



Welcome to Ringette!

Information for Active Start and U10

Welcome to ringette and to the Fort McMurray Ringette Association (FMRA). Ringette is a great sport and we look forward to sharing our passion for this fun team sport with you this season. This document is a brief introduction to FMRA ringette for those players that are new to ringette at the Active Start or U10 level. Please refer to our website (www.mcmurrayringette.com) for more detailed information, including our Operating Manual and Code of Conduct.

In case you were wondering... players do not need to know how to skate, nor do they need to know the game of ringette – we will teach them!

Who is FMRA?

FMRA is a group of volunteers who are dedicated to seeing the sport of ringette played in Fort McMurray. FMRA is governed by a board of directors and the details of board of director positions and members can be found on the website (www.mcmurrayringette.com). FMRA supports the game of ringette for both female and male players from ages 4 to adult!

What are the teams?

Ringette is divided into levels based on age. For players who are under the age of 10, the FMRA offers a house league program, with the option of out-of-town travel for tournament competition at the discretion of the team. Ideally a player will spend one year in the introductory AS program, 2 years in U10 Step 1, and 2 years in U10 Step 2/3.

Active Start – entry level program; ages 4 – 6 years, but must be minimum 5 years of age on December 31; focus on learning to skate; all AS players will form one team.

U10 Step 1 – age 6 or 7 years (6 yr old players w/ 1 year of experience); focus on learning the game of ringette and continuing to develop skating skills; depending on the number of players registered, one or two U10 Step 1 teams may be formed.

U10 Step 2/3 – age 8 or 9 years as of December 31; focus on learning the game of ringette and continuing to develop skating skills. U10 Step 3 is used as a transition program to learn full-ice rules prior to moving up to U12.

- Player evaluations (U10 Step 2/3 only) are held in September to determine player skill level on ice. The results are used to divide players into teams at the U10 level and determine the step 2 & 3 teams for tournament competition.
- Player evaluations are important! Attendance for player evaluations is highly encouraged so that our teams can be formed appropriately and placed accordingly for competition.
- Two levels: Step 2 (intermediate) and Step 3 (advanced) – the number of teams formed at each level each year depends on the number of players registered and the combined skill level of that group of players.

At the time of registration, players will automatically be placed in the appropriate level (AS, U10 Step 1 or U10 Step 2/3) based on date of birth. Should you have concerns about level placement, or wish to change levels, you need to speak with your manager or division coordinator about the process involved.

Who is on a team?

Each team will consist of players, parents, coaches, team manager, and division coordinator.

Coaches are volunteers and are also often parents. There will usually be a head coach and several assistant coaches helping to run the practices and games. For Active Start we welcome parents who would like to be on the ice helping to coach! If you are interested, please let your manager know and bring your skates, stick and helmet to practice. For U10, the coaches are often parents who began coaching Active Start and obtained subsequent certification. All coaches will have to complete a Criminal Record Check and will receive credit for their volunteer hours commitment by taking on this role.

Team managers are also parent volunteers with a player on the team. They are responsible for keeping their team organized and communicating information from the coaches and the division coordinator to the parents. Your team manager will email you at the beginning of the season and will be your main point of contact throughout the season. Team managers will receive credit for their volunteer commitment by taking on this role.

The division coordinator is also a parent volunteer. The role of the division coordinator is to serve as a liaison between the board of directors and the team managers. Division coordinators attend FMRA board meetings and will also receive credit for their volunteer commitment by taking on this role.

When and where?

The ringette season begins in September and ends in March. Registration remains open until December, so new players are joining the team for the first few months. Once your registration is complete, you will be added to a team roster and will begin to receive information via email. Information and monthly schedules are also posted on the FMRA website (www.mcmurrayringette.com). At the end of the season, FMRA hosts a year-end party to acknowledge the hard work of all the players, coaches, parents and volunteers.

Ringette is on ice training and play. Ice allocation varies because FMRA shares available ice with Minor Hockey in Fort McMurray on a rotating schedule. Thus, while the days of the week which each team has ice will usually be consistent, the time of day will vary. Each ice time is usually 1 hour in length. For AS and U10 Step 1, typically there will be 2 hours of ice per week: 1 hour each on Saturday and Sunday. For U10 Step 2/3, typically there will be 2 hours of ice per week and 1 hour of dryland: 1 hour each on Saturday, Sunday and a weekday evening. While great efforts are made to maintain a consistent schedule, the schedule and amount of ice each week is subject to change due to other FMRA activities and ice availability.

FMRA historically has secured ice at Mac Island (M2 and MM rinks) and at Centerfire Place. There are also times when ice at Fort McKay and Anzac have been used. Ice location is also subject to change due to changes in overall ice allocation within Fort McMurray.

What happens at practice?

The focus of our program at the Active Start and U10 levels is on both learning to skate and learning to play ringette. Ice time and dryland will be divided between practices, power skating and games. Practices focus on both skating and ringette skills. Power skating lessons focus on skating skills and instructors from outside of FMRA are hired as the budget permits (generally Oct-Feb). Dryland will focus on ringette skills, fitness training and mental skills.

In AS, games are played at the discretion of the coaches once the skating and skill level of the players permits. AS games will be played cross-ice with three players per team on the ice at a time (3-on-3) using small nets or pylons. Half-ice games may be played when using the small rink at Mac Island (MM). At this level, passing lines will not be enforced and goaltending will be organized at the discretion of the coaches. AS games are played for fun – these games are of an informal (scrimmage) type and score will not be kept.

In U10 Step 1 and 2, games will be played half-ice with three players and one goalie per team on the ice at a time (3-on-3 plus goalies) using small nets. The game will include one passing line and score will not be kept. Games will begin Nov/Dec and be of an informal (scrimmage) type.

