

# DRA Bench Staff Meeting



DORCHESTER  
**DRAGONS**  
RINGETTE



# Topics Covered

**01**

**President's Message**

**03**

**New Rules (GLRL, LORL)**

**02**

**Bench Staff  
Information**

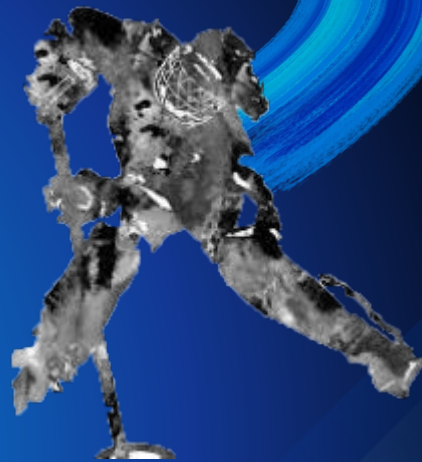
**04**

**Managers**

01

**WELCOME  
BACK!**

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# DRA BOARD OF DIRECTORS

**President:** Shelley Handley  
**Vice President:** Kristen Cadotte  
**Secretary:** Heidi Duffield  
**Treasurer:** Kelly Sauve  
**Coaching Director: of Coach and  
Player Development** Gemma Urbani  
**Fundraising:** Vacant  
**Promotions/Bond:** Paula Foster-Reed

**Registrar:** Meagen Knapek  
**Sponsorship:** Emily McDonald  
**RIC:** Sue Spencer  
**Equipment Manager:** Christina  
Leschied  
**Special Events:** Melissa Cupello  
**Ice Scheduler:** Mallory Hesselmans  
**WRR/GLRL:** Mike Reaume



# IMPORTANT DATES

<b>Bond Positions Posted</b>	Now and On-Going
<b>Photo/Clothing Night</b>	Tuesday, October 1, 2024
<b>Bottle Drive</b>	Saturday, October 19th
<b>Western Skills Training</b>	Friday , October 25th
<b>Ringette Day</b>	Saturday, October 26th
<b>Coaching Qualifications</b>	Thursday, November 30th
<b>A Provincial Championships</b>	March 13-16, Sault Ste. Marie
<b>Regionals</b>	March 21-23 - London
<b>U12 Year End Event</b>	April 3-6 - Markham

# NEW FOR DRA

We have all sorts going on this year and will be asking for feedback later in the year. Thank-you Gemma!

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>● Dare-to-Care</li><li>● Nutrition</li><li>● Yoga</li><li>● Western Skills</li><li>● Warm Up</li><li>● Tournament</li><li>● Power Skating</li></ul> | <ul style="list-style-type: none"><li>● Goalie Clinics</li><li>● PD Day Camps</li><li>● Ringette Day</li><li>● 3-on-3</li><li>● FUN Jamboree</li></ul> |
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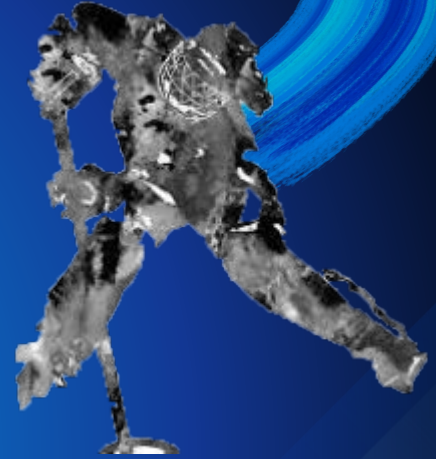
A Message from our  
Referee-in-Chief:  
Sue Spencer



02

# Bench Staff Information

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# BENCH STAFF BOND POSITIONS

- 7 Bond bench approved positions - **No split positions**
  - 1 head coach
  - Up to 3 assistant coaches (only 5 members allowed on bench)
  - 1 trainer
  - 1 manager
  - Treasurer (Not required)
  - On ice helpers need to be on TRF for insurance purposes - not bondable
  - Must be on TRF or a part of the association in another capacity to step on ice (player etc.)

