
FUN1	Half-year, 2 sessions/week	\$230.00	\$50.00
FUN2	Full-year, 2 sessions/week	\$460.00	\$100.00
U10	Full-year, 1-2 practices/week + 1 game/week	\$815.00	\$100.00

*\*Equipment rentals are optional and subject to availability. Includes all gear except helmet and skates.*