



Competitive Program Information / Expectations

The Metcalfe and District Ringette Association (MDRA) competitive teams provide competition for those players who want to play ringette at a higher level and are willing to make the commitment.

The purpose of this document is to provide information to players and parents/guardians regarding team expectations, commitments, and cost before deciding to try out and play at the competitive level. This document also contains important information about the competitive tryout process and team formation. **Please read this entire document (parent and player) prior to attending the tryout sessions.**

These guidelines are based on information and guidance from the 2019/2020 competitive year.

All information is subject to change due to the ongoing and evolving rules and regulations arising from COVID-19 at both the Federal, Provincial and Municipal levels of government and the guidance provided by Ringette Ontario.

Competitive players are expected to make ringette their primary activity during the season.

Players are expected to attend all team activities including practices, league games, tournaments, play-offs, provincials, off-ice training sessions, fund raising opportunities and all other organized team events. The occasional absence due to illness, injury, family or school event is unavoidable, but all absences must be reported to the Head Coach in writing (via email), in advance of the absence. If repeated absences occur, the Head Coach has the right to raise a concern with the MDRA Executive.

Competitive players are expected to attend Provincial Championships, Eastern Canadian Championships or Canadian Ringette Championships if their team qualifies.

For the upcoming season the Metcalfe and District Ringette Association intends to host tryouts for the following competitive teams:

- U19A
- U16 A
- U14 A & U14AA

U14A, U16A and U19A

Teams and Tryouts

- For the upcoming season, the MDRA expects to host tryouts for U14A, U16A and U19A. Independent evaluators will determine whether the teams are of caliber and viable.
- Tryouts for the U14A, U16A and U19A teams will be held in April. Watch the website for details, schedules and locations.
- Anyone trying out is asked to go to the Eastern Region website to register. Go to http://www.erra.ncrrl.on.ca/erra/tryout_registration.asp and complete the form indicating where you will be trying out. You need to do this even if you are a Metcalfe player trying out only in Metcalfe. In addition to Metcalfe, you will also indicate in what other association (only 1 other is allowed) you will be trying out as an Out of Association player.
- Players will be notified by email of the schedule of try out sessions and exhibition games, as well as the try out fee, and this information will also be posted to the MDRA website.
- Players will be notified by email if they have been chosen for the team.
- Ideally the MDRA prefers to have coaches set before the end of tryouts. The Director of Competitive will meet with parents and players remaining in the tryout to announce the coach when it is known. In the instance that the coach cannot be selected before the final tryout, players who are selected will be sent an email announcing the coach and offering a position on the team. The player has 24 hours to accept the offer.

U14A, U16A and U19A Competitive Information and Expectations

- U14A teams play in the National Capital Region Ringette League (NCRRL).
- U16A & U19A teams compete in the LRQ (Quebec league) against teams from Quebec and the National Capital Region. U16A & U19A teams should expect to make 2 or 3 trips to Montreal and/or Quebec City to play double header games against the Quebec teams.
- For the 2022/2023 Season, to attend Provincial Playoffs, teams must meet the following criteria: Please note not all teams will be able to attend provincial playoffs based on this new criteria
 - Two Qualifiers which are all-inclusive and will take place in February (dates TBD)
 - Teams must attend one Qualifier if they wish to make a bid for the Championship
 - Top four from each Division in each Qualifier go
 - Championship divisions are capped at 8 teams each
 - Age groups are U14, U16, U19,
 - Championship events will take place in March
- Players who have been chosen for the team will be required to sign a competitive player contract. For an example of the contract, please see the Appendix of this document.
- Players not selected for the teams will attend sort outs for the regional teams in their home association.
- Beyond the normal game and practice per week, U14A, U16A & U19A teams also participate in extra ice sessions as well as hold other dry land sessions designed to develop conditioning and strategy. This means that players may be involved in ringette activities three to five times per week.
- Coaches may apply progressive discipline when players are absent from any of the team

activities including practices, drylands and games. For example: If a player misses a practice, they may start the next game on the last line. Repeated absences may involve having to sit out a game.

