

U19A 2026/2027



Parent/Player Information Meeting

Welcome - Agenda

- Competitive Program Expectations
- Anticipated team fees
- Player and Family Commitment
- Tryout Overview



Competitive Program Expectations



- Player commitment - attendance at all team activities (contract signed at reg)
- Training time commitment - expect 5+ days a week
- Minimum expectation:
 - Two weekly team practices
 - One weekly power skating
 - One weekly dryland training
 - Weekend games
- League Games
 - NCRRL -U14A/AA, U16A, U19A
 - LERQ - U16AA,U19AA
- Tournaments (2-3 local, 2-3 away)
 - Ranking - assigned by RO
 - Additional selected by team/coach
- Provincials / post season



Competitive Program Expectations

Fair Ice Policy

Playing at the AA/A level does not guarantee equal ice in all situations. This can result in hurt feelings and misunderstandings. Coaches will do their best to communicate in advance but some game time decisions have to be made. It is important to read Nepean's Fair Ice and Playing Opportunity Policy and Ringette Ontario's Fair Ice Guidelines ahead of time which can be found here:

<https://nepeanringette.ca/content/Fair-Ice-and-Playing-Opportunity-Policy>

<https://cloud.rampinteractive.com/hamiltonringette/files/RO-Fair-Ice-Guidelines-2022.pdf>



Anticipated Team Fees

2025/2026 Team Budget Ceiling:

Team	Parent coach	1 Non-Parent	2 Non-Parent
U19A	\$18,000	\$23,000	\$26,000

NOTE: Team ceilings for 2026/27 are being reviewed and an increase is expected



Additional Costs

- Competitive game day/Medal ceremony apparel
- Travel costs associated with out of town tournaments
- Nepean Team Pants
 - Used - try the facebook page



Nepean Ringette Association - Equipment Exchange

Private · 725 members



Tryout Overview

The most up to date information and schedule will be posted on the websites.
Many questions are covered in the FAQ document posted on our websites.

<https://nepeanringette.ca/content/provincial-tryouts>

[Metcalfe and District Ringette Association - MDRA : Website by RAMP InterActive](#)



Tryout Overview

Format:

- Tryouts #1 and #2 will be a mix of Drills and Scrimmage
- Tryouts #3 will be scrimmage
- Tryouts #4 and #5 will be interassociation exhibition

Releases:

- Following tryout #2, 3 and 4

Note that tryout format/ releases may require adjustments depending on registration numbers. We will communicate changes as necessary to registered participants



Schedule * pending RO approval

U19 A			Location
Tuesday May 19th	5:15pm - 7:15pm	Tryout #1	Walter Baker B
Thursday May 21st	7:00pm - 9:00pm	Tryout #2	Walter Baker A
Sunday May 24th	3:15pm - 4:15pm	Tryout #3	Walkley
Tuesday May 26th	7:15pm - 8:15pm	Exhibition game	Walter Baker B
Thursday May 28th	6:00pm - 7:00pm	Exhibition game	Peplinski



Tryout Overview - Registration

- Registration window open now - May 15th
- Cost this year will be \$110
- Late registrations will be accepted after May 15th at a cost of \$125
 - Cannot be considered for team selection without attending a minimum of 1 tryout - as per RO team formation policy



Tryout Overview - Player position

Have your player decide where they are comfortable trying out

- If they select two positions be prepared to play either position
- We cannot guarantee they will play both positions

Have this discussion with your player

We cannot change the playing positions once tryouts begin - positions will be assigned based on registration information. Balancing of tryout teams is done with player positioning in mind, once tryout teams are communicated no changes will be considered. **NOTE:** Players may be asked to play different positions to assist in roster and team formation decisions during later stages of the tryout process.



Tryout Overview - Attendance

- Attendance at your home/current club must be the priority for the first tryout
- Please ensure you check in at the registration desk for each tryout
 - Tryout attendance must be submitted to RO to be eligible for approval to play
- **If you cannot attend a tryout session due to conflict/injury/illness please notify immediately**



Tryout Overview - Attire

During tryouts, **no unique identifiers are allowed on any equipment.**

- **No name bars** on jerseys.
- **No specialty team pants** (e.g., team Ontario pants) are to be worn. Only association pants or neutral pants are permitted.
- **All identifying stickers** (e.g., Team Ontario stickers) on helmets should be removed or covered with tape matching the color of the helmet.
- **NRA or MDRA tryout jerseys** are mandatory and must be worn during all tryout sessions. If you require a set of tryout jerseys, they can be purchased for \$50 during registration.

Any player with unique identifiers on their equipment will be asked to leave the ice and will not be evaluated until the identifying marks are removed. This is to ensure fairness and prevent any bias during the evaluation process.



Tryout Overview - Respectful Behaviour

**We recognize this is a stressful time for everyone.
Let's keep the focus where it belongs: On the
players and their love of the game.**

- No aggressive or inappropriate cheering
- No videotaping
- Disruptive behaviour will result in being asked to leave and not permitted to return
- Parents may sit in the designated stands or remain in the lobby, no one in hallways
- Avoid standing at the glass — this can be distracting for players
- Attending tryouts you are not participating in may feel supportive, however it can also: Add pressure for some players and create stress or discomfort for others



Tryout Overview - Roster size

RO Minimum roster size:

- 12 skaters + 1 goaltender.
- 2 goaltenders are recommended.

Final roster size will be determined based on caliber of athletes and in discussion with the head coach



Tryout Overview - Contacts

General Tryout Questions:

Competitive Director NRA (Julie Paradis) - competitive.director@nepeanravens.ca

Competitive Director MDRA (Keira Kirkpatrick) - competitive@mdra.ca

U19:

U19 Convenor (Bobbi MacLeod) - u19@nepeanravens.ca

Registration Enquiries:

Registrar (Melanie MacLean) - registrar@nepeanravens.ca



Roster Size	U14A	U16A	U19A
	Home/Current Players	Home/Current Players	Home/Current Players
12	8	7	6
13	9	8	6
14	9	8	7
15	10	9	7
16	10	9	8
17	11	10	8
18	11	10	9