



Nepean Ringette Association

A/A Provincial Team Tryout Information

- AA Tryouts: April 22nd - 28th 2025
- A Tryouts: April 28th - May 4th 2025
- Players can choose to tryout only for the A level. Trying out for the AA level is not required to be considered for the A level
- Optional conditioning sessions/skill evaluation will be provided ahead of tryouts.
- Nepean Provincial Tryout Schedule will be posted here: [Nepean Tryouts](#)

Getting Ready for Tryouts

There are several steps to take in order to tryout for an AA/A team with Nepean Ringette.

1. Register an intent to tryout with ERRRA: [2025-26 Tryouts](#)
2. Register through the Nepean Registration Portal: [HERE](#)
3. Read and sign the competitive commitment letter
4. Pay your registration fee
5. Ensure proper tryout attire
 - a. Nepean tryout jerseys (Can be purchased for \$50 [HERE](#))
 - b. Team neutral or home association pants (No specialty team pants)
 - c. Remove all unique identifiers from jerseys or helmet (Name bars, stickers etc)

Expectations:

Tryouts are not an opportunity to gain ice time. All players attending tryouts should have realistic expectations to be able to compete at that level.

As an association, we encourage players to play at the highest level they are comfortable with and capable of playing, however, players have to approach the competitive team tryouts with realistic goals in mind. As a rule of thumb, a realistic goal would be to move up one skill level in the second year of an age group, and drop one skill level when moving up an age group. This is just a guideline as player skill development rates differ

and player numbers vary at each level. Teams are not pre-selected and no spots are reserved on a team.

Selecting a Position for Tryouts:

For tryouts it is important that a player select the preferred position that they wish to play during the tryout process. Please note that preferred positions indicated at tryouts are not guaranteed if a player is offered a position on the team. ***The head coach and bench staff will determine the best positions for all players once the team is formed.***

At the AA/A level we are looking for goalies and skaters. Goalies will tryout as goalies and skaters will tryout as skaters. A skater should select their most preferred positions for tryouts. For example if a player has always played forward or center they may not want to check off defence as a position for tryouts and vice versa. Players can select a secondary position, however it is not guaranteed that a player will be able to move to a different position during tryouts. Players may also be asked to play other positions during tryouts if the coaches wish to see the player in that position.

Trying Out in Another Association

All players must tryout for their home association if the level of play sought is offered. In addition to trying out in their home association a player may choose to tryout in one additional association. Additional fees will be paid to that association. In the case of any schedule conflicts during tryouts, a player must give priority to their home association's tryouts in preference to any others.

Please note, if a player is opting to tryout with another association, Nepean Ringette will not offer an advanced release or share the player's potential to make the Nepean team prior to the official announcement of the full Nepean team roster.

If a level of play is not offered at a home association a player may choose to tryout at a maximum of two different associations.

Competitive Commitment

Playing on a provincial team is a significant commitment. Players are **expected** to attend **ALL** team activities, including but not limited to: practices, games, tournaments, dryland training, meetings, fundraising. If a player's attendance falls below an acceptable level, they may be removed from the provincial team. All provincial level players are **expected** to attend Provincials and Nationals or Eastern Championships if the team qualifies. Playing on a provincial team will also require a significant financial commitment beyond the cost of registration.

Please consider whether you are able to make this commitment before attending tryouts.

Conditioning Session

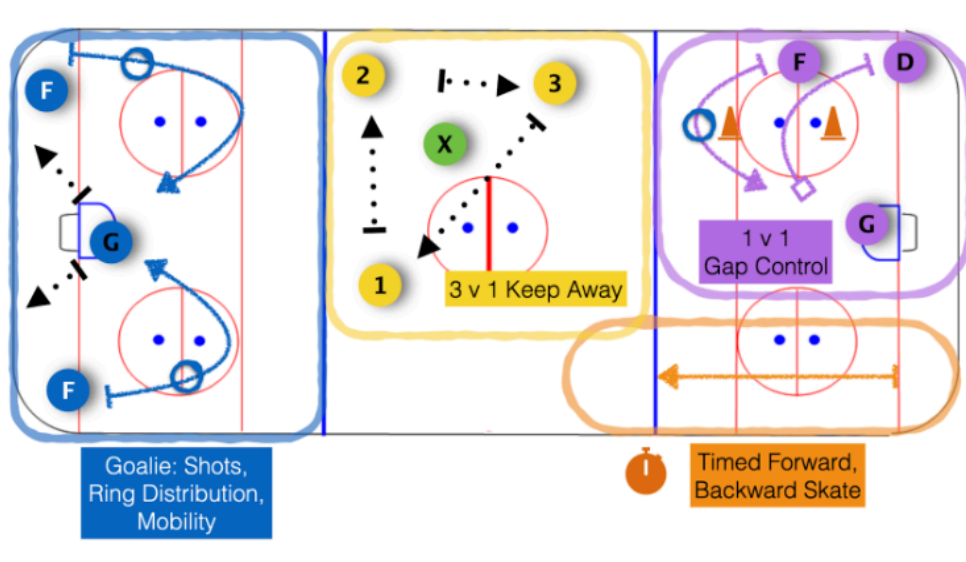
Optional conditioning sessions will take place prior to the start of the tryout evaluations. These sessions will include skills evaluation to help place players into balanced groups for the first evaluated try-out session. The intent is to attempt to best balance the groupings for the first tryout scrimmage. Please note that the skills evaluation will not impact players scores used to make cuts or decisions on team formation. Tryout evaluators will not have access to the skills evaluation scores. Players who do not attend the skills evaluation will be placed into a tryout grouping based on an assumption of skill level from previous playing experience.

