

**Ringette**  
**4U**

# PROGRAM MANUAL

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## What is Ringette4U?

Ringette4U is an Instructor led package of lessons that are designed to tailor the ringette experience to each individual young player. The Ringette4U program is a mixture of skill specific lessons and small ice games designed to expand the skill level of its participants while having fun and participating in meaningful competition. All the lessons encourage participants to try new skills while playing appropriate games for their development.

The purpose of this program is to focus on developing player's skills to help them build confidence in themselves and their squad. Ringette4U is designed to break each skill down to its base and teach it correctly from the very beginning in a way that a young player can understand.

Each stage in this program is broken down into a set of individual skills, focusing on the basics and then adding team skills to them as they progress through the stages. Ringette4U makes sure that every player can learn at their own pace without compromising the "team-like" environment that draws so many to our sport.

Every child is going to experience Ringette4U differently, depending on what skills they currently have and how they acquire new skills. At the beginning of the year, each child is assessed to make sure that they are entering the Ringette program at the right stage for them. Players are given an achievement card at the beginning of the year and again at the end of the year so that they can see how they have progressed.

Ringette4U is also incredibly beneficial to the development of our future coaches and volunteers. It allows them to learn the game of ringette while observing and interacting with trained and certified Instructors to gain the skills, confidence and connections. All of these things will be useful to them in their coaching careers and benefit all of the young players that they may coach in the future.

## Why Ringette4U?

It is because of the importance of development in children aged 3 – 8 that we have decided to pursue a 3-stage development program. This program focuses more on developmental ability and physical literacy than chronological age, offering a unique opportunity for players to progress at a pace that is right for them, not just right for their age group.

Ringette4U strives to have players participating more and staying active for as much of those 60 minutes as possible. That could be by practicing drills, playing different sized games, or interacting with an instructor to learn different skills and the rules of the game.

## The Biggest Benefits of Ringette4U:

- Players get to learn at their own pace from certified Instructors who are taught "How to teach" and how to break down skills to the level of participants.
- Players get direct contact with a young female role model who knows the game of ringette. They get to know their instructor(s) and build lasting relationships with them as they progress through the program.
- Players get to learn in an environment that is made for their developmental level to help build their confidence.
- Coaches get more support and hands on learning throughout the season through step by step lesson plans and certified on-ice Instructors.
- Coaches have a knowledgeable resource available to them every ice time so that they can ask questions, learn more about the game, and even get contact information for future years.
- Parents get to see their kids receive more specific attention while having fun and improving at their own pace.

## Why Smaller Ice Games?

- Modified playing environment to fit the physical size of our kids (Like other sports do; Lacrosse, Tennis, Soccer, Baseball and Hockey)
- More touches
  - When a kid gets more touches that means they will develop more.
  - How can kids develop if they aren't participating?
- For Experienced Players
  - They no longer have the comfort of open ice; they are forced to make quicker decisions because the ice is smaller.
- For Less Experienced Players
  - They get better because they spend more time with the ring.
- Promotes Creativity.
- Increases player participation.
- Speeds up the learning process.
- Improves decision making skills.
- Increased competition for all skill levels.

## The Benefits of Smaller Ice Games:

- Increases the use of core skating skills like agility, balance, coordination and quickness.
- Number of ring battles is significantly increased.
- Being able to make plays and protect the ring in traffic is a huge difference maker on kids succeeding at higher levels.
- Fundamental skills are reinforced at a greater rate through game play
- Less time and space; which increases the frequency of making decisions, provides a better environment for teaching ice awareness and boosts game sense.
- Higher intensity level of competition, playing against others who are at the same stage as you are.
- Builds confidence of our lesser skilled players
- Creates a stronger challenge for more skilled players by having them face more opposition in a smaller space and therefore requiring more skill improvement.

## The Benefits of Station Based Practices:

- Kids are more active than in traditional practices.
- The player will get more opportunities for individual coaching during a practice.
- More repetition with-in a drill, which equals more development.
- Drills are appropriate for their skill level.
- Kids progress through the drill at a pace that is similar to all of the others in that group, no one is rushing up behind them forcing them to go faster and forget the basics of the skill, and no one is in front of them slowing them down.

## Urban & Rural Ringette4U Programs:

Depending on where you live you may be participating in either the **Urban Ringette4U Program** or the **Rural Ringette4U Program**.

