



K E L O W N A
R I N G E T T E

Welcome Coaches and Managers!

We are so happy to have you in Kelowna for the Sweetest Tournament around! Please find the information below to make your tournament a success. If there are questions you have that haven't been included below, please email us at KRASweetheart@gmail.com



Tournament Arenas

RUTLAND ARENA	645 Dodd Road, Kelowna
MNP PLACE (formerly CNC)	4105 Gordon Drive, Kelowna
ROYAL LEPAGE & JIM LIND ARENAS	2760 Cameron Road, West Kelowna
WINFIELD ARENA	9830 Bottom Wood Lake Road, Lake Country
MEMORIAL ARENA	1424 Ellis Street, Kelowna

Coaches Managers

Coaches Package Pickup and Registration:

- **Thursday, January 30th at Rutland Arena Hospitality Desk, 6:00 pm – 9:00 pm.**
No Early Birds please!
 - Prior to playing your first game, all coaches (or a team representative) are required to register their team by picking up their coach's package at the Hospitality Desk.
 - All Kelowna teams **must** pick up their coach's package Thursday night.
 - Out-of-town teams unable to pick up Thursday evening, must pick up before their first game on Friday – they will be available at the Hospitality Desk at Rutland Arena.

*****Teams not registered prior to playing may receive FORFEITS for any games played.*****

Check Teamsnap tournaments: Please ensure you check [TeamSnap tournaments](#); we will update the site regularly. You will find the following information: standings, rink locations, schedules, and valued supporters.

Hospitality Tables

Each arena will have a tournament representative onsite to sign in and help teams find their way around. Please turn in your completed game sheets immediately following your game to the hospitality table. We will only have one game sheet so please take a photo after each game if you want a copy.

Tournament Office

The Kelowna Sweetheart Tournament office is located at Rutland Arena (in the lobby, entering through the main doors, second door on the left). At least one member of the KRA board or Sweetheart Committee will always be on-site for the duration of the tournament weekend.

Arena Etiquette

Arena staff have asked that we remind teams that their players will be sharing the arena with many people and to respect common areas. If the arena foyers are crowded, please have your players complete their pre-game warm-up and post-game cool-down outside.

MNP Place Arena (previously CNC): Teams can warm up on the indoor field side at the rear between the two fields. NO WARM-UPS IN THE LOBBY OR MEZZANINE. Please be courteous when playing music (it should not be played in the lobby where it affects the enjoyment of the space for other patrons).

Dressing Room Schedule & Etiquette

Please dress only in rooms assigned to your team. The weekend schedule will be posted on the arena reader boards. There is a designated alternate gender change room for each arena, please inquire at the Hospitality Desk.

Once alternate-gender athletes are dressed, please store bags in your team dressing room. ***DO NOT LEAVE BAGS IN ALTERNATE GENDER DRESSING ROOM OR PLACE A LOCK ON THE DRESSING ROOM DOOR.***

Teams must bring padlocks to use at each arena if wanted. Arena management and tournament organizers will not be held responsible for lost or stolen items.

Remember young players use these rooms as well; please be respectful to all participants in the tournament and clean up before leaving the room.

Game Requirements

HOME Team chooses:	JERSEY COLOUR
HOME Team provides:	SCOREKEEPER & SHOT CLOCK
VISITORS Team provides:	TIMEKEEPER

Coaches: Please ensure that all volunteers you provide are knowledgeable in the tasks they are asked to perform.

Teams must bring a set of conflict jerseys to use when the VISITING team's jersey colour is similar to the HOME Team's jersey.

The Sweetheart Committee will provide minor officials (scorekeeper/shotclock/timekeeper) for all MEDAL contention games.

Rules can be found here: [Tournament Rules](#)

Team Adjustment Forms

Divisions in U14 and above age groups requiring Team adjustment forms should have been completed by January 17. Team adjustments will **not** be permitted after this deadline.

Game Medals

Participation Medals will be awarded to all FUNdamentals, U10, and U12 participants. These medals will be provided to coaches in their Coach's bag and can be handed out to players following their final game of the tournament.

Bronze, Silver, and Gold medals will be handed out on ice at the end of final games to teams in U14 Club and higher divisions if time permits. If not, medals will be given to coaches to be handed out off-ice.

Sweetheart MVP

MVP prizes will be available for players in U10 and higher. For each round-robin game, team coaches will choose an MVP from the **opposing** team. A player can only be chosen as MVP once in the tournament. Your MVP prize will be included in your Coach's bag – each team will receive **4 MVP items** to hand out.

Game Sheets

Please have coaching staff sign in at the Hospitality table no later than 15 minutes before your game starts. No changes may be made to the game sheets/rosters without permission from one of the tournament directors.

It is your responsibility to ensure the tournament has your correct and most up-to-date roster.