Teams and Tryouts

- For the upcoming season, the MDRA expects to host tryouts for U14AA. Independent evaluators will help determine whether the team is of caliber and viable.
- Tryouts for the U14AA team will be held in April. Watch the website for details, schedules and locations.
- If you intend to try out, please go to the Eastern Region website to register. Go to http://www.erra.ncrrl.on.ca/erra/tryout_registration.asp. Indicate where you will be trying out. You need to do this even if you are an MDRA player trying out only in MDRA. In addition to MDRA, you will also indicate in what other association (only 1 other is allowed) you will be trying out as an Out-of-Association player.
- Players will be notified by email of the schedule of try out sessions, as well as the try out fee. This information will also be posted to the MDRA website.
- Players will be notified by email if they have been chosen for the team.
- Ideally the MDRA prefers to have coaches set before the end of tryouts. The Director of Competitive and the Division Convenor will meet with parents and players remaining in the tryout to announce the coach when it is known. In the instance that the coach cannot be selected before the final tryout, players who are selected will be sent an email announcing the coach and offering a position on the team. The player will have a deadline to accept the offer. It could be up to 24 hours, but also could be sooner.

U14AA Competitive Information and Expectations

- The U14AA team competes in the LERQ (Quebec elite league) against teams from Quebec and the National Capital Region. Teams should expect to make 2 or 3 trips to Montreal and/or Quebec City to play double header games against the Quebec teams.
- For the 2022/2023 Season, to attend Provincial Playoffs, teams must meet the following criteria. Please note not all teams will be able to attend provincial playoffs based on this new criteria
 - Two Qualifiers which are all-inclusive and will take place in February (dates TBD)
 - Teams must attend one Qualifier if they wish to make a bid for the Championship
 - Top four from each Division in each Qualifier go
 - Championship divisions are capped at 8 teams each
 - Age groups are U14, U16, U19,
 - Championship events will take place in March
- The U14AA team may also have the potential to attend the Eastern Canadian Ringette Championships. A Metcalfe U14AA team who wins Provincials must attend the Eastern Canadian Championships to represent Team Ontario. This is a 6-day event usually held mid-April (cost of this will not be included in the regular team budget).
- Players who have been chosen for the team will be required to sign a competitive player contract. For an example of the contract please see the Appendix of this document.
- Players not selected for the team may then attend try outs for the U14 A team, or sort outs for the regional teams in their home association.
- Beyond the normal game and practice per week, U14AA teams also participate in extra ice sessions, as well as hold other dry land sessions designed to develop conditioning and strategy. This means that players may be involved in ringette activities three to five times per week.
- Coaches may apply progressive discipline when players are absent from any of the team

activities including practices, drylands and games. For example: If a player misses a practice, they may start the next game on the last line. Repeated absences may involve having to sit out a game.

Time Commitment Fact Sheet – for players and parents of U14AA

Description	Commitment
Number of practices per season	50-60 (approx. 2 times per week average) **Depends on head coach and ice availability
Practice Schedule	Variable – could be any weeknight (4:30pm – 9pm) or weekends (6:30am – 9pm)
Practice Arenas	Metcalfe, Osgoode, Fred Barrett **Other arenas may be used based on ice availability (for example: Kemptville, Winchester, Russell, Spencerville and Finch)
Number of regular season games	20-22 (LERQ)
Distance to regular season games	Ottawa and surrounding areas - from Kingston (south) to Gatineau (north), Cobden (west) and Clarence Rockland, Montreal and/or Quebec City (east)
Dryland – number of sessions	Depends on coach – could be as often as once a week
Number of local tournaments	This will be determined by the Coach (team)
Number of out of town tournaments	This will be determine by the Coach (team)
Provincial Qualifiers & Provincial Tournaments	Each team must attend 1 qualifier event (2 events will occur). If team is in the top 4 ranking at the qualifier, the team will be eligible to attend Provincials.
Attendance expectations – all team events unless sick, injured or there is another legitimate reason for an absence, communicated to the Head Coach in advance	100%
Parent Volunteering – Minor official game duties (time clock, score keeping, shot clock)	Yes
Parent Volunteering – Fundraising	Yes
Dates of all tournaments	TBD
Dates of Qualifiers	February 2023, location TBD
Date and location of Provincials	March 2023, location TBD

