

MDRA
FUNdamentals
Information
Session
Sept 7, 2022

METCALFE & DISTRICT
HORNETS



R I N G E T T E

Agenda

- Fundamentals Coordinators
- Convenor
- Overview of Program and Assessment Tools
- Sort Out Process
- Team Sizes
- Codes of Conduct
- Questions



Fundamentals Coordinators

Renee Lauzon-Beuman & Marc Cyrenne

- Provide direction for coaching staff
- Part of the Fundamentals Working Group for the Region
- Social coordinators
- And so much more.....



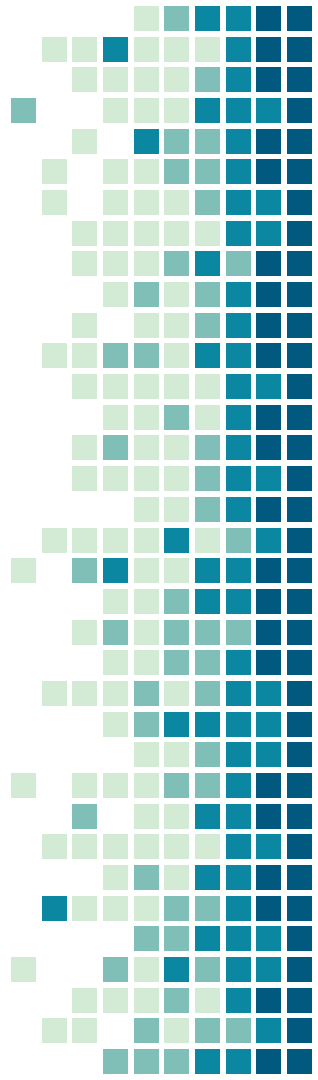
Fundamentals Convenor

TBD (u10convenor@mdra.ca)

Convenors can be used as intermediaries between players/parents and bench staff or between members and the board of directors.

To engage:

- Document by sending an email
- Cannot be anonymous

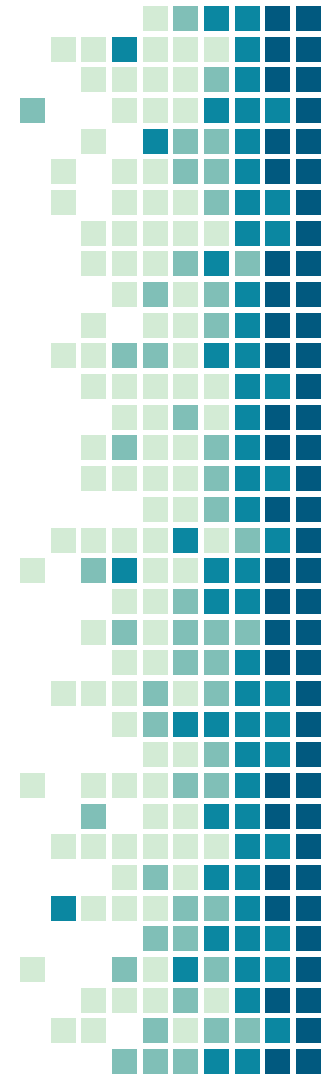


Overview of the Program

Children's Ringette is an initiative to provide age and stage appropriate activity experiences for young ringette players under the age of 10.

Children's Ringette is characterized by:

- Smaller spaced games
- Smaller, "Right Sized Nets"
- Focus on fun and play
- Grouping children based on skill and readiness, rather than age



What are other sports doing?

Many have made similar changes to be in line with Long Term Athlete Development.

- Tennis - cross court & mini-tennis
- Soccer - smaller fields
- Hockey - cross-ice and half-ice