All Final game sheets need to be returned to the Hospitality table and teams can take a photo after each game from the Hospitality table.

Game Scores & Standings

Final game scores and division standings will be updated on the TeamSnap Tournament app.

Silent Auction & 50/50

Silent Auction will be available for viewing Friday and Saturday at the Rutland Arena near the hospitality table.

Please make sure to come on by and check out many of the items in the auction. To place an online bid for the auction please view the following link:

<https://web.bidbeacon.com/share/auction.php?code=SWEETHEART2025>

- The auction site will open at 6:00 pm, Thursday, January 30th.
- Silent Auction will close at 7:00 pm on Saturday, February 1st, at Rutland Arena.
- All auction guests will be notified by email that the auction has closed.
- Winning bidders will receive a message regarding the items they can claim.
- Auction items must be claimed from the Sweetheart Tournament office at Rutland Arena on Saturday, February 1st from 8:00 pm - 10:00 pm or Sunday, February 2nd from 9:00 am - 3:00 pm.

50/50 tickets are available online throughout the weekend until Sunday, February 2nd, 2025 at 5:00 pm. The 50/50 draw will be completed by 6:00 pm PST February 2nd. We will contact the winner via phone and/or email and announce the winner on our social media pages.

50-50 tickets can be purchased at [Sweetheart 50/50 - Kelowna Ringette | Rafflebox](#)

Vendors, Concession & Engagement Activities

APPAREL:

[Victory Shirts](#) will be on site at Rutland Arena Friday and Saturday from 9:00 am - 6:00 pm and Sunday 8:00 am - 12:00 pm. They will have hoodies, tees, sweats and more! The newest Sweetheart logo will be available as well as many other Ringette-themed items.

EQUIPMENT:

[Full Circle Sports](#) will be on site at Rutland Arena from 9:00 am - 2:00 pm on Friday and Saturday offering Athena sticks, new Ring-jets, Pure sticks, Pure gloves, Mosspro pants, cages and stick bags. They will also take orders for items not in stock (e.g., ringette gear and apparel).

PHOTOGRAPHER:

[Infinite Eye Photography](#) – We are excited to announce that we are bringing back the POWER POSE! There is also an opportunity to have a dedicated photographer reserved to capture individual shots of your players. We ask that each team make a reservation for Power Pose and optional Individual Team Shots via the following link: <https://www.infiniteeye.ca/kelowna-sweetheart-tournament>.

CONCESSION:

Our Sweetheart arenas will have their concessions open during the tournament as follow (but please note hours may change):

- **Rutland Twin Arena:** The concession will be open from 8:00 am - 8:00 pm Friday through Sunday.
- **MNP Place (CNC):** The concession will be open 8:00 am - 8:00 pm Friday through Sunday.
- **Boomers Bar and Grill:** will be open from 11:30 am - 11:00 pm in MNP Place (CNC).
- **Winfield Arena:** The concession will be open (days and times pending).
- **Royal Lepage/Jim Lind:** The concession will be open Friday and Saturday from 8:00 am - 8:00 pm and Sunday from 8:00 am - 4:00 pm.

SCAVENGER HUNT:

- **This is your chance to be the sweetest team at Sweetheart.** The first team that sends us their completed scavenger hunt will receive first prize (it's yummy).
- **Entries are accepted until Saturday at 5:00 pm.** We will then draw team names from any teams that complete it for other prizes.
- Send all photos to socialmedia@kelownaringette.com
- The Scavenger Hunt information will be included in the Coaches' bags.

Skate Sharpening

Rutland Twin Arena: The skate shop hours will be determined asap. Keep an eye on our social media pages as we will confirm the times and post them.

MNP Place (CNC): sharpening services will be available: Friday – 8:30 am - 7:00 pm., Saturday – 8:00 am - 4:00 pm and Sunday – 8:00 am - 2:00 pm.

*In addition to the arenas, you can get skates sharpened at a number of convenient locations around Kelowna.

Chevy's Source for Sports: 1876 Cooper Road, Kelowna

Play It Again Sports: 1778 Baron Road, Kelowna

Sport Chek: 2271 Harvey Avenue, Kelowna (Orchard Park Mall)

Inclement Weather Action Plan

As weather can be unpredictable, an Emergency Action Plan Committee will be put in place to ensure the safe arrival of all teams prior to the start of the tournament.

Please ensure we have the most up-to-date and accurate information on file including Manager and Coaching Staff contact information (cellular phone only please) as well as hotel information and mode of transport (include ETA). In the event of inclement weather, all necessary measures will be implemented to ensure the schedule can accommodate to the best of our ability.

Lost & Found

Any items found in the dressing rooms may be dropped off at the Hospitality Tables at each arena for pick up.



Thank you to our many partners and sponsors for their generous contributions and continued support of our tournament!

Yours in Ringette, Kelowna Sweetheart Committee