The Urban Ringette4U Program encompasses everyone within the City limits as well as includes rural communities who can participate within the urban format.

The Rural R4U Program was designed to help assist rural communities where they face challenges that are specific to them. Smaller numbers, early ice times, greater travel distances and limited access to Instructors.

### **Urban Ringette4U:**

#### Lessons:

- Lessons are run by Ringette Manitoba Instructors and follow the Ringette4U Lesson plans provided for each stage.
- There will be 2-3 Instructors on the ice for any given Lesson. (Except in extenuating circumstances where this number cannot be accommodated.)

#### Games:

- There will be 1 Instructor supervising the on-ice game section played at the Red & Purple Level, while the other instructor(s) are teaching the lesson to the other half of the participants.
- There will be 1 Instructor on the ice for games played at the Green Level.

### **Rural Ringette4U:**

Ringette4U in an Instructor Led Program. Due to the challenges of Instructors reaching all Rural Manitoba communities, the Head Coaches play a larger role in the Rural Ringette4U Program.

Rural communities participate as a town, with all participants traveling together for games.

Rural Communities may participate in Urban Ringette4U should they meet the following criteria

- Squad Formation (Separating into Red, Purple and Green squads respectively)
- Sufficient amount of Instructors
- Ability to follow Urban Game Formats.

#### Lessons:

- There will be approx. 4 Lessons per month that take place in your community (or closest available community)
  - Lesson format will see each squad divided into their 3 stages to focus on the skills and lessons of each stage.
  - Minimum 2 Lessons will be delivered by a Ringette Manitoba Instructor. (unless otherwise arranged between a squad and Ringette Manitoba)
  - Additional Lessons delivered by an Instructor are available and need to be arranged between the squad requesting and Ringette Manitoba. \* At no additional cost.

#### Games:

- Weekend Games are run by Head Coaches in the game format that is provided.
- It is very important that Head Coaches follow the game format provided as deviating will affect the consistency and delivery of the program from community to community.
- Towns will see Red players playing the Red game format against the other Town's Red players, while Purple players play against opposing purple players using the purple game format etc.

# Ringette4u

## Assessment Process:

### REGISTRATION:

A maximum of 30 participants will be eligible to be on the ice at any assessment skate. This may contain players who have played a similar number of years, or done alphabetically. It is advised to go with fewer participants on the ice at a time to possibly accommodate participants who need to change to a different time due to conflicts.

\*Everyone must be assessed prior to the start of the program.

### ASSESSMENT DAY SET-UP AND PARTICIPANT SIGN IN:

An identifiable table will need to be set up 45 minutes prior to the Assessment skate. This table will hold the pinnies (or Tim bit's Jerseys), sign in sheets and information for the Instructors and Evaluators. Each association will be required to fill this table with volunteers for every Assessment skate.

All participants must sign in for their evaluation. At the time of sign in each participant will receive a pinnie number.

### POST ASSESSMENT & SQUAD FORMATION:

Achievement cards will be distributed by Local Associations at the beginning of the season. Each participant will receive their achievement card based off their assessments. Their card will either be Red, Purple or Green and will include a list of skills they have completed and a list of skills they must work on.

The completed Assessment sheets will be forwarded to the Ringette Manitoba office by the Head Evaluator and Ringette Manitoba will then update the player reports for each association based on the results of the assessment.

Associations will then be allowed to form their squads for the year and submit their rosters to Ringette Manitoba for approval.

Once approved, squads will be scheduled by Ringette Manitoba for their lessons and games.

## LOCAL ASSOCIATION SUPPORT DURING AN ASSESSMENT:

- 1) Provide 4 sheets of ice per 24 - 30 participants between the last Monday of September and the 3<sup>rd</sup> Tuesday of October.
- 2) Schedule and contact players to attend assessment skates. Please emphasize the importance of attending all the skates.
- 3) Schedule and contact coaches (or older players in your association) at a ratio of 1 coach for every 5 players to attend and assist on the ice during assessment skates. Please make sure they know that they need to wear a helmet, have gloves and a stick.
- 4) Provide a list for each series of assessment skates that consists of:
  - Player's First and Last Name.
  - Birthdate.
  - Current Email Address.
  - Pinnie Number

To Ringette Manitoba immediately following each assessment skate so that the results may be tabulated in a timely manner. (Templates will be provided.)

