



2025-2026 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 2024-2025 competitive year.

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, fundraising 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:

- U16A
- U14A

U14A and U16A

Teams and Tryouts

- For the upcoming season, the MDRA expects to host tryouts for U14A and U16A. Independent evaluators will determine the strength and caliber of players to make the teams. Tryouts for the U14A, U16A will be held the week of April 28, 2025.
- Anyone trying out is asked to go to the Eastern Region website to register. Go to [ERRA 2025-2026 A/AA Tryout Registration](#) page 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 and U16A Competitive Information and Expectations

- U14A teams play in the National Capital Region Ringette League (NCRRL).
- U16A teams *may* compete in the LRQ (Quebec league) against teams from Quebec and the National Capital Region. U16A teams could expect to make 2 or 3 trips to Montreal and/or Quebec City to play double header games against the Quebec teams.
- For the 2025-2026 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
- 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 and U16A 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 U14A and U16A

Description	Commitment
Number of practices per season	50-60 (approx. 1 - 2 times per week average) **Depends on head coach and ice availability
Practice Schedule	Variable – could be any weeknight



	(4:30pm – 10pm) or weekends (7am – 10pm)
Practice Arenas	Metcalf, Osgoode, Fred Barrett, Chesterville **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 – LRQ)
Distance to regular season games	Ottawa and surrounding areas - from Kingston (south) to Gatineau (north) Cobden (west) and Clarence Rockland, and U16A 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 determined by the Coach (team)
Provincial Qualifiers & Provincial Tournaments	Each team must attend 1 qualifier event (2 events will occur). If the 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	To Be Determined
Dates of qualifiers	February 2026, location TBD
Date and location of U14A and U16A Provincials	March 2026, location TBD

U14A and U16A 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 2024-2025 season and are subject to change.

Cost(s)	Estimated Team Cost	Per Player Cost (13 players per team assumed)	Notes
Tryout Fee	N/A	\$100.00	N/A
Tournament Registration			
Nepean	\$895.00	\$69.00	N/A
Pickering	\$975.00	\$75.00	N/A
Waterloo	\$875.00	\$67.00	N/A
Gloucester	\$970.00	\$75.00	N/A
Provincial event	\$2,000.00	\$153.00	N/A
Tournament Accommodations			
Pickering	N/A	\$500	Assumes 1 room for 3 nights
Waterloo	N/A	\$500	Assumes 1 room for 3 nights
Provincial event	N/A	\$750	Assumes 1 room for 4 nights
Other Costs			
Additional ice	\$3,195.00	\$245.00	Assumes 15 full ice (or 30 half ice)
Exhibition games	\$650.00	\$50.00	Assumes 3 exhibitions games
Team wear	N/A	\$250.00	If all items are needed
Team building	\$300.00	\$23.00	Assumes 2 parties



events			(Christmas & end of year) @ \$150 each
Dryland sessions	\$1,200.00	\$93.00	Assumes 24 (weekly) sessions
Provincial Supplies	\$200.00	\$15.00	N/A

Total additional cost estimate per player: \$2,965.00

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. 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 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](#).



APPENDIX A: 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** pre-register with the [ERRA Intent Forms](#) before being allowed to participate in tryouts. MDRA will then open the tryout registration where players will pay the \$100 registration fee to secure their spot at 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.)

<input type="checkbox"/> Never	<input type="checkbox"/> Less than 3	<input type="checkbox"/> 3 to 6	<input type="checkbox"/> More than 6
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Will you miss team activities due to work commitments?

<input type="checkbox"/> Never	<input type="checkbox"/> Less than 3	<input type="checkbox"/> 3 to 6	<input type="checkbox"/> More than 6
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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.

Player's name: _____

Player's signature: _____

Parent/Guardian signature: _____

Phone number: _____

Please bring completed form to the first tryout session



APPENDIX B: 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, sufficient rest and mental fitness.
- To participate in the regular physical training sessions as I continue to increase my strength and conditioning.
- 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 Teammates 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 consequences 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.

Player's name: _____

Player's signature: _____

Parent/Guardian signature: _____

Phone number: _____

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