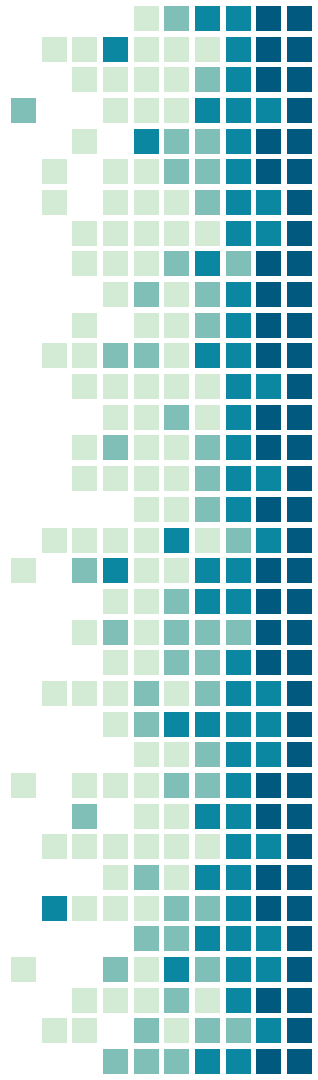
Benefits to Players

- Touch the ring more, more passes, more shots, more battles and more development opportunities
- Less standing around
- The game grows as the players grow
- Children have more fun playing ringette and therefore keep playing!



FUN 1 – Participants

- Aged 4-7
- New to skating
- Gaining confidence on the ice
- Learning to fall, stand up and move safely
- Learning basic game structure



FUN 1 - On-ice

- Dedicated skating coach along with ringette coach
- Small area skills and skating
- Cross ice games
- Smaller nets



Fun 1 Assessment to move to Fun 2

- Fall & Stand
- Skate & Glide with Basic Stance (stride to a 3 meter glide)
- Snowplow Stop (2 foot)
- Carrying the ring
- Backwards Movement
- Stationary Forehand Pass & Reception
- Forehand Sweep Shot
- Forehand Sweep Check



Fun 2 – Participants

- Aged 6-8 years old
- New players aged 6-9
- Learning to lengthen stride
- Can glide independently and control speed and direction
- Ready to learn basic rules of ringette (positions, blue lines)



Fun 2 - on-ice

- Half ice games
- Small sized nets
- Scheduled league play (10-12 games)
- Participate in 1-2 local tournaments:
 - 2 games and off-ice activity in one day



Fun 2 Assessment to move to Fun 3

- Balance - 2 foot hop over line
- T-push to a 1 foot inside edge glide
- One foot snowplow stop at speed
- Carrying the ring & ring protection
- Backwards stride
- Passing
- Forehand Sweep Shot
- 1 on 1 Sweep Check Motion



Fun 3 – Participants

- Aged 8-9 years old
- New players aged 6-9
- Acquired the physical, cognitive, and social readiness for more challenging play



Fun 3 - on ice

- Full size ringette
- Full size nets
- Regular season play - 18 games
- Tournaments
 - 1-2 local tournaments
 - Possibly 1 away tournament



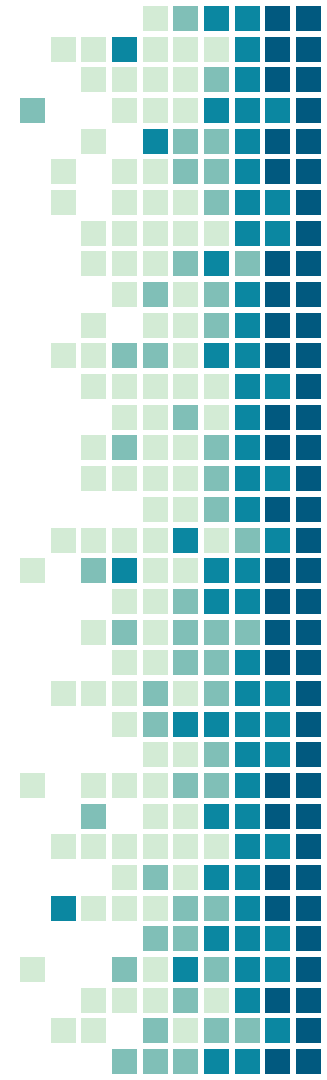
Sort Out Process

Skills Evaluation (Sept 17)

- Stations with volunteers to explain drills
- Will evaluate using the Fundamentals assessment tools
- Recommendations to parents about placement
- Brand new Fun 1 skaters do not need to attend

Fun 3 Balancing Game (Sept 20)

- If necessary



Team Sizes

Fun 1/Fun 2

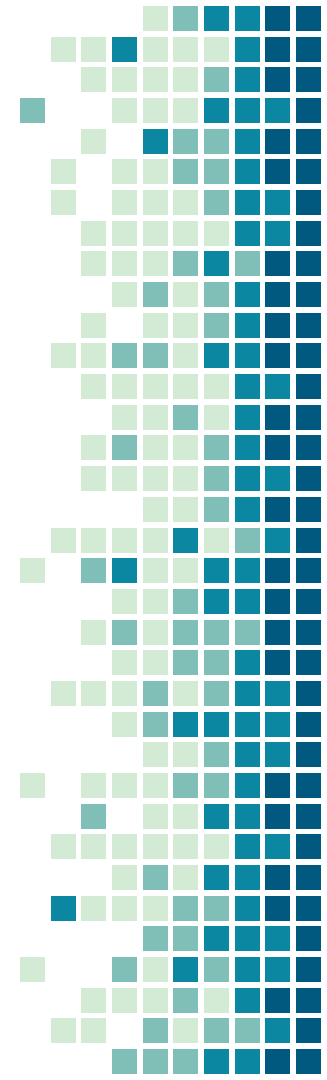
- As many participants as we can as long as we have coaches
- In games - 9-12

Fun 3

- 10 -12 per team

Benefits

- More ring touches
- More ice time



Parent Code of Conduct

MDRA Parent Code of Conduct

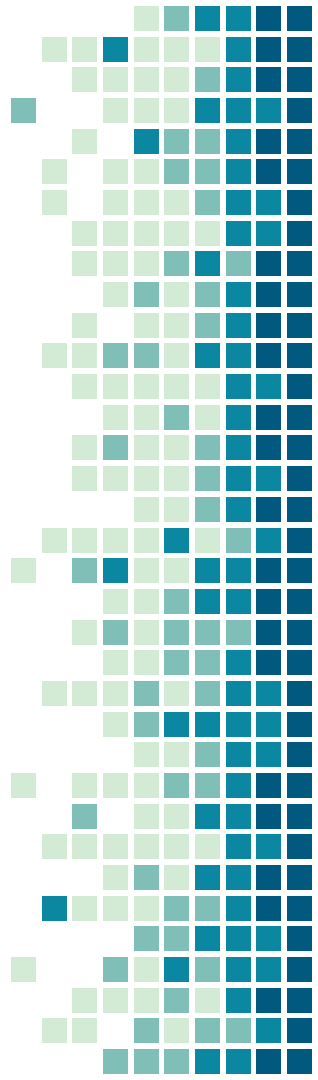
- Applaud good effort
- Not have unrealistic expectations
- Help provide a safe and fun environment
- Support referees and coaches
- Support team and players
- Respect coach decisions and encourage open communication
- Disciplinary action can taken



Parent Code of Conduct (continued)

Ringette Ontario Parent Code of Conduct

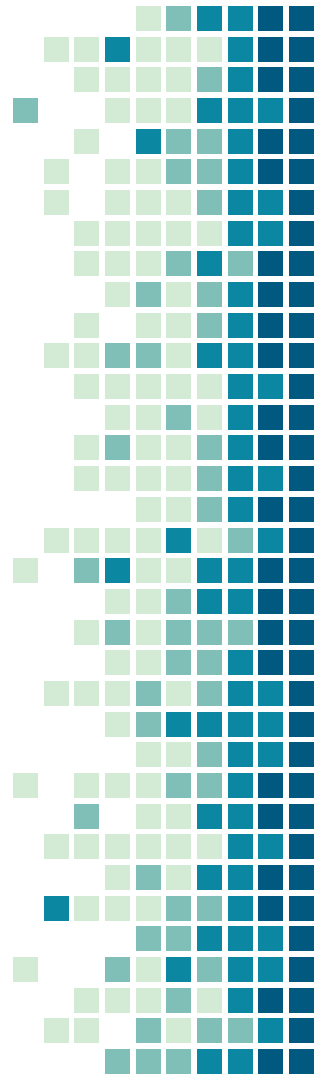
- Covers: Harassment, Bullying and Hazing
- Encourage athletes to play by the rules
- Never ridicule a participant
- Provide positive comments
- Respect officials
- Respect and show appreciation to all competitors, coaches, officials, staff and volunteers.
- Sanctions can be applied



Player/Athlete Code of Conduct

MDRA Player Code of Conduct

- Play for fun
- Play by the rules
- Respect officials - let coaches ask questions
- Control my temper
- Be a good sport
- Treat all players as I would like to be treated
- Have fun & improve skills
- Cooperate with coach, teammates and opponents



Player/Athlete Code of Conduct

Ringette Ontario Athlete Code of Conduct

- Duty to report infractions
- Purpose: To ensure a safe and positive environment
- Covers: Harassment, Bullying and Hazing
- Applies to conduct during ringette activities as well as conduct that affects ringette activities
- Sanctions can be applied





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RINGETTE



**Want to play the fastest sport on ice?
YES YOU DO!**

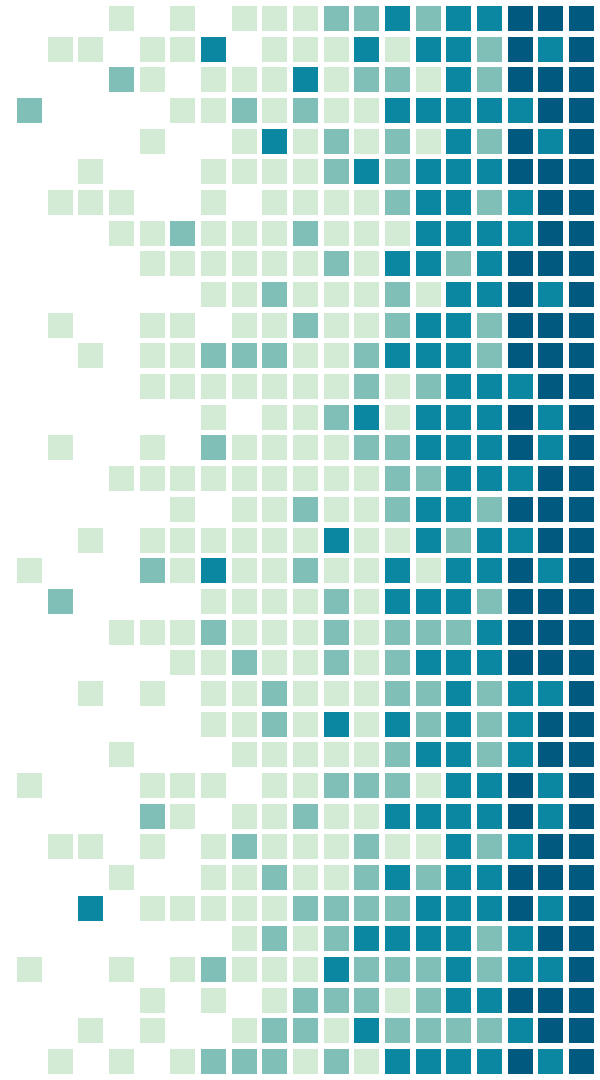
**Be at the Fred Barrett arena on Sept. 11th at 4:30pm &
COME TRY RINGETTE!**

Children 4 and up are welcome!

Register at cometryringette.ca or email mdraspecialevents@gmail.com for more info.

Come out and Bring a Friend!!

Questions?



Adjournment

Thank you for your
continued support of
MDRA!

METCALFE
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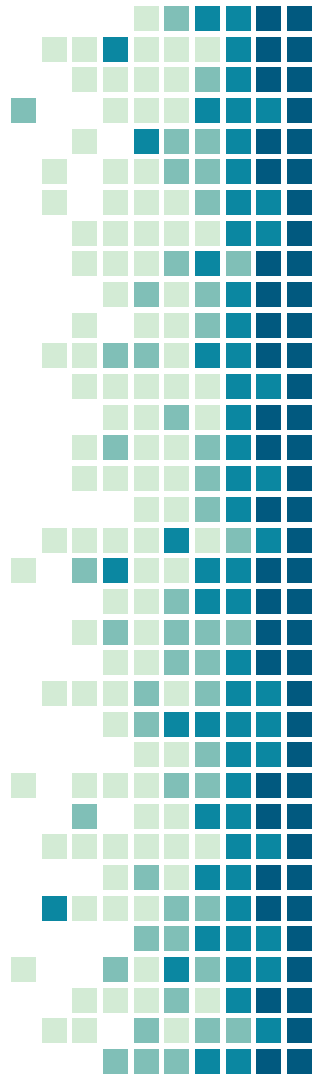


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CREDITS

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