# Registration

- **All bench staff (including junior coaches) and on-ice assistants need to register as “a coach” via their RAMP account.**
- On November 15 The registration system LOCKS. After this date, changes are only made with an ICF (Information Change Form). All player changes to teams require approval of the Regional Membership Services Coordinator. A/AA Teams also require approval from Competitions (G&T) Committee.
- Bench staff changes require the approval from RO Technical Director.
- After January 30 team changes are no longer allowed.

# Bench Staff Requirements

- The latest Team Qualifications Chart & Pathways documents for this year can be found here: <https://ringetteontario.com/content/team-staff-qualification-pathways>. There are links in the pathways documents to the courses.
- Please ensure your bench staff complete or sign up for any required training listed in the pathways documents ASAP. **All courses must be complete by November 30** and show as TRAINED on their transcript. Information on figuring out why you show IN TRAINING can be found here in this [In Training Info Sheet](#).

## Quest For Gold Bursary for CI Clinic

- There is an opportunity for coaches to receive funding for the CI course through Quest for Gold. For more details please check out link at <http://coachesontario.ca/qfg/>

# Certifications

- Please ensure all of your qualifications are up-to-date
- For anyone needing a new police check or more qualifications, you will be contacted by the DRA over the next couple of weeks
- If you know you need courses please sign up NOW as they fill up fast - see the RO website
- Send all receipts to Gemma Urbani
- If you have any questions please reach out to Gemma





# Some Guidelines

- All coaches MUST use a proper ringette stick - no sawed-off hockey sticks
- All regional teams will be supplied with home and away jerseys. We have worked hard to ensure every player gets matching numbers in their size.
- Any teams getting sponsors and/or fundraising, must provide a budget twice a year - December and in March
- All fundraising events must be approved by the DRA and will be voted on at a scheduled meeting
- The DRA meets the first Tuesday of the month - any issues that you want brought forward will be discussed at the meetings unless it is an emergency.



# Goalies

- Goalies are a rare commodity in ringette
  - Dorchester Ringette will be paying special attention to goalies this year and the coming years
  - Every bench staff will require one on-ice coach to be dedicated to goalie development
  - Goalie Clinics have been provided to all DRA goalies
- Any player who wants to be a goalie and needs assistance with equipment please let Christina know - we will do our best to get them outfitted.



# Coaching Assistance

- The DRA will be reaching out to all head coaches to ascertain what everyone needs.
- We recognize that each age group and each coach needs something different
- Coaches night - 1 hour of in-person learning with Nicole Lindsay - 1.5 hour or on-ice drills and skills learning OCT 18th 630-9pm. **This will count towards PD Points**
- What this looks like is up to you folks- submit your learning needs to Gemma ASAP
- We value our coaches and the time you dedicate to this sport !





# ICE SCHEDULE

- Mallory has worked hard to ensure consistent and fair ice for teams this year
- This will not always be perfect, but we are getting there
- **IF YOU ARE NOT** going to use your ice, please let Mallory know ASAP in the Whatsapp group. Ice is expensive! Our arena allows us to give ice back 24 hours prior (no other rink does this) but they prefer 72 hours.





# ICE SCHEDULE

- Saturday pm and all of Sunday on Thanksgiving weekend ice has been returned to Thames Centre (teams will lose this practice)
- If you are looking for ice during Christmas break please let us know ASAP. We lose our weekday ice because of the holidays.



