

**INTEGRITY. RESPECT.
FAIRNESS. EXCELLENCE.
HUMAN DEVELOPMENT.
TEAMWORK. FUN. SAFETY.**



1 WATCH ME START

ACTIVE START

• 0-6 Years (Males and Females)

- Community-based learn-to-skate programming
- Fundamental skills through “play”
- Stimulated, positive learning environment
- Activities are continuous and fun
- Parents should participate on the ice
- Limited technical instruction
- Maintain a 1:5 adult/participant ratio.
- Feedback on skills is minimal, simple

2 I AM SKATING

FUNDAMENTALS

• 6-8 Years (Males and Females)

- Community-based programming
- No competitive programs
- No structured teams
- Combined practice and modified games
- Emphasis on social interaction
- Active “play” in a varied/structured environment
- Active time is greater than non-active time
- 1:5 adult/participant ratio
- Instruction and technical feedback is simple

3 I AM PLAYING

LEARN TO TRAIN

• Females 8-11 Years & Males 9-12 Years

- Community-based programming
- Introduction to the game – modified rules
- There is no “competitive” program
- Team created on equal abilities distribution
- No tiering
- Players play all positions
- Introduce team-building activities

4 I AM ON THE TEAM

TRAIN TO TRAIN

• Females 12-15 Years & Males 13-16 Years

COMMUNITY PROGRAMS:

- Fun (socially motivated), balance between participation and competition
- Ensure life-long participation in sport
- Limited tiering
- Skills are reinforced in real game situations

COMPETITION PROGRAMS:

- Fun (competitively motivated), balance between participation and competition
- Tiering begins
- Coaches empower athletes and include them in the decision making process

5 I AM A COMPETITOR

TRAIN TO COMPETE

• Females 16-18 Years & Males 17-18 Years

COMMUNITY PROGRAMS:

- Fun (socially motivated), balance between participation and competition
- Ensure life-long participation in sport
- Limited tiering
- Skills are reinforced in real game situations

COMPETITION PROGRAMS:

- Skill development under competitive conditions
- Individual actions must be team oriented
- Individual responsibility within team play becomes a focus
- Game plan/individual play must adapt to opponent
- Individualized instruction based on the needs of each athlete

6 I AM EXCEEDING MY LIMITS

LEARN TO WIN

• Females 18-19 Years & Males 19-20 Years

HIGH PERFORMANCE PROGRAMS:

- Exposure to high levels of competition
- Performance outcomes are critical
- 24-hour athlete
- Ability to adapt to a different/new environment
 - including team-mates
 - travel, training, coaches
 - strategies and lifestyle

7 I AM A CHAMPION

TRAINING TO WIN

• Females 18-19+ Years & Males 19-20+ Years

HIGH PERFORMANCE PROGRAMS:

- Highest level of competition programs
- Establish and maintain a program that will lead to success at the international level
- National Team
- NRL

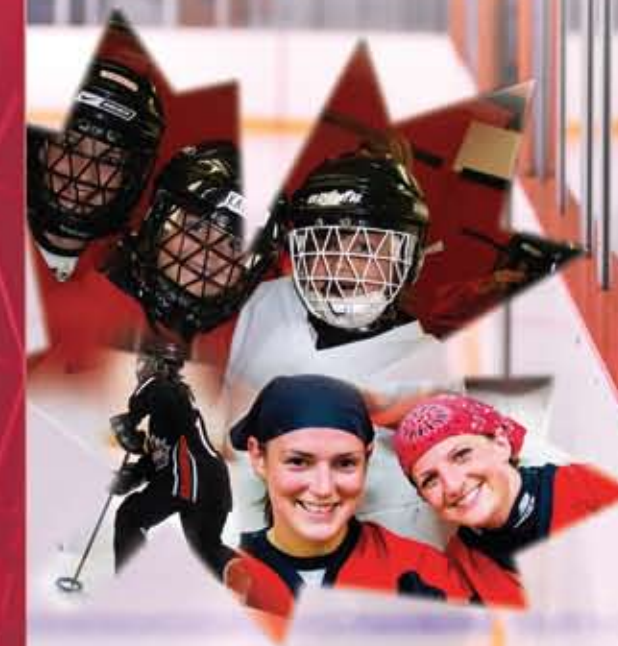
8 I AM RINGETTE

ACTIVE FOR LIFE

• Enter at any age

- To enjoy lifelong physical activity
- To be flexible in approach to assist all athletes
- To provide integrated programs for athletes with a disability
- To encourage involvement and contributions to sport
 - Coaching
 - Officiating
 - Volunteer
 - Administrator

