

Ringette New Brunswick 2023 - High Performance **Shake Off the Rust and Team Tryouts Outline**

Please read this memo in its entirety, as there has been significant modifications to the RNB HP Teams tryouts format for this year.

Based on feedback received, this year RNB has revised the format of the tryouts to feature separate tryouts for the AA and A programs. This change was implemented to offer choice to players while reducing the duration for each individual tryout.

Registration for the Ringette New Brunswick's (RNB) High Performance (HP) Team tryouts will be mandatory for admission into the 2023-2024 Ringette New Brunswick High Performance program.

Players must complete the RNB registration for tryouts prior to the posted deadline for their respective group. The HP program registration deadline will vary depending on whether a player will be trying out of the AA or A program or as a goaltender.

The registration deadlines will be as follows:

- **All goaltenders A/AA: Wednesday, August 16 before midnight**
- **U14/16/19AA - Players: Wednesday, August 16 before midnight**
- **U16/19A - Players: Sunday, September 10 before midnight**

Notes:

1. Goaltenders will be required to register using a separate link due to the timing of the goaltender evaluations.
2. Exemption to the above will be made for players that registered for the AA tryouts and were unsuccessful. Players who attended the AA tryouts and have been unsuccessful that wish to tryout for the A level program will be allowed to register for the A level tryout. Players in this situation, will be requested to contact RNB @ ringettenb.vp@gmail.com and a special registration link will be provided individually via email upon request. This is due to the fact that final roster selections for the AA team will occur after the A level registration deadline; also cost for trying out for second program will be reduced. Players in this situation will be required to register prior to the first session of the A tryout for their respective age group.

Please note that registration to the HP tryouts must be submitted complete with valid credit card information prior to attending any Shake Off the Rust or Tryout session. Registration to RNB's HP Teams tryouts will include both the Shake Off the Rust camps and the HP team tryouts.



Ringuette NB Ringette RNB HP tryout registration fees:

Group	Fee	Includes
Goaltenders	\$180.00	SOTR camp + A and/or AA tryouts
U14AA / U16AA / U19AA (players only)	\$180.00	SOTR camp + AA tryouts
U16A / U19A (players only)	\$180.00	SOTR camp + A tryouts
U16A / U19A (players only who have been cut from AA)	\$100.00	A tryouts following unsuccessful AA tryout

The Shake off The Rust (SOTR) camps will consist of (3) sessions for each level along with (3) goaltender specific sessions which will be intended for all levels. The Shake Off the Rust camp will consist of skill drills and will be led by experienced coaching staff selected by RNB. No evaluations will be conducted during the Shake Off the Rust camps. The Shake Off the Rust camps will start early August and will end the third week of August.

The HP Team AA tryouts will follow immediately after the Shake Off the Rust camp on the third week of August and will terminate with the formation of the teams.

Due to separate tryout streams for AA and A, the formation of the teams will be staggered with the AA tryouts ending September 16 and the A tryouts ending September 24.

RNB's HP Ringette High Performance Tryout Format:

Dates and times provided in the below sections are subject to change

Goaltenders

All goaltenders will have an opportunity to attend the (3) Shake off the Rust for their respective cohort as well as the (3) goaltender specific sessions prior to the beginning of Team Tryouts. During the Team Tryouts, goaltenders will be tested on their on ice skills and game play.

Shake Off the Rust camp goaltender specific schedule:

Date	Day	Time	Location	Group
Aug 17 2023	Thursday	7:30 PM	Grant	Goaltenders (all ages / all levels)
Aug 19 2023	Saturday	6:00 PM	UNI	Goaltenders (all ages / all levels)
Aug 20 2023	Sunday	2:15 PM	UNI	Goaltenders (all ages / all levels)

~ See below sections for the Shake Off the Rust Sessions for each age group

Goaltender shall attend the goaltender technical evaluation sessions in addition to evaluated scrimmages for their respective age groups and level.