In U10 Step 3, games will be played full-ice with five players and one goalie per team on the ice at a time (5-on-5 plus goalies) using small nets. The game will include two passing lines as well as incorporating the ringette lines and offensive/defensive positioning. Score will be kept, to a maximum difference of 5 goals between teams. Games will begin Oct/Nov and be of a formal (official refereed) and informal (scrimmage) type.

Equipment

The equipment required for ringette is listed in detail on the website (http://mcmurrayringette.com/page.php?page_id=37474).

The equipment includes:

- Helmet – must be CSA approved and fitted with a ringette cage (triangles not squares!)
- Neckguard
- Shoulder pads
- Elbow pads
- Shin guards
- Pelvic protection – ringette girdle or jockstrap
- Ringette pants or hockey pants with socks
- Jersey – a practice jersey of your choice is required; after the season has begun, a FMRA jersey will be provided to players for use during the season
- Gloves
- Skates
- Stick – ringette stick (includes tip)
- Water bottle – ice sport bottle that allows for the player to drink without removing the helmet

The equipment is similar to that required for hockey, with the exceptions being the helmet cage and the stick. Players are required to have their own equipment and be dressed for each ice time. Players will not

be allowed on the ice without a CSA approved helmet and ringette cage, neckguard, gloves or skates under any circumstance.

Please consider labelling all your equipment, including the stick. Players also need to have their names visible on the front of their helmets; this is extremely helpful to the coaches to be able to identify players. A trick to labelling helmets is writing the name on (hockey) stick tape on the front of the helmet.

In Fort McMurray, equipment for ringette can be purchased locally at Sk8 Lab, Sport Chek and Canadian Tire. Equipment can also be ordered online.

What to do?

Once you have completed the online registration, your player and their information will be added to the team roster. The team manager will email you with pertinent information, including schedule updates. The schedule is also available on the website (www.mcmurryringette.com). Upon submitting your registration payment and two levy payments (volunteer and fundraising), as well as, having all the required ringette equipment, you are then able to show up for your team ice times.

The indicated ice time on the schedule is the time at which your player should be fully dressed and ready to go on the ice. Therefore, you need to arrive at the arena earlier to allow time to get dressed. If you and/or your player are not familiar with putting equipment on, it is a good idea to allow approximately 20 minutes to get ready. Starting in U10 Step 3 your coach may have a discussion with the team about doing their warm-up in the dressing room to optimize available ice time so extra time may be necessary pre-practice.

When you arrive at the arena, there will be a whiteboard or TV by the entrance that indicates the times, teams and assigned dressing rooms. Please use your designated dressing room(s). For Active Start, U10 Step 1 & U10 Step 2, female and male players, parents and coaches all share the same dressing room. For U10 Step 3, the dressing rooms will be divided into one for females and one for males; this includes players, parents and coaches. Thus, for example, if a female U10 Step 3 player comes to practice with her father, she must get dressed independently and come out into the hallway to have her skates tied by her father.

Parents are required to assist their players in dressing and skate tying. Players can remain in the change room or on the player bench once they are ready until the coach is on the ice. Once players are on the ice, parents are encouraged to watch from the stands. Only players, coaches and team manager are permitted to be on the player benches once the practice/game has started. Should a player require parental assistance during the practice/game, efforts will be made to assist the player (such as with skate retying or opening water bottles) and/or communicate with the parent (such as for a bathroom break).

Levy Payments

As indicated at the time of registration, FMRA requires that our ringette families commit to helping FMRA offset the costs and volunteer hours associated with offering a ringette program in our community.

FMRA holds an annual raffle whereby each ringette family is asked to sell raffle tickets (20 tickets at a cost of \$10/ticket). The raffle tickets are typically distributed in December and collected in February. A fundraising levy of \$200 is collected to hold families accountable for this fundraising commitment.

Ringette families are also required to provide a minimum of 4 hours of volunteering. Volunteer opportunities include Come Try Ringette events, local Aurora Ring Tournament (fundraising tables and score keeping), FMRA raffle ticket sales at local businesses, casino, and year-end party duties. Volunteer opportunities are advertised through SignUpGenius forms sent via email. A volunteer levy of \$200 is collected to hold families accountable for this volunteer commitment.

The fundraising and volunteer commitments are required per ringette family, not per player; thus, if you have more than one child playing ringette you are still only required to submit one levy payment for each and commit to only \$200 of raffle ticket sales and 4 hours of volunteering.

Tournaments

FMRA hosts a tournament – The Aurora Ring – each year typically in October. This is a tournament that is open to out-of-town ringette teams. It is a fun weekend full of ringette of all levels and usually includes ringette merchandise for sale, raffle basket draws, 50/50 ticket sales, and, of course, player medals! Each team can expect to play at least two games in the tournament. There is no cost associated with playing in this tournament for FMRA players.

U10 teams have historically applied for out-of-town tournaments as well. It is up to the team players, parents, coaches and manager to decide which tournaments to apply to. Often these teams choose to apply to Edmonton and surrounding area tournaments. Applying to a tournament does not imply that the team will be accepted. In some years, teams have been accepted into multiple out-of-town tournaments, and in other years teams have not been accepted to even one tournament. Unless the team decides to fundraise for the purposes of off-setting tournament costs, the cost of the tournament registration fee is divided among the players attending the tournament. Travel arrangements are made and paid for independently by each player.

Questions?

The FMRA website is a great source of information! However, if you have additional questions, your team manager should be your first contact. You can also contact members of the board of directors; their email addresses can be found on the website. Please keep in mind, everyone helping to run this program is a volunteer and will do their best to answer or find answers to your questions and concerns in a timely manner.

**We hope you have fun playing ringette this season -
see you on the ice!**