



Welcome to another (or your first of many to come) ringette season!

The “Children’s Ringette Program” is now made up of three separate groups or teams.

1. Active Start
2. FUNdamentals 1
3. FUNdamentals 2

These new groups are aligned with Ringette Canada’s Long Term Athlete Development strategic plan. They are intended to be a step process to help the players achieve maximum readiness with their skill development before entering the older age divisions.

You have already completed the first step of determining which group your player should be a part of by self-assessing and registering in either the Active Start or FUNdamentals program.

Active Start:

This group will be on the ice once a week, focusing on the introduction of skating skills with some ring activities. Your weekly half-ice practice will be shared with the FUNdamentals groups.

With the support of parent volunteers and players from the NCRA Jr. Coaching program, we hope to have at least a 4:1 player to coach ratio. The Active Start group will not participate in out-of-association games or tournaments. Game-like activities will be introduced during practices as the season progresses.

FUNdamentals 1 and 2:

The FUNdamentals group players will participate in an on-ice assessment during their first ice time. THIS IS NOT A TRYOUT TO “MAKE” A TEAM. The assessments will allow the players to showcase their current skating skills in various timed drills. The results of the assessment will help us determine which development group meets the needs of your child’s current skill level. Your child will be placed in a group with other like-skilled players to allow them the ability to develop at a rate that is appropriate for their current skill level.

These groups will be on the ice two times a week (occasionally three times when away games are played) focusing on refining skating skills with introduction to ringette-specific skills and team play.

With the support of parent volunteers and players from the NCRA Jr. Coaching program, we aim to have at least a 5:1 player to coach ratio.

The FUNdamental groups will participate in half-ice games against the three other local ringette associations (Halifax, Berwick & Harbour City) at different points throughout the season, as well as local and away tournaments. The tournament participation will be determined by the team budget as voted on by the parents.



FUNDamentals 1&2 Assessments are currently scheduled for Sunday, September 24th from 2-5pm at HRM 4Pad – groupings and times to be confirmed closer to the date. There will be stations set up that will assess the level of skills such as stopping, backwards skating and agility. These assessments will help us determine which group is the most like-skilled for your player. If their skill level varies significantly from the group to which you registered, the coach may reach out to you to discuss if you would like to make any changes.

Schedule:

Ice times will be finalized once we have a better idea of the program's participant numbers. Active Start will be on the ice once a week, FUNDamentals 1&2 will be on the ice twice a week. This could be at any of our family of arenas – RBC, Lebrun, SSS or HRM 4Pad.

- * The weekly ice schedule may change in various weeks due to conflicting tournaments.
 - Alternate ice times may be provided and communicated to the affected teams.

We suggest arriving no later than 20 minutes before the first team ice time to allow jerseys to be handed out and your player to dress.

In addition to the ice times, we have secured the Sycamore Lane Elementary School gym on Wednesday nights from 6-7pm for gym ringette – a fun, high energy activity that allows athletes to enjoy and learn ringette skills in an off-ice environment. More information on these sessions will be communicated when the season begins in October.

Players Equipment:

All players must have all the mandatory ringette equipment or they will not be allowed to participate on the ice, this includes a ringette mask on the helmet. Visit the equipment standards page for more information <https://www.ringette.ca/our-sport/equipment-standards/> (mouth guard not mandatory)

Parent Volunteers:

Many of you had indicated on your child's registration form that you would like to help on the ice. These programs cannot function without the support of parent volunteers. All coaches and on-ice helpers will require a criminal and child abuse registry record check on file with Nova Central. Each team will also require a team manager to help with the administration of each group. Thank you in advance!

Should you have any questions about the Children's Ringette Program prior to the regular season start, or would like to volunteer please contact Charlotte at ncrachildrenringette@gmail.com

Yours in Ringette,

Executive Board, Nova Central Ringette Association