Goaltender specific tryout, evaluated technical sessions:

Date	Day	Time	Location	Group
Aug 31 2023	Thursday	6:15 PM	IGA	Goaltenders (all ages / A+AA levels)
Aug 31 2023	Thursday	7:30 PM	IGA	Goaltenders (all ages / A+AA levels)
Sep 9 2023	Saturday	2:15 PM	UNI	Goaltenders (all ages / A+AA levels)
Sep 9 2023	Saturday	3:30 PM	UNI	Goaltenders (all ages / A+AA levels)

U14AA

All players will have an opportunity to attend (3) Shake off the Rust sessions prior to the beginning of Team Tryouts. During the Team Tryouts, players will be tested on their on ice skills and game play. Players must meet the minimum on ice standards to be considered for the U14AA HP Program.

Players who are not selected during the U14AA draft will be recommended to become a member of their Local Association to continue to work on their skills during the upcoming season.

U14 - Shake Off the Rust camp schedule:

Date	Day	Time	Location	Group
Aug 7 2023	Monday	8:00 PM	IGA	U14 Gr.1
Aug 10 2023	Thursday	8:00 PM	IGA	U14 Gr.2
Aug 12 2023	Saturday	5:15 PM	Uni	U14 Gr.3
Aug 14 2023	Monday	6:15 PM	Grant	U14 Gr.1
Aug 15 2023	Tuesday	6:15 PM	Grant	U14 Gr.2
Aug 15 2023	Tuesday	7:30 PM	Grant	U14 Gr.3
Aug 20 2023	Sunday	9:15 AM	UNI	U14 Gr.1
Aug 20 2023	Sunday	10:30 AM	UNI	U14 Gr.2
Aug 20 2023	Sunday	11:45 AM	UNI	U14 Gr.3

U14AA – Evaluated tryout sessions:

Date	Day	Time	Location	Group	Note
Aug 28 2023	Monday	6:00 PM	UNI	U14AA	Coach led session
Aug 28 2023	Monday	7:15 PM	UNI	U14AA	Coach led session
Aug 29 2023	Tuesday	7:15 PM	UNI	U14AA	Scrimmage #1
Aug 30 2023	Wednesday	6:15 PM	IGA	U14AA	Scrimmage #1
Sept 6 2023	Wednesday	7:30 PM	IGA	U14AA	Scrimmage #2
Sep 9 2023	Saturday	10:30 AM	IGA	U14AA	Scrimmage #2
Sep 10 2023	Sunday	9:15 AM	IGA	U14AA	Scrimmage #3
Sep 10 2023	Sunday	10:30 AM	IGA	U14AA	Scrimmage #3
Sep 13 2023	Wednesday	7:00 PM	IGA	U14AA	Scrimmage #4
Sep 16 2023	Saturday	10:45 AM	IGA	U14AA - 2	Scrimmage #4

U16AA/A

All players will have an opportunity to attend (3) Shake off the Rust sessions prior to the beginning of Team Tryouts. During the Team Tryouts, players will be tested on their on ice skills and game play. Players must meet the minimum on ice standards to be considered for the U16AA/A HP Program.

Players who are not selected during the U16AA/A draft will be recommended to become a member of their Local Association to continue to work on their skills during the upcoming season.

U16 - Shake Off the Rust camp schedule:

Date	Day	Time	Location	Group
Aug 12 2023	Saturday	6:30 PM	Uni	U16 Gr. 1 (A+AA levels)
Aug 16 2023	Wednesday	6:15 PM	Grant	U16 Gr. 1 (A+AA levels)
Aug 16 2023	Wednesday	7:30 PM	Grant	U16 Gr.2 (A+AA levels)
Aug 19 2023	Saturday	3:30 PM	UNI	U16 Gr.2 (A+AA levels)
Aug 20 2023	Sunday	1:00 PM	UNI	U16 Gr. 1 (A+AA levels)
Aug 20 2023	Sunday	3:30 PM	UNI	U16 Gr.2 (A+AA levels)

U16AA – Evaluated tryout sessions:

Date	Day	Time	Location	Group	Note
Aug 22 2023	Tuesday	7:15 PM	UNI	U16AA	Coach led session
Aug 28 2023	Monday	8:30 PM	IGA	U16AA	Scrimmage #1
Sept 1 2023	Friday	7:00 PM	UNI	U16AA	Scrimmage #2
Sep 9 2023	Saturday	4:45 PM	UNI	U16AA	Scrimmage #3
Sep 11 2023	Monday	8:15 PM	AJL	U16AA	Scrimmage #4

U16A – Evaluated tryout sessions:

Date	Day	Time	Location	Group	Note
Sep 16 2023	Saturday	1:15 PM	IGA	U16A	Coach led session
Sep 17 2023	Sunday	2:15 PM	IGA	U16A	Scrimmage #1
Sept 23 2023	Saturday	7:00 PM	Memramcook	U16A	Scrimmage #2
Sept 24 2023	Sunday	10:15 AM	Memramcook	U16A	Scrimmage #3
Sept 24 2023	Sunday	4:30 PM	Memramcook	U16A	Scrimmage #4

U19AA/A

All players will have an opportunity to attend (3) Shake off the Rust sessions prior to the beginning of Team Tryouts. During the Team Tryouts, players will be tested on their on ice skills and game play. Players must meet the minimum on ice standards to be considered for the U19AA/A HP Program.

Players who are not selected during the U19AA/A draft will be recommended to become a member of their Local Association to continue to work on their skills during the upcoming season.

U19 - Shake Off the Rust camp schedule:

Date	Day	Time	Location	Group
Aug 17 2023	Thursday	6:15 PM	Grant	U19 (1)
Aug 19 2023	Saturday	4:45 PM	UNI	U19 (2)
Aug 20 2023	Sunday	4:45 PM	UNI	U19 (3)

U19AA – Evaluated tryout sessions:

Date	Day	Time	Location	Group	Note
Aug 22 2023	Tuesday	8:30 PM	UNI	U19AA	Coach led session
Aug 29 2023	Tuesday	6:00 PM	UNI	U19AA	Scrimmage #1
Sept 1 2023	Friday	8:15 PM	UNI	U19AA	Scrimmage #2
Sep 9 2023	Saturday	6:00 PM	UNI	U19AA	Scrimmage #3
Sep 12 2023	Tuesday	7:45 PM	AJL	U19AA	Scrimmage #4

U19A – Evaluated tryout sessions:

Date	Day	Time	Location	Group	Note
Sep 16 2023	Saturday	2:30 PM	IGA	U19A	Coach led session
Sep 17 2023	Sunday	3:30 PM	IGA	U19A	Scrimmage #1
Sept 23 2023	Saturday	8:15 PM	Memramcook	U19A	Scrimmage #2
Sept 24 2023	Sunday	11:30 AM	Memramcook	U19A	Scrimmage #3
Sept 24 2023	Sunday	5:45 PM	Memramcook	U19A	Scrimmage #4

Open (+18) - The intention of the +18 HP Team is to form a competitive team to play at the 2023 ECRC's that is hosted by PEI in spring 2023. Tryout dates for 18+ level to be announced at a later date in October –November.

Frequently Asked Questions:

1. How does a player register for RNB's HP Identification Camps / Tryouts?
RNB will be utilizing the Ramp software platform for registrations, payment and to gather player data via an intake questionnaire. Registration links will be made available by mid-July and distributed via email, RNB Facebook and/or RNB website. Stay tuned!
2. Does a player need to attend the Shake Off the Rust camp to be allowed to attend the HP Team tryouts?
No, attendance to the Shake Off the Rust camps are not mandatory to attend HP Team Tryouts. It should be noted that the cost of the Shake Off the Rust camps are included in the Identification Camp registration fees outlined in this document.
3. Does a player that wants to tryout for the A program need to attend the AA tryouts?
No, attendance to the AA tryouts will not be required to participate in the A level team tryouts. The AA and A tryouts will be independent tryouts.
4. If a player that attended the AA tryouts is not successful in being selected for a AA team, will they be required to register and attend the A level Team tryouts?
Yes, a player that attended the AA tryouts and was unsuccessful will be required to register and pay fees associated with attending A level tryouts at a reduced cost for a second tryout. See fee schedule and procedure included in this documents.

Note: Goaltenders will only be required to register once and will include both AA/A tryouts.
5. If a player or goaltender cannot attend the tryouts due to injury, illness, or other personal condition; can they be considered for the HP draft?
Yes, in the event that a player / goaltender cannot attend the tryout as scheduled the player will need to request special consideration. Any requests for special consideration will be referred to the HP Committee for a decision to be made on the request. All such requests will be considered on a case by case basis and the decision of the HP Committee will be final. Any grievances and/or complaint on the process / decision will need to be directed and referred to RNB Discipline and Complaints committee.