Time Commitment Fact Sheet – for players and parents of U14A, U16A & U19A

Description	Commitment
Number of practices per season	40-50 (approx. 1.5 times per week average) **Depends on head coach and ice availability
Practice Schedule	Variable – could be any weeknight (4:30pm – 10pm) or weekends (6:30am – 10pm)
Practice Arenas	Metcalf, Osgoode, Fred Barrett **Other arenas may be used based on ice availability (for example: Kemptville, Winchester, Russell, Spencerville and Finch)
Number of regular season games	18 - 20 (U14A – NCRRL; U16A & U19A– LRQ)
Distance to regular season games	Ottawa and surrounding areas - from Kingston (south) to Gatineau (north) Cobden (west) and Clarence Rockland, and U16A & U19A plays in Montreal and/or maybe Quebec City (east)
Dryland – number of sessions	Depends on coach – could be as often as once a week
Number of local tournaments	This will be determined by the Coach (team)
Number of out of town tournaments	This will be determine by the Coach (team)
Provincial Qualifiers & Provincial Tournaments	Each team must attend 1 qualifier event (2 events will occur). If team is in the top 4 ranking at the qualifier, the team will be eligible to attend Provincials.
Attendance expectations – all team events unless sick, injured or there is another legitimate reason for an absence, communicated to the Head Coach in	100%
Parent Volunteering – Minor official game duties (time clock, score keeping, shot	Yes
Parent Volunteering – Fundraising	Yes
Dates of all tournaments	To Be Determined
Dates of qualifiers	February 2023, location TBD
Date and Location of U14A, U16A & U19A Provincials	March 2023, location TBD

U14A, U16A and U19A Provincial Financial Commitment

- With competitive teams there is a greater financial commitment.
- The costs of team wear, tournaments, Provincials, extra ice, and dryland training all add up. It means families can expect to pay anywhere from \$1000 - \$3000 per player above and beyond registration and advanced team fees, depending on the amount of fundraising the team does.
- Please see the below for more details on what to expect in terms of financial commitment.
- These costs are based on the 2019/2020 season and are subject to change.

	<u>Estimated Team Cost</u>	<u>Per Player</u>	
		13	Players per team assumed
Tryout fee		\$60	
Tournament Registration			
Nepean	\$775	\$60	
Pickering	\$830	\$64	
Waterloo	\$765	\$59	
West Ottawa	\$750	\$58	
Provincial Event	\$1500	\$115	
Tournament Accommodations			
Pickering		\$450	Assumes 1 room for 3 nights
Waterloo		\$450	Assumes 1 room for 3 nights
Provincials		\$600	Assumes 1 room for 4 nights
Other Costs			
Additional Ice	\$2876	\$221	Assumes 15 full ice (or 30 half ice)
Exhibitions Games	\$650	\$50	Assumes 3 exhibitions games
Team Wear		\$250	(if all items are needed)
Team Building Events	\$300	\$23	Assumes 2 parties (Christmas & end of year) @ \$150 each
Dryland Sessions	\$288	\$22	Assumes 24 (weekly) sessions
Provincial Supplies	\$200	\$15	
Total Additional Cost Estimate		\$2513	

Important Notes

For out of town tournaments please also factor in fuel, food and any other travel expenses. This estimate excludes any team sponsorships or fundraising. Tournaments listed are examples only, the actual tournaments may differ.

U14 AA Financial Commitment

- With competitive teams there is a greater financial commitment.
- The costs of team wear, tournaments, Provincials, extra ice, and dryland training all add up. It means families can expect to pay anywhere from \$1000 - \$3000 per player **above and beyond the registration and advanced team fees**, depending on the amount of fundraising the team does.
- Please see the below for more details on what to expect in terms of financial commitment. This is based on the 2019/2020 season are subject to change.

	<u>Estimated Team Cost</u>	<u>Per Player</u>	
		13	Players per team assumed
Tryout fee		\$60	
Tournament Registration			
Nepean	\$775	\$60	
Waterloo	\$765	\$59	
GCRA	\$795	\$61	
Guelph	\$820	\$63	
Provincial Event	\$1600	\$123	
Tournament Accommodations			
Waterloo		\$450	Assumes 1 room for 3 nights
Guelph		\$450	Assumes 1 room for 3 nights
Provincials		\$600	Assumes 1 room for 4 nights
Other Costs			
Additional Ice	\$3835	\$295	Assumes 20 full ice (or 40 half ice)
Exhibitions Games	\$650	\$50	Assumes 3 exhibitions games
Team Wear		\$250	(if all items are needed)
Team Building Events	\$300	\$23	Assumes 2 parties (Christmas & end of year) @ \$150 each
Dryland Sessions	\$288	\$22	Assumes 24 (weekly) sessions
Provincial Pins	\$205	\$16	
Provincial Supplies	\$200	\$15	
Total Additional Cost Estimate		\$2597	

Important Notes

For out of town tournaments please also factor in fuel, food and any other travel expenses.