**OUR SPORT.
OUR PASSION.**



LONG-TERM
ATHLETE
DEVELOPMENT

LONG-TERM ATHLETE DEVELOPMENT

WHAT IS LTAD

LTAD is a training, competition, and recovery framework for individuals at all stages of life.

LTAD offers equal opportunity for participation and recreation.

LTAD is athlete centered, coach driven and supported by officials, administrators, parents, sport medicine, sport sciences and sponsors.

LTAD focuses on the general framework of athlete development with special reference to growth, maturation, and development.

LTAD is a framework for full sport system alignment in Canada, integrating health and education with sport and physical activity.

OVERALL GUIDING PRINCIPLES FOR RINGETTE IN CANADA:

- FUN, PARTICIPATION, LEARNING.
- INCLUSIVE, RESPECT FOR VARYING SKILL LEVELS.
- RESPECT THE SPORT AND ALL INVOLVED.
- INCLUDE ON-ICE/OFF-ICE ACTIVITIES.
- SAFETY.



OUR **SPORT.** OUR **PASSION.**

www.ringette.ca



WHY YOUR CHILD PLAYS SPORTS

Children have their own reasons for participating in sports and physical activities but coaches and parents are not always in harmony with their motives.

Children commonly play sports:

- TO HAVE FUN.
- TO EXPERIENCE THRILLS.
- TO BE WITH FRIENDS OR MAKE NEW FRIENDS.
- TO DO SOMETHING THEY ARE GOOD AT.
- TO FEEL GOOD ABOUT THEMSELVES.
- TO FEEL ACCEPTED.
- TO IMPROVE AND LEARN NEW SKILLS.

Before you sign up or involve your child in a sport or activity, take time to talk to your child about his or her interests. Children are far more likely to continue in the activity if they are satisfying their own motives and have the support of their parents.

They are also more likely to want to achieve excellence in competition for the same reasons.

“At the first four stages, our children are competing too often with over-zealous parents and coaches wanting to win, robbing them of the opportunity to have fun and develop skills that will enable them to be successful.”

— Steve Norris PhD

WHY PARENTS ENCOURAGE SPORT

Parents often have their own reasons for seeing their children in sports, and problems arise when their motives conflict with those of their son or daughter. The result can be a very negative sporting experience for the child. Some of the most common problems arise when parents:

- PLACE TOO MUCH EMPHASIS ON WINNING.
- PUSH THEIR CHILDREN TO SPECIALIZE IN ONE SPORT TOO EARLY.
- LIVE THEIR OWN DREAMS THROUGH THEIR CHILDREN.

The ideal situation occurs when your child finds intrinsic rewards in participating in the activity – otherwise known as FUN.



WHY IS LTAD IMPORTANT TO RINGETTE IN CANADA?

LTAD is a vehicle for change in our organization.

By understanding and respecting the principles of LTAD, we are in a better position to make sound decisions about the future directions of our sport. It allows us to set goals that are clear and attainable, to plan programs that will allow us to achieve these goals, and to identify and address gaps in our system.

LTAD is a new approach/philosophy. LTAD takes into account the development age vs. chronological age which allows us to cash-in on “Windows of Trainability”. LTAD facilitates optimal development of athletes to achieve their full potential.

LTAD is a vehicle to promote a positive, motivating experience for all sport participants. LTAD facilitates a full sport system alignment and integration by creating stronger partnerships throughout the sport system.

“Parents should understand LTAD and coaches should have knowledge on how to train the developmental athlete.”

— Charles Cardinal M.Sc

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CONTACT

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“Ringette is played by people of all ages and all abilities on all rinks in Canada”



play it. love it. live it.