# Blackout Ice

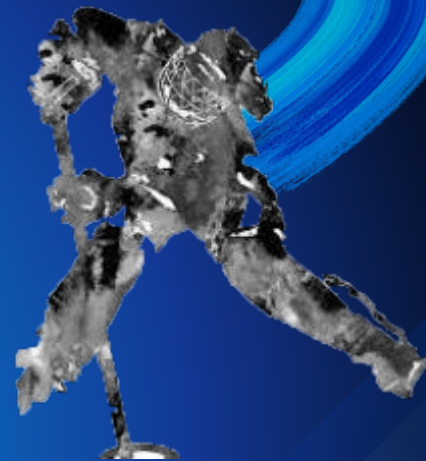
- There are a couple of weekends where you can expect away games and no practices:
  - November 22-24 (DMHA Tournament)
  - January 17-19 (BAD Girls Tournament)
  - Friday, January 31
  - February 27-March 2



03

# NEW RULES

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# **GLRL** (Provincial Play only)

- **GLRL Disciplinary Committee & Video Submission Policy added for 2023-2024 Season**
- **Please go to the GLRL website to ensure you understand this policy if you have not done so yet.**





# LORL (Regional play only)

- Rules are essentially the same - as most have been adopted from WRRL.
- Female only teams U14-U19 were allowed to decide if they wanted to play against female teams or mixed teams. Remind your parents if you are playing against boys - **THAT WAS THE TEAM'S CHOICE.**
- When playing mixed teams - 50% of the players on the ice for the mixed team must be female.  
U14-U19
- Anything related to fair play **DOES NOT** get reported to officials. Reach out to Mike or Shelley if you have a concern about a team.



# Penalties

- Misconduct penalty results in an automatic one-game suspension.
- Match penalty results in an automatic two game suspension under RO rules (i.e. incurred at a tournament).
- 10 penalty minutes for one player in the same game results in an automatic one game suspension.
- 30 minutes in penalties by a team in a single game results in Coach expulsion and 1 game
- Major penalty reporting should be automated soon with the Gamesheets app.
- Major penalties must be reported to each league as well. Do this whether you are the offending team or the opponent.
- These are minimum outcomes, leagues and associations can add discipline.

# Sportsmanship

- Try to keep games within 7 goals
  - Rotate positions
  - 3 passes before a shot
  - Try to get resets (a U12+ skill)

# DRA POLICIES

- The DRA has created a document and it is on the website
- These policies should be reviewed:
  - Bond
  - Jersey and Logo
  - Sponsorship and Fundraising



# Questions?

There is additional information on the following slides about certifications, substitutions etc.

This slideshow will be posted



## RO Policies

<https://ringetteontario.com/content/policies>

- Concussion Policy
- Return to Play Policy
- Coaches Code of Conduct Policy
  - Bench Staff Code of Conduct Agreement is now signed @ registration
- Screening Policy
  - OPP VSC's now available on-line
- Parents & Players review their RO CoC policy

## RO Forms

<https://ringetteontario.com/content/forms>

- Annual Offense Declaration
- Two Team Player Agreement
- Bench Staff Adjustment Form (tournaments)
- TRF Adjustment Form (Give yourself lots of time)

# ...cont'd

- Fair Ice Policy
  - i. <https://cloud.rampinteractive.com/lorl/files/Rules%20and%20Bylaws/LORL%20Rules%20and%20Procedures.pdf>
  - ii. [/https://cloud.rampinteractive.com/ringetteontariogames/files/RO-Fair-Ice-Guidelines-2022.pdf](https://cloud.rampinteractive.com/ringetteontariogames/files/RO-Fair-Ice-Guidelines-2022.pdf)



# Season Info

## League Play

- Scores for league games will get posted on the league sites via <https://ringetteontario.com>
- GLRL League play starts Sept. 28, 2024
  - <https://glrl.ca/>
- Regional LORL League Play will start Oct. 5, 2024
  - <http://lorl.ca>
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## Tournaments

- Check The Sanctioned Events List At:  
<https://ringetteontario.com/Content/Tournament-and-events-information>
- Registration Will Be Via Tournament Hosts Registration Page

# Season Cont'd

- RO is continuing with the RAMP GameSheets app
- Info on RAMP Game Sheets at <https://ringetteontario.com/content/resources>
- **No scores kept or posted at U8**
- **No posting more than a 7-goal spread ever (all levels)**
  - i. Change overall game score in 2nd tab if larger
- **Prompt *injury* reporting is critical (within 10 days) & expect follow up**
  - <https://ringetteontario.com/content/sport-injury>
- If you have a substitute player for a game you need to mark them as AP on the Gamesheet. A skater can only substitute 5 times for a specific team, but 8 games in total throughout the season (except goalkeepers unlimited). A player Substitution Form must be filled out on [lorl.ca](http://lorl.ca)