6. How many teams will there be in each division?
The number of teams will be based on tryouts and evaluation results and will be approved by RNB'S HP Committee. There is no preset number of teams per level.
7. How many ice times are guaranteed with registration to RNB's HP Identification Camp?
Players will be guaranteed (6) ice times, consisting of: (3) Shake Off the Rust sessions and a minimum of (3) evaluated sessions, after which the first round of cuts may occur.
8. How and when will groups for the Shake Off the Rust camps be announced?
The groups for the Shake Off the Rust camp sessions will be formed (1) week prior to the first ice time for that cohort and be done via the Ramp applications. For late registrations, they will be added into a group as they are received.
9. Will HP ringette athletes be allowed to play community level ringette?
RNB's HP Committee strongly encourages High Performance ringette players to focus on the development of their game during the ringette season at the appropriate level. This recommendation is made based on Athlete Development guidelines to reduce the likelihood of overtraining. Overtraining syndrome occurs when an athlete doesn't adequately recover after repetitive intense training, and can include fatigue, declining performance and potential injury.
10. Will HP ringette athletes be allowed to play other sports or activities?
RNB's HP Committee strongly encourages High Performance ringette players to focus on the development of their ringette game during the ringette season at the appropriate level. This recommendation is made based on Athlete Development guidelines to reduce the likelihood of overtraining. Overtraining syndrome occurs when an athlete doesn't adequately recover after repetitive intense training, and can include fatigue, declining performance and potential injury.
11. Will report cards be provided to athletes following the evaluation process?
Report cards will be provided upon request; allow up to (5) days for report cards to be prepared, reviewed and provided. Any requests for evaluation reports cards will need to be received within (90) days of team formation.

If you have any questions, please contact Frederic Desjardins, RNB VP and HP Committee Chair at ringettenb.vp@gmail.com

Overall Schedule (for information only)

