

I AM A COMPETITOR:

TRAIN TO COMPETE (15 TO 18 YEARS OF AGE)

STAGE



PHYSICAL

1. I am following my individualized strength training program that identifies the national team program strength and physical requirements.
2. I stay focused during the off-season to improve my strength, stamina, speed and suppleness training.
3. When training for speed I implement adequate rest between sets and reps, for example; work hard for 10 seconds, followed by 60 seconds of rest.
4. I am improving my ringette-specific, position-specific flexibility and range of motion.
5. I continue to maximize my development of multi-directional speed on and off the ice using more sport-specific agility movements and reactive drills.

PSYCHOLOGICAL

1. My sport and my team gives me feelings of competence, confidence and strong social connection.
2. I continue to use the SMART framework to develop annual and multi-year personal and team goals.
3. I can develop, script and track implementation of positive self-talk and can sometimes halt negative self-talk.
4. I am developing my own self-prompting for positive visualization and can sometimes halt negative images.
5. I am aware of my emotions and can usually control or regulate with appropriate strategies.
6. Using different sources of feedback, I can identify the origin of my errors and make corrections.
7. My tactical and strategic decision-making skills are increasing in speed and accuracy.

TECHNICAL/TACTICAL/STRATEGIC

1. My foot speed continues to be refined and my skating skills in speed, power and efficiency are improving.
2. I can demonstrate appropriate agility and body control when gaining an advantage.
3. I can frequently select high percentage passes and complete them successfully.
4. I can frequently select and create opportunities for high percentage shots.
5. I can frequently use the concept of “clock” management.
6. I can execute complex offensive tactics while reading the defensive strategy.
7. I can execute situational plays; both offensively and defensively.
8. I can frequently demonstrate an understanding of the responsibilities of offensive and defensive roles and know in which situations to use each mindset.
9. I can frequently take part in goalie-specific training.

LIFE SKILLS

1. I am learning to perform well under stressful, challenging or unpredictable conditions.
2. I accept and perform my assigned role on the team to the best of my ability and can support my teammates with their assigned roles.
3. I demonstrate responsible and ethical leadership behaviours on and off the ice.
4. I am developing strategies to understand boundaries between personal and professional relationships.
5. I am building a stronger ability to deal with setbacks and have some options if my athletic path is altered beyond my control.
6. I contribute to positive relationships on the team and help to create a positive team environment.
7. I am balancing my education, work and sport goals effectively and can ask for help when needed.
8. When travelling, I take responsibility for my choices around healthy food intake, rest/sleep and recovery strategies and follow other team requirements.
9. I can follow appropriate social media posting guidelines set by my team, league and club.

ETHICAL LITERACY

- KEEP IT FUN:** I am motivated by my own desire to participate at a higher level of competition.
- GO FOR IT:** Coach helps us define excellence so we can contribute to shared objectives.
- PLAY FAIR:** I support drug-free sport, equity, fair play, safety and non-violence.
- RESPECT OTHERS:** I am learning to be constructively critical of myself and to use that energy positively.
- STAY HEALTHY:** I am learning more about sport nutrition, doping, sport psychology, positive body image, fitness training, and proper equipment usage.
- INCLUDE EVERYONE:** My teammates and I sometimes host a free drills and skills program for younger or less experienced players from schools, clubs, or local communities.
- GIVE BACK:** My teammates and I are champions for True Sport.