

# I AM ON THE TEAM:

## TRAIN TO TRAIN (11 TO 15 YEARS OF AGE)

STAGE



### PHYSICAL

1. I am developing my stamina and strength through high intensity interval training.
2. I am recording, monitoring and assessing my strength training progress through my own record keeping.
3. My speed is being developed with activities that require multi-directional speed on- and off the ice.
4. I am maintaining a strong and functional range of motion.
5. I am using plyometrics and resistance training with excellent technique to improve my athletic ability and ringette performance.

### PSYCHOLOGICAL

1. My team gives me a strong sense of belonging.
2. I am building my individual and team goal setting skills by using the SMART (Specific, Measurable, Attainable, Realistic, Time-sensitive) framework.
3. I can describe my errors and learn new ways to increase my success.
4. I communicate effectively with my teammates and am better able to recognize and regulate my emotions.
5. Setbacks are common and I am developing some reliable skills to respond and cope.
6. I can focus on the necessary cues during a practice and game for longer periods of time.
7. I am learning to read the movement patterns of the game and this is helping me make good choices when practicing and competing.

### TECHNICAL/TACTICAL/STRATEGIC

1. I can often demonstrate appropriate transitions between forward and backward stride, start and stop (2-foot & parallel) for my level of play.
2. I can consistently utilize the passing lanes, quiet zones, and the shot clock to my team's advantage.
3. I take short shifts, changing when safe and effective.
4. I can transition from offense to defense and defense to offense.
5. I can control the ring and maintain possession from free passes and during game play to create opportunities.
6. I can frequently execute advanced individual and team offensive tactics.
7. I understand the responsibilities of offensive and defensive roles.
8. I have decided that I want to specialize in the goalie position.

## LIFE SKILLS

1. Most times, I can motivate myself to practice and compete to the best of my ability.
2. I can listen to another person's side of a conflict, often understand the needs of my teammates and take the necessary actions to support myself and the team.
3. I can identify my setbacks and suggest ways to learn from them.
4. I am developing supportive relationships with my teammates and have a positive adult role model.
5. I am learning that rules of the game, fair play, diversity and acceptance are important to sport.
6. I can support younger players with their athletic development.
7. I make wise choices about healthy foods and sleep to help my training, recovery and performance.
8. I can track my menstrual cycle.
9. I am responsible with my use of social media.
10. I can balance the goals of a "student-athlete".

## ETHICAL LITERACY

<b>KEEP IT FUN:</b>	Ringette is still fun for me. I want to keep playing!
<b>GO FOR IT:</b>	I give my best at all times because it's honours the game and my team.
<b>PLAY FAIR:</b>	I choose to make ethical choices (e.g., no bending the rules, no drug use, no cheap shots).
<b>RESPECT OTHERS:</b>	I strive for good team chemistry and a positive interaction between everyone involved in the game (coaches, parents, officials).
<b>STAY HEALTHY:</b>	I find that sport can be a stress reducer for me.
<b>INCLUDE EVERYONE:</b>	My teammates and I take part in team-building activities to help us and our families get to know one another and build our ringette community.
<b>GIVE BACK:</b>	My teammates and I use the True Sport Principles to find ways to give back to our.