There may be extra fuel and food expense for travel to Montreal/Quebec City

There may be tournament costs (hotel, gas, etc) for non-parent coaches

This estimate excludes any team sponsorships or fundraising.

Tournaments listed are examples only, the actual tournaments may differ.

If a team finishes #1 or #2 at Provincials and proceeds to National or Eastern Region Championships, costs for that trip could be high and are not reflected in these estimates.

OUT OF ASSOCIATION

Note that you will also need to pay the tryout fees in each association you try out for as an Out of Association player.

PLAYER ASSESSMENT GUIDELINES

The guidelines for how competitive players will be assessed can be found in the MDRA Player Assessment Guidelines for Competitive and Recreational Teams document. This document can be found on the MDRA website www.mdra.ca under the Resources section.

UNDERAGE TRYOUT POLICY

The policy for underage players who would like to try out can be found within the MDRA Player Assessment Guidelines for Competitive and Recreational Teams document. This document can be found on the MDRA website www.mdra.ca under the Resources section.

COACH SELECTION PROCESS

The process for how competitive coaches are selected can be found in the Metcalfe and District Ringette Association Coach Selection Process and Application document. This document can be found on the MDRA website www.mdra.ca under the Resources section.

QUESTIONS OR HELP?

If you have any questions about the Metcalfe and District Ringette Association competitive program please contact our Director of Competitive at competitive@mdra.ca

Appendix A

Competitive Commitment Survey



Competitive Commitment Survey

All players who intend to try out for Metcalfe and District Ringette Association competitive teams are asked to review and bring a signed version of this document to their first tryout session.

Registration/Release

Metcalf players **must** be registered for the upcoming season before being allowed to participate in tryouts. Out of Association players **must** present a completed and signed Player Tryout/Release Form from their home association before being allowed to participate in tryouts.

Commitment

Playing on a competitive team is a significant commitment. Players are expected to attend ALL team activities, including but not limited to: practices, games, tournaments, Provincials, dryland training, meetings, fundraising. Playing on a competitive team will also require a significant financial commitment beyond the cost of registration. These commitments are outlined in the “Competitive Program” document on our website.

Please consider whether or not you are able to make this commitment before attending tryouts.

Will you miss team activities due to your involvement in another sport/activity?

(*This may include playing on another team, school sports, tryouts/training for an off-season sport, theater, etc.)

Never Less than 3 3 to 6 More than 6

Will you miss team activities due to work commitments?

Never Less than 3 3 to 6 More than 6

I acknowledge that progressive discipline may be applied to absences from team activities.

I acknowledge that acceptance onto a competitive team also includes attending Provincials and Nationals or Eastern Championships if the team qualifies.

Name: _____

Signature: _____

Parent/Guardian Signature: _____

Phone Number: _____

Please bring completed form to the first tryout session

Appendix B

Example of a Competitive Player Contract



Competitive Player Contract

As a member of a MDRA competitive team, I understand that the following are my responsibilities:

- To arrive prepared and on time for practices.
- To arrive prepared and on time for game warm-ups and games.
- To arrive prepared and on time for tournament warm-ups and games.
- To practice and play to the best of my ability.
- To notify the Coach in advance when I am unable to participate in any team activity.
- To ensure a healthy diet, proper hydration and sufficient rest.
- To participate in the regular physical training sessions as I continue to increase my strength and endurance.
- To participate in the regular physical training sessions as I continue to improve my skills.
- To listen attentively to the Coach, Assistant Coach(es), Trainer, and Team Manager.
- To respect players as they listen to the bench staff.
- To respect and encourage my Team mates both on and off the ice.
- To abide by the Player Code of Conduct and conduct myself as an ambassador for the MDRA at games and tournaments.

Should I not be able to meet my responsibilities as outlined above, I understand the consequence may include being asked to leave a practice, to leave a game, being required to sit on the Player bench for part of a practice, being required to attend, but not dress for an entire game.

Name: _____

Signature: _____

Parent/Guardian Signature: _____

Phone Number: _____

To be completed and handed in to your team Manager if you are chosen for the team