

Player and Parent Information

Welcome to Eastman Flames AA Ringette program!

This program is comprised of teams that belong to the Eastman Ringette Association and are managed by the Eastman AA Committee. Below is some information for players and parents for the upcoming season. This information can be amended by the AA committee during the season.

ASSUMPTIONS

It is important that you understand that we have assumptions. The program is centered on these assumptions. If you are not in complete agreement with all the assumptions, it is best for you not to begin the program because there will be constant conflicts. The assumptions explain to you where the coach and the association is trying to go with the program. If you are trying to go in a different direction, then you and the rest of the team will not be able to work together.

You will be 100% committed to the team. Attending every practice, game, training session and event. We understand that at certain times things come up. This can be worked around in discussion with the coaches. **If you are involved in other sports, we expect this to be the 100% priority and the other sport is played around our schedule.**

We assume that you want to play on a Championship team. You understand that decisions are made with the priority being the team and the program. The individual comes second. Athletes must understand that their position is determined by what helps the team the most.

We assume you understand that you represent our team and association. There are many benefits that go along with being a member of the team and association but along with those benefits you will be held accountable for your actions and how you represent.

We assume you realize the expectation of performance of an athlete invited to play at this level also comes with the responsibility to maintain the level of conditioning required to compete at the Elite AA level.

We assume at the commencement of the mandatory pre-season training you will have maintained your fitness to the expectations set forth.

We assume shall a coaching decision be made to begin a conditioning program prior to the date set out by the Eastman AA directive, you will attempt to attend all.

At any time, coaching staff of your team will make ice time decisions based on game situations and what is deemed necessary within the framework of Ringette Canada, Ringette Manitoba and Eastman ringette policies.

A member of the coaching staff will communicate any decisions regarding a player's game time/ shifts with the player at that time.

Parents are Informed, willing participants in the Eastman Flames AA programs. Not Stake

Holders. The Program is run by the AA committee which is overseen by The Eastman Ringette Board. Changes to the program are made in the offseason. Ideas and suggestions are welcomed at any time.

Questions, comments, concerns can be brought to bench staff, manager, or parent rep. If not resolved, they can then be brought to the AA committee or Eastman Board.

WHAT IS THE FINANCIAL COMMITMENT?

The financial commitment will vary amongst the AA teams and the age level.

A good starting point is:

\$2700-\$3000 for registration fee

New players at all levels, purchasing Flames pants, jerseys and mandatory clothing:
\$800-\$1000

Championships, depending where and if Team Toba and fundraising: \$1500-\$3000

Variables that affect the cost of season include:

- The number of tournaments, both home and away, that a team decides to attend. Minimum 1 Fly and 1 Drive as well as the Eastman Home Tournament, and Mid Canada.
- The location of away tournaments team may attend (driving vs. flying). (Families may choose to use Air miles or points to decrease the expense when flying. including National and Western Canadian Championships).
- Number of family members attending away tournaments (family decision on whether a player goes with another team member, or if one parent attends the tournament, or the entire family goes to support the player).
- Additional team bonding functions or optional team apparel.
- Number of players on the team which will split all shared costs.
- Each team has the option to help offset the costs by doing team fundraising.
- Participants leaving as Provincial Gold Medal Winners to WCRCS and CRCS MUST purchase the required Team Toba gear (pants, jerseys, bags, walk on attire, etc). To be determined at that time by AA committee. This will include where to source clothing from.
- Teams will not be required to fly as a team, but date and time of arrival will be determined by the bench staff and AA committee. Once arrival at Championships teams

will be required to travel to and from events as a team.

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- All tournaments and Championships where more than one Eastman team is attending teams **must** stay at the same hotel. Team Managers will work together to finalize the booking.

FUNDRAISING

Fundraising can be done by the team and throughout the season to assist in team costs throughout the year.

Only one of these can be done as an “individual / team” fundraiser. This is the fundraiser where a percentage goes to the team and a percentage goes to the individual “player account”. For this fundraiser, the maximum amount that can be put to the “player account” is equal to the cost of registration (\$2700-\$3000). Anything in excess of this will go into the general team account to be used for team costs.

Any residual funds in the team account will be left in the team account and used to fund the program the following season.

TRAINING

Eastman Flames use external coaches for Strength & Conditioning, Power Skating and Goaltender Training. We use the same coaches across all teams to provide continuity across the years. As athletes move up in our program, they know what to expect from coaches and coaches know our athletes.

Our Strength & Conditioning coach is Devon Klassen from 431 Strength Squadron in Steinbach.

You will be expected to attend at minimum of one session a week at the gym. There will be an expectation of also completing training outside of gym and practices. There will be fitness testing and accountability to confirm participation.

Our Power Skating coach is Brooke Enns from Competitive Edge Power.

You will be expected to attend all sessions with Brooke and give 100% effort to be accountable to your team and our program.

Our Goaltending Coach is Competitive Edge Goaltending

Goalies will be expected to attend all training sessions with Top Shelf, usually conducted in conjunction with power skating.

Lack of attendance, participation, or effort in any of the above will be reflected in game play.

QUESTIONS

If you have any question or concerns, please talk to the coaches or the AA committee before acknowledging that you have read and understand the document.

We look forward to an AWESOME Season of AA Ringette! Thank you for wanting to be a part of the Flames Family!

Go Flames!