



## **Coaching in the Hamilton Ringette Association**

Thank you for your interest in Coaching in the Hamilton Ringette Association. To ensure all Coaches are aware of their role and responsibilities, this document will outline some of the requirements, development resources and expectations as a Head Coach/bench staff.

The Hamilton Ringette Association defines a successful team and a successful season when:

- Individual players develop over the season to become better ringette players
- All teammates are able to work together and use individual strengths for the benefit of the team as a whole.
- Coaches/bench staff are able to:
  - provide well thought out season plan and weekly practices,
  - identify areas of team development,
  - build on team strengths,
  - provide opportunity for all players to develop individual skills even if the development opportunity may result in a loss of a league game but would provide long term development
  - communicate with parents, setting and maintaining a tone of respect for all aspects of the game of ringette,
  - foster a love of the sport and desire to learn in players, parents and bench staff.

### **Duties of the Coach**

As the primary leader of the team, the Head Coach sets the tone and direction of the season. The Head Coach has overall responsibility for development and execution of the season plan, and responsibility for the team's successful operation.

### **Head Coach responsibilities include:**

- Ensure all bench staff are trained and certified by Nov. 30th of the current year; including additional trainings as mandated by the HRA (ie: mental health awareness, anti-bullying, etc.)
  - Reimbursement for all required certification is available from Hamilton Ringette for selected Team Staff;
- In accordance with the association requirements evaluating and selecting players, as requested;
- Communicating team information, including information from Hamilton Ringette and/or RO;
- Develop a season plan in accordance with Long Term Athlete Development (LTAD)
- Weekly practice plans that will develop each player and the team's overall capabilities;
- Developing and administering the team budget with the assistance of the team Manager
  - Representing the Association and team in a manner that demonstrates respect of the sport, it's officials, players, parents, opponents and executive members

### **Choosing a Bench staff - Consider Skills and Knowledge**

In the same way, a team requires different players with different strengths the Head Coach must consider the skills and knowledge of the bench staff. Everyone must work together to carry out the duties outlined above. Assistant Coaches can have specific roles and skills that take advantage of their knowledge or background (for example, specific Offense, Defense Goalie Coaches, Communications to parents, assigning roles to parents (ie: tournament meals, snack schedule, statistics, etc.)



Team and individual success calls for a bench staff that has or can access specific skills such as:

- Communication skills appropriate to the age and level coached
- Organizational skills for budgets, hotel rooms, snacks/meals for the team
- Specific technical and tactical skills appropriate to the age and level coached Skills videos and practice drills can be found on the Southern Ringette Association website under resources look at the ringette Canada skills videos and National Ringette School drills of the week
- Nutrition and fitness appropriate to the age and level coached
- Techniques for building team cohesion that are effective for the age of their team.

### **Coach & Bench Staff Code of Conduct**

Team Bench Staff members are expected to uphold the highest standards of conduct whenever involved in a team function or representing their team in any way. The ORA's Code of Conduct and Ethics can be found under the Coaches Resources tab of the HRA website.

#### **Code of Conduct: Key Points**

- Bench Staff must abide by the rules set by the Ontario Ringette Association.
- Bench Staff must abide by the decisions of the game officials; i.e. referee, timekeeper and other minor officials.
- Bench Staff should ensure that all players and team spectators are the best possible representatives of their team, association and the sport of Ringette at all times.
- Bench Staff should respect the roles played by the Volunteers, Host, Officials and other Bench Staff at all sanctioned events, and deal with everyone involved in a courteous and friendly manner on and off the ice.
- Abusive/offensive language is not to be used on the ice, bench area, dressing rooms or in the public halls and lobbies of the arena.
- In the case of individuals who are not Minors, not consume cannabis in any situation associated with the Events of the Organization, not consume alcohol during training, competitions, or in situations where Minors are present, and take reasonable steps to manage the responsible consumption of alcohol in adult-oriented social situations.
- Bench Staff must abide by the ORA Concussion Policy and Guidelines as set by the Ontario Ringette Association.

A Bench Staff member who breaks the Code of Conduct must appear before the appropriate association, regional or provincial committee for a discipline hearing. This body may impose sanctions that may include suspensions or fines.



## **Player and Team Development**

Team win/loss record, is only one measure of team success. Player statistics, (goals/ assists), are only one measure of some players development. Developing a player fully requires the bench staff to develop each player's knowledge and ability in the following areas:

- Individual fundamental skills such as skating, shooting, passing
- Individual tactical skills, such as checking, channeling, deking
- Positional roles and responsibilities
- Knowledge of Ringette rules
- Age-appropriate strategy for common game situations ("Game Intelligence")
- Fitness and nutrition
- Principles of good sportsmanship and fair play
- Leadership and the responsibilities of being part of a team
- Goal setting
- Problem solving
- Communication

## **Coaching Evaluations:**

Hamilton Ringette uses feedback from the Executive and player/parent surveys as inputs into the overall evaluation of Coaches. Coaches should also consider "self-evaluating" using tools such as Ringette Coach Self Assessment (2016).

Coaching is a demanding but very rewarding activity. Hamilton Ringette asks a lot of its Coaches and bench staff , because they have a significant impact on the Ringette experience for all of the players and their families. Our goal is to have a careful and rigorous process for selecting the best available Coaches, providing timely communications to parents and players of team expectations, schedules, budget information, general association information and general team congratulations/concerns and then to have the resources available to support them and help them and their players to develop, succeed and have fun.

Thank you for your interest in Coaching