Date	Day	Time	Location	Group	Note (1)
Shake Off the Rust (included w/ tryout registration)					
Aug 7 2023	Monday	8:00 PM	IGA	U14 Gr.1 (1)	Coach led session
Aug 10 2023	Thursday	8:00 PM	IGA	U14 Gr.2 (1)	Coach led session
Aug 12 2023	Saturday	5:15 PM	Uni	U14 Gr.3 (1)	Coach led session
Aug 12 2023	Saturday	6:30 PM	Uni	U16 Gr. 1 (1)	Coach led session
Aug 14 2023	Monday	6:15 PM	Grant	U14 Gr.1 (2)	Coach led session
Aug 15 2023	Tuesday	6:15 PM	Grant	U14 Gr.2 (2)	Coach led session
Aug 15 2023	Tuesday	7:30 PM	Grant	U14 Gr.3 (2)	Coach led session
Aug 16 2023	Wednesday	6:15 PM	Grant	U16 Gr. 1 (2)	Coach led session
Aug 16 2023	Wednesday	7:30 PM	Grant	U16 Gr.2 (1)	Coach led session
Aug 17 2023	Thursday	6:15 PM	Grant	U19 (1)	Coach led session
Aug 17 2023	Thursday	7:30 PM	Grant	Goaltenders (1)	Coach led session
Aug 19 2023	Saturday	3:30 PM	UNI	U16 Gr.2 (2)	Coach led session
Aug 19 2023	Saturday	4:45 PM	UNI	U19 (2)	Coach led session
Aug 19 2023	Saturday	6:00 PM	UNI	Goaltenders (2)	Coach led session
Aug 20 2023	Sunday	9:15 AM	UNI	U14 Gr.1 (3)	Coach led session
Aug 20 2023	Sunday	10:30 AM	UNI	U14 Gr.2 (3)	Coach led session
Aug 20 2023	Sunday	11:45 AM	UNI	U14 Gr.3 (3)	Coach led session
Aug 20 2023	Sunday	1:00 PM	UNI	U16 Gr. 1 (3)	Coach led session
Aug 20 2023	Sunday	2:15 PM	UNI	Goaltenders (3)	Coach led session
Aug 20 2023	Sunday	3:30 PM	UNI	U16 Gr.2 (3)	Coach led session
Aug 20 2023	Sunday	4:45 PM	UNI	U19 (3)	Coach led session
U14/16/U19AA Tryouts - START					
Aug 22 2023	Tuesday	7:15 PM	UNI	U16AA	Skills evaluations
Aug 22 2023	Tuesday	8:30 PM	UNI	U19AA	Skills evaluations
Aug 28 2023	Monday	6:00 PM	UNI	U14AA - 1	Skills evaluations
Aug 28 2023	Monday	7:15 PM	UNI	U14AA - 2	Skills evaluations
Aug 28 2023	Monday	8:30 PM	IGA	U16AA	Scrimmage #1
Aug 29 2023	Tuesday	6:00 PM	UNI	U19AA	Scrimmage #1
Aug 29 2023	Tuesday	7:15 PM	UNI	U14AA - 1	Scrimmage #1
Aug 30 2023	Wednesday	6:15 PM	IGA	U14AA - 2	Scrimmage #1
Aug 30 2023	Wednesday	7:30 PM	IGA	-	Possible ice for dividing groups (if requ'ed)
Aug 31 2023	Thursday	6:15 PM	IGA	U16/19AA	All Goaltender Evaluations A/AA
Aug 31 2023	Thursday	7:30 PM	IGA	U16/19AA	All Goaltender Evaluations A/AA
Sept 1 2023	Friday	7:00 PM	UNI	U16AA	Scrimmage #2
Sept 1 2023	Friday	8:15 PM	UNI	U19AA	Scrimmage #2
Sept 6 2023	Wednesday	7:30 PM	IGA	U14AA - 1	Scrimmage #2
Sept 9 2023	Saturday	10:30 AM	IGA	U14AA - 2	Scrimmage #2
Sept 9 2023	Saturday	11:45 AM	IGA	-	Possible ice for dividing groups (if requ'ed)
Sept 9 2023	Saturday	2:15 PM	UNI	U14/16/19AA	All Goaltender Evaluations A/AA
Sept 9 2023	Saturday	3:30 PM	UNI	U14/16/19AA	All Goaltender Evaluations A/AA
Sept 9 2023	Saturday	4:45 PM	UNI	U16AA	Scrimmage #3
Sept 9 2023	Saturday	6:00 PM	UNI	U19AA	Scrimmage #3
Sept 10 2023	Sunday	9:15 AM	IGA	U14AA - 1	Scrimmage #3
Sept 10 2023	Sunday	10:30 AM	IGA	U14AA - 2	Scrimmage #3
Sept 11 2023	Monday	7:00 PM	AJL	-	Possible ice for dividing groups (if requ'ed)
Sept 11 2023	Monday	8:15 PM	AJL	U16AA	Scrimmage #4
Sept 12 2023	Tuesday	7:45 PM	AJL	U19AA	Scrimmage #4
Sept 13 2023	Wednesday	7:00 PM	IGA	U14AA - 1	Scrimmage #4
Sept 16 2023	Saturday	10:45 AM	IGA	U14AA - 2	Scrimmage #4
Sept 16 2023	Saturday	12:00 PM	IGA	-	Possible ice for dividing groups (if requ'ed)
U14/16/U19AA Tryouts - END					
U16/U19A Tryouts - START					
Sept 16 2023	Saturday	1:15 PM	IGA	U16A	Skills evaluations
Sept 16 2023	Saturday	2:30 PM	IGA	U19A	Skills evaluations
Sept 17 2023	Sunday	2:15 PM	IGA	U16A	Scrimmage #1
Sept 17 2023	Sunday	3:30 PM	IGA	U19A	Scrimmage #1
Sept 23 2023	Saturday	7:00 PM	Memramcook	U16A	Scrimmage #2
Sept 23 2023	Saturday	8:15 PM	Memramcook	U19A	Scrimmage #2
Sept 24 2023	Sunday	10:15 AM	Memramcook	U16A	Scrimmage #3
Sept 24 2023	Sunday	11:30 AM	Memramcook	U19A	Scrimmage #3
Sept 24 2023	Sunday	4:30 PM	Memramcook	U16A	Scrimmage #4
Sept 24 2023	Sunday	5:45 PM	Memramcook	U19A	Scrimmage #4
Sept 24 2023	Sunday	7:00 PM	Memramcook	-	Possible ice for dividing groups (if requ'ed)
U16/U19A Tryouts - END					