



AIRDRIE RINGETTE

GOALIE DEVELOPMENT PROGRAM

Information for Goalie Parents

Airdrie Ringette Association will provide opportunities for all athletes to try the goalie position and will provide very basic goalie instruction as early as Active Start. Use of small nets in Active Start and U10 promotes Goalie Development.

ARA encourages and will provide an opportunity for all children to try the goalie position. If your child is interested in trying the goalie position, please encourage them to try every position, including goaltending, on a regular basis. It is extremely important that parents of our young athletes in the Active Start, U10 and U12 age groups avoid projecting any negative or fearful comments with regards to the goalie position. We encourage parents to be supportive and use positive language with regards to the goalie position, and to educate themselves wherever possible.

Being a goalie is a physically demanding position that builds physical strength, stamina, agility, flexibility and mental resilience. Your child will continue to get lots of exercise as a goalie. And all goalies will develop their skating skills just as well as all other positions within the team.

Goalie equipment is provided to all teams in Active Start, U10 and U12. All goalies will be welcome to use ARA's team gear. When goalies get to the U12 levels, they may prefer to have their own equipment that fits them properly and that they can wear during non-ARA training sessions or off-season camps.

It is now mandated under Ringette Alberta that in Children's Ringette U12 and under no individual in Active Start and U10 may play Goalie more than 25% of the total games played by their team on or before December 31st and 25% after December 31st. At U12 no individual athlete may play Goalie more than 75% of the total games played by their team on or before December 31st and 75% after December 31st.

<https://ringettealberta.com/wp-content/uploads/2021/08/27.0-Goaltender-Development-Policy-August-2021.pdf>

ARA provides a monetary goalie incentive to support and encourage our goalie families, and has also implemented a multi faceted Goalie Development Program.

Ensuring all players are given the opportunity to develop a wide range of ringette skills is a primary goal of Airdrie Ringette Association, while implementing the Long Term Athlete Development (LTAD) model. Early specialization (U12, U10 and below) in sport is contrary to these principles. It is important that players, parents and coaches are aware that at these early stages of athlete development, allowing players to play only one position can be detrimental to their development.