4 Stations - See Diagram below

Warm-up for all about 5 minutes

Approx 10 minutes at each of the 4 stations

Players will be randomly assigned to a start station and then will rotate to each station



Tryout 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 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.

Competitive Evaluations

Every player must check in at the tryout desk in the lobby prior to each ice time. At the check in players jersey number will be confirmed, they will be told what position they will be playing, which change room to go to and what color tryout jersey they should be wearing for that particular evaluation.

- Evaluations are done by impartial evaluators
- Currently using experienced players (NRL, U19+) and experienced coaches
- All evaluators will be provided with brief training and explanation of evaluation expectations
- A minimum of 2 evaluators per player every tryout session
- First releases will happen after the first tryout
- Release decisions will be made based on evaluator scores and round table discussion with the competitive director and/ or President when conflict arises
- In situations where the competitive director is in conflict a named representative from the board will assume their duties
- In the case of a non-parent head coach that has been named prior to the start of tryouts that coach may be present for all tryout discussions.
- In the case of a parent head coach they will not be named or take part in tryout discussions until their child has been deemed to be at caliber for the team by the evaluators
- The head coach will decide on the final team roster size in consultation with the competitive director.
- The head coach may select the final 2 players from those remaining in the final tryout

AA tryout Format 2025

Tryout	Format	Notes	Releases
#1	30 min scrimmage	4 teams - Players will be buzzed on/off to ensure ice time	- Releases announced by noon following day
#2	50 min scrimmage	4 teams - Players will be required to self change appropriately	- Releases announced by noon following day
#3	Interassociation game	Opponent and time to be set by ERRRA	- Releases announced following game
#4	Interassociation game	Opponent and time to be set by ERRRA	- Final roster announced

A Tryout Format 2025

Tryout	Format	Notes	Releases
#1	50 min scrimmage	4 teams - Players will be required to self change appropriately	- Releases announced by noon following day
#2	50 min scrimmage	2 teams - Players will be required to self change appropriately	- Releases announced by noon following day
#3	Interassociation game	Opponent and time to be set by ERRA	- Releases announced following game
#4	Interassociation game	Opponent and time to be set by ERRA	- Final roster announced

Position Evaluation Expectations

During tryouts different positions are evaluated on different skill sets. Each evaluator scores an athlete on a scale of 1-5 in multiple skill categories. The evaluations form used can be viewed [here](#). These are the following skills being evaluated for each position:

Centers:

1. Triangle Positioning (pushes out, aligns with ring side Defender; able to move between one and two hands on stick).
2. Follows break out pattern; tells Goalie on goalie ring possible options; delays to take break out pass from goalie.
3. Supports ring carrier whether Defender or Forward and can avoid getting "contained" on boards by checking opponents.
4. Manages the 3 v 3 attack and either picks, screens or supports ring carrier and can make passes to open forwards on attack; can shoot or attack triangle to create scoring opportunities.
5. Lets forwards forecheck and backs up to take neutral zone coverage when the opponent has the ring.

Forwards:

1. Performs the Break Out pattern for forwards.
2. Picks up passes consistently.
3. Wins 1 v 1 battles for ring.
4. Able to forecheck and shows body position to beat defender to loose ring.
5. Performs Free Pass Play.
6. Able to gain possession of ring over blue lines;
7. Manages the 3 v 3 attack, as above, like the Centre.
8. Shows forehand and backhand shots.

9. Uses the shot clock effectively, and can get resets to bring team advantage.

Defenders:

1. Triangle Positioning (aligns with Centre on ring side while ring carrier is moving around triangle; able to move between 1 and 2 hands on stick in triangle).
2. Follows the breakout pattern and works in sync with goalie to avoid being out of position; can support the goalie, if the first choice of breakout fails.
3. Gets loose rings and beats opponents to rings in the corner.
4. Supports D partner for a support pass in the event that partner is pressured by multiple forecheckers.
5. Covers man on man style in neutral zone;
6. Pressures at blue line and avoids moving to the triangle too fast and giving up the blue line.