- 5) Provide each player with a numbered pinnie or jersey (Preferably the same number for the duration of assessments so there is no confusion.)
- 6) Provide a registration table at every assessment skate manned with someone from your association to:
  - Fill out the assessment sheets with correct pinnie numbers.
  - Check in players.
  - Distribute jerseys.
  - Answer questions.



### URBAN/RURAL INITIAL ASSESSMENT FORMAT:

The Assessment process will be broken in the following format: (Skate 3 and 4 may be done in reverse if needed to allow for the appropriate resources to be available).

Coaches are encouraged and needed on the ice during assessments. **The coach to player ratio should be 1 to 5. No more than 5 coaches should be on the ice at a time.**

#### Skate 1 - Camp Skate:

The Ringette Manitoba Instructor will be on the ice running the players through a series of drills that will assist them in getting into "Ringette mode". Coaches will provide assistance and a little instruction to the players during this skate.

#### Skate 2 – Station Assessment:

There will be Instructors and coaches on the ice running the players through a series of stations. Coaches will provide minimal instruction to the players during this skate. Ringette Manitoba Instructors will be "assessing" the players on the ice based on Ringette Manitoba criteria

#### Skate 3 - Group Assessment:

There will be Ringette Manitoba Instructors and 2-4 Coaches on the ice plus 1 - 2 Ringette Manitoba Assessors in the Stands (depending on size of group). Players will be divided into 2 groups if needed. The Instructors on the ice will run the players through a Lesson while the Assessors are assessing from the Stands.

#### Skate 4 - Stage Assessment:

There will be 3 Coaches on the ice plus Ringette Manitoba Instructors. Based upon the first 3 Skates, players will be broken down into Red/Purple/Green groups. They will be put through a series of drills specific to their level. The coaches & Instructor will then move players to a different group if they feel that they are not being challenged, being challenged too much or are standing out in their group. \* Possible discussion between Instructor and Head Coach in regards to assessment.

### END OF SEASON ASSESSMENT FORMAT:

Players will take part in an official end of season assessment during the month of February. This assessment will take place during one of their scheduled lessons.

The date of the end of season assessment will be included on the 2<sup>nd</sup> half schedule.

\*Coaches will be contacted for their personal player assessments prior to the official skate\*

## Red stage

### **Red Season Format:**

#### Urban Program:

September-October:

- Assessment Camp (4 Sessions)

November-February:

Every Ice time see's the same format:

- Players rotate between drill stations and a 1/3 ice game.

#### Rural Program:

September-October:

- Pre-Season Camp (4 Sessions)

November-February:

- 1x Lesson during the week in your community (or closest available community)
- 1x Game during the weekend (could be home or away)

**Adult to Player ratio at every ice session should not exceed 1:4**

### Red skills to be learned:

#### Skating Skills:

- Demonstrate the basic Ringette stance
- Show the ability to get back up after falling
- Balance on Skates
- Have a basic forward stride
- Show the ability to skate with the ring
- Show the basics of a snow plow stop

#### Ring Skills:

- Able to hold the stick correctly to receive a pass often
- Able to pass the ring to a target often
- Able to receive the ring from an instructor often
- Able to shoot the ring (forehand sweep) into the net
- Concept of Checking

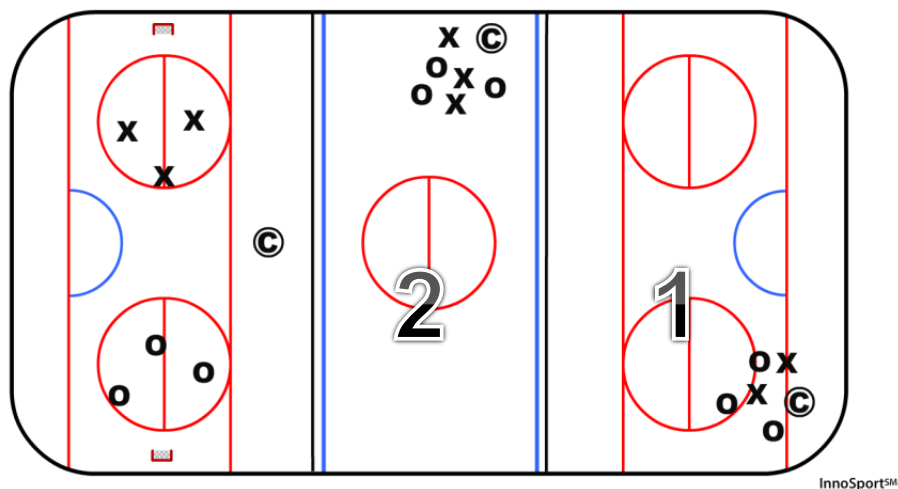
## Red Games:

### Urban Format:

- Squads will be split in thirds. One third of each squad will play games against each other, while the other groups take part in stations. Then the groups will rotate after 5-7 minutes.
  - Station 1 will move to Station 2, Station 2 will move to play a game; the Game players will get water and move to Station 1.
  - Once all players have gone through each station and played a game; the station drill will change to a new drill.
- 1/3 Ice games

### Urban Rules:

- There are no official rules at this stage.
- Games are played 3 on 3 (or 3 on 4; 4 on 4... depending on numbers)
- Games use smaller nets or 2 pylons set up as a net.
- There are no goalies at this stage.
- There is no score or standings kept at this stage.



\* see rural game format for information on the rural program

## Purple stage

### **Purple Season Format:**

#### Urban Program:

September-October:

- Pre-Season Camp (4 Sessions)

November-February:

Every Ice time see's the same format:

- Players rotate between drill stations and a 1/2 ice game.

#### Rural Program:

September-October:

- Pre-Season Camp (4 Sessions)

November-February:

- 1x Lesson during the week in your community (or closest available community)
- 1x Game during the weekend (could be home or away)

**Adult to Player ratio at every ice session should not exceed 1:4**

### **Purple skills to be learned:**

#### Skating Skills:

- Can complete stops and starts (snow plow)
- Able to glide on 1 foot
- Able to make a tight turn on 1 side
- Basic ability of backwards skating
- Show the ability to carry the ring while skating through obstacles (ring protection)

#### Ring Skills:

- Able to pass and receive the ring from a team mate
- Able to pass the ring (backhand sweep)
- Able to shoot the ring and hit a target often (forehand sweep)
- Able to shoot the ring (backhand) into the net often
- Able to check the stick (sweep check) in a controlled environment often

#### Goalie Skills:

- Basic understanding of Goalie Stance

#### Knowledge:

- Basic understanding of all positions.



## Green stage

### **Green Season Format:**

#### Urban Program:

September-October:

- Pre-Season Camp (4 Sessions)

November-February:

Sessions alternate between a 60 minute lesson and a 60 minute game.

#### Rural Program:

September-October:

- Pre-Season Camp (4 Sessions)

November-February:

- 1x Lesson during the week in your community (or closest available community)
- 1x Game during the weekend (could be home or away)

**Adult to Player ratio at every ice session should not exceed 1:4**

### **Green skills to be learned:**

#### Skating Skills:

- Have a basic backwards stride
- Concept of basic parallel stop on both sides
- Able to transition from forward to backward skating
- Able to transition from backward to forward skating
- Basic concept of forward crossovers
- Able to turn on both sides

#### Ring Skills:

- Able to receive a pass often (forehand and backhand sweep) while skating
- Able to shoot the ring (backhand) into the net and hit a target often
- Concept of forehand flip shot (beginning wrist shot)
- Able to check the stick (side stick checking) often

#### Goalie Skills:

- Basic Goalie positioning
- Mobility and stick work
- Ring distribution

#### Knowledge:

- Demonstrated knowledge of the rules
- Concept of 1 on 1 offensively
- Concept of 1 vs 1 defensively
- Basic defensive team and individual tactics

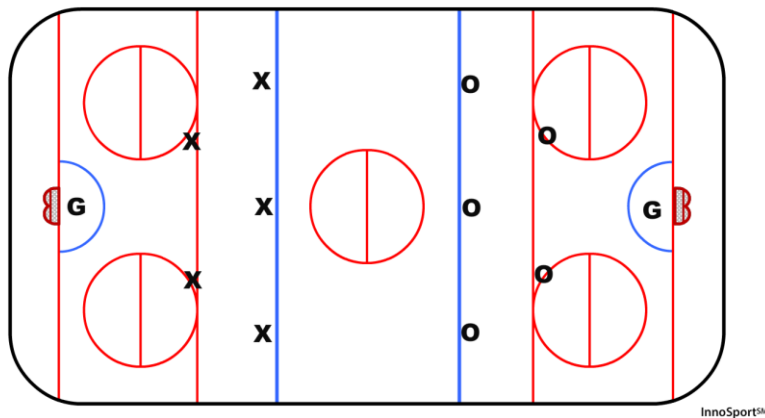
## Green Game:

### Format:

- Full Ice games

### Rules:

- Ringette Canada Rules apply.
- There are no penalties called at this stage.
- Games are played 5 on 5 plus a goalie.
- Line changes every 3 minutes at the whistle.
- Goalies rotate at every line change.
- The Clock is set for 60 minutes running time, with a short 1 minute break around the 30-minute mark.
- There is no score or standings kept at this stage.



\* see rural game format for information on the rural program

## **Rural Game Format:**

### **Format:**

- Warm-up (5 minutes)
- Divided Ice Games (30 minutes)
- Half time (2 minutes)
- Full Ice Game (20 minutes)

### **Rules:**

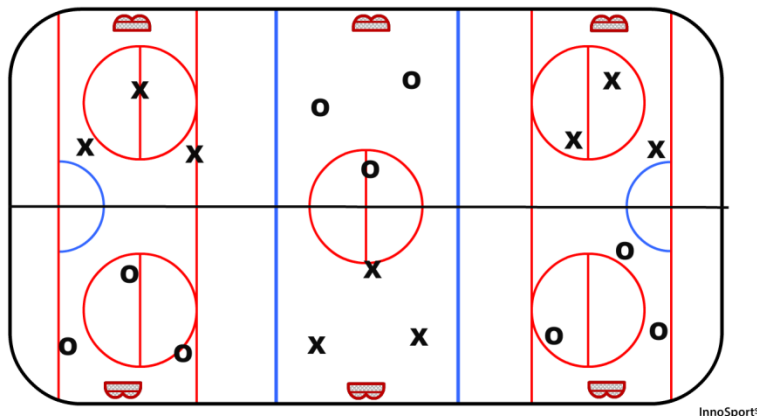
- Coaches will divide players into 3 groups according to strength
- Players will play 3 on 3 or similar (depending on numbers)
- Coaches will implement a series of rules in each group (depending on strength)
  - Ex. Each player must touch the ring before they shoot on net

Players will break for half time.

### **Full Ice Game Rules:**

- Ringette Canada Rules apply.
- There are no penalties called at this stage.
- Games are played 5 on 5 plus a goalie.
- Line changes every 3 minutes at the whistle.
- Goalies rotate at every line change.
- There is no score or standings kept at this stage.

## **Rural Game (divided ice) Format Diagram:**





<b>Ringette4U</b>	<b>Red Stage:</b>	<b>Purple Stage:</b>	<b>Green Stage:</b>
<b>Skills Matrix</b>	<b>Active Start ( Learn to Skate)</b>	<b>FUNDamentals</b>	<b>Learn to Train (Early Stage)</b>
Skating Skills	Demonstrate the basic ringette stance	Can complete stops and starts (snowplow stop)	Have a basic backwards stride
	Show the ability to get back up after falling	Able to glide on 1 foot	Concept of basic parallel stop on both sides
	Balance on skates	Able to make a tight turn on 1 side	Able to transition from forward to backward skating
	Able to glide on 2 feet	Basic backwards movement	Able to transition from backward to forward skating
	Have a basic forward stride	Show the ability to carry the ring while skating through obstacles (ring protection)	Concept of forward crossovers
	Show the ability to skate with the ring		Able to make a tight turn on both sides
	Show the basics of a snow plow stop		
Passing / Receiving Skills	Able to hold the stick correctly to receive a pass often	Able to pass and receive the ring from a team mate often	Able to receive a pass often (forehand and backhand sweep) while skating
	Able to pass the ring to a target often	Able to pass the ring (backhand sweep)	
	Able to receive the ring from an instructor often		
Shooting Skills	Able to shoot the ring (forehand sweep) into the net	Able to shoot the ring and hit a target often (forehand sweep)	Able to shoot