# Season Cont'd

## Year End Events

- 'AA' Provincials Feb 27-Mar 2 Ottawa
- 'A' Provincials March 13-16 Sault Ste. Marie
- Regionals March 21-23 London
- U12 Championships Apr 3-6 Markham

# Reminders For Parent Meetings

- Review RO and Association Injury Policies
- Remind parents about RO concussion policies as concussion sheets are now completed during registration
- ALL athletes under 18 participating in ringette must have at least one parent/guardian that has **completed the Respect in Sport for Parents on-line program by November 1st**, or the players are suspended. This includes LTS/HL/FUN1 and FUN 2 programs.
- Remind parents that referee #'s are declining...be kind to the refs **and keep family and friends under control**
- Western region may offer some Rules/PD courses for parents this season



# Coach Requirements

## Head or Assistant Coach

- Coach Initiation in Sport (Online)
- Competition Introduction Clinic (CI) (U12-U19)

or

- Community Sport Initiation Clinic (CSI) (FUN3 &U12)

*\* FUN1/2 Does Not Require CSI or CI*

- Make Ethical Decisions Clinic (MED)
- Make Ethical Decisions Evaluation (Online)
- Making Headway (Online)
- Respect in Sport for Activity Leaders (Online)
- Bench Staff Code of Conduct (Registration)

## Trainer

- Standard First Aid or Higher or Occupational Certification (Firefighter/Nurse)
- Making Headway (Online)
- Respect in Sport for Activity Leaders (Online)
- Bench Staff Code of Conduct (Registration)
- Volunteer Screening

# Bench Staff Requirements

## Jr. Coach

- Coach Initiation in Sport (Online)
- Making Headway (Online)
- Respect in Sport for Activity Leaders (Online)
- Bench Staff Code of Conduct (Registration)

## Trainer

- Standard First Aid or Higher or Occupational Certification (Firefighter/Nurse)
- Making Headway (Online)
- Respect in Sport for Activity Leaders (Online)
- Bench Staff Code of Conduct (Registration)
- Volunteer Screening

## On-Ice Assistant

- Coach Initiation in Sport (Online)
- Making Headway (Online)
- Volunteer Screening

# Coach Training

## Making Headway Module

- You should complete the Sport Generic module. It takes about an hour.
- <https://www.coach.ca/concussion-elearning-modules-p153487&language=en>

## Making Ethical Decisions (MED) Module and Evaluation There are two parts to this:

- 1) Online seminar or classroom session
- 2) Online evaluation
- <https://www.coach.ca/make-ethical-decisions-med--s16834>
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## Respect in Sport for Activity Leaders

- Required for all coaches, junior coaches and trainers.
- Remember to enter your NCCP # and click on "allow" to transfer your completion of the course to your NCCP locker transcript.
- <https://ringette-canada.respectgroupinc.com/>

# Coach Training

- For information on registering for clinics check out the RO website <https://ringetteontario.com/content/coaching-clinic-registration-information>
- **Coach Initiation Module** - This must be completed prior to the CSI or CI clinic. It is offered by the Coaching Association of Canada. The module takes about 1 hour to complete and costs \$15.
  - You can find it at <http://coach.ca/coach-initiation-in-sport-s17259>
- **Head Coaches and Assistant Coaches NEED to be either CSI or CI trained**
  - COMMUNITY SPORT INITIATION (CSI) trained (U12 and below)
  - COMPETITION INTRODUCTION (CI) trained (U12 and above)
  - Register at [coachingringette.ca](http://coachingringette.ca)
- **Quest For Gold Bursary for CI Clinic**
  - There is an opportunity for coaches to receive funding for the CI course through Quest for Gold. For more details please check out link at <http://coachesontario.ca/qfg/>