Goal Keepers:

1. **Saves:** Makes saves with blocker, catcher, pads, stick.
2. **Ring Distribution** - Throw low and flat passes to safe zones on ice (goal line by side of net; not in front). Makes stick passes with accuracy and timing. Communicates with team mates to signal where and when to start breakout.
3. **Positioning** - Staying square to the shooter; pushes out to manage angles to reduce amount of net showing to shooter; hugging post as ring is behind net and close to goal line. On Breakaways, comes out to challenge and matches shooter speed backing into crease.
4. **Mobility** - Basic stance - feet shoulder width apart, weight on inside edges; hands out; head up; back arched; hips low; performs butterfly, sliding butterfly and power push to move side to side; keep stick flat on ice during movement; smooth lateral movement; can do T-push and shuffle step.
5. **Rebound Control** - controls direction of rebounds with pads or stick; absorbs / cushions ring with stick on low shots.
6. **Recovery** - Returns to basic stance and proper positioning after being down on ice.

FAQs

Will coaches evaluations be used during the tryout process?

Evaluations could potentially be used in situations where players rank very closely during the tryout process, and are an additional source of information to contribute to selection decisions. The evaluations will also be provided to the head coaches of the teams during tryouts.

Are there fees involved with tryouts?

Yes there are fees associated with trying out for a AA/A team with Nepean Ringette. The fees are adjusted yearly based on the cost of ice rental. We also require a set of Nepean

Tryout jerseys to be purchased. For Nepean players these are your practice jerseys and you may not need to purchase a set for tryouts.

What is the difference between AA and A for players and parents?

When playing AA/A ringette there is a much higher commitment level required vs playing B or C. Most competitive teams require dryland training and additional mandatory power skating from the association. AA/A teams generally practice more during the week as well.

AA/A teams generally attend 2 home tournaments and 2 away tournaments on top of 1-2 provincial qualifying tournaments along with the possibility of attending the provincial championships and potentially Easterns or Nationals.

In the past, U16AA levels have also been part of the LERQ and U14AA/U16A/U19A levels were part of the LRQ. This can involve regular league games in Quebec with the potential to have to travel to Quebec City for a weekend.

Can a player tryout for goalie, center, defence and forward?

During competitive tryouts goalies are evaluated separately from skaters. As previously mentioned, at the competitive level we are looking for goalies to consistently play goalie and skaters to play center, defence and forward.

Selecting a position for tryouts is entirely dependent upon what a skater is comfortable with. We encourage skaters to select positions that they feel they will show best at. Please check with your players to see what positions they see themselves playing before selecting positions for them.

Is it possible for a player to get accepted on 2 teams and if so, can they pick which team they want to play for?

A player must give preference to their home association. There will be talk between the associations to discuss who will be keeping which players and what players have the potential to be released. If a player is offered a position with their home association, they may not decline the offer to go play with another association.

My player made a team at X position, will they play X position all season?

Just because a player tried out and made a team as a forward, defence or center does not mean that they will play that position all season. Other than goalie, any skater who makes a team will ultimately play the position the head coach decides to play them at.

Setting Realistic Expectations

Deciding whether to start tryouts at the AA or A level can be a big decision. Tryouts can be very stressful and it can be helpful to set realistic expectations.

We would encourage AA tryouts to not be used as practice ice as this can strain the evaluation resources. For a player coming off the previous season at the B or C level, consideration should be taken to determine if a player would be prepared for AA tryouts.

What Happens if a Player Misses a Tryout?

Players are required to attend every assessment session (tryout)) - failure to do so may jeopardize the player's ability to make the team for which they are being assessed.

Injuries and illness happen and we realize this can affect the tryout process. Nepean's current policy can be found here:

<https://nepeanringette.ca/content/Tryout-Policy-for-Injured-ill-or-Absent-Players>

How many Out of Association Players will Nepean consider for a Team

Nepean's current Out of Association Player Policy may be found here:

<https://nepeanringette.ca/content/Out-of-Association-Player-Policy-Competitive-Teams>

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. It is important to read Ringette Ontario's Fair Ice Guidelines ahead of time which can be found here:

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

Under Age Players

At the U12 age group and above Nepean strongly believes in having players play with players their own age. Our Under-Age player policy may be found here:

<https://nepeanringette.ca/content/Nepean-Ringette-Underage-Policy>

Additional Questions

Any questions not covered by this document may be directed to the competitive director at: competitive.director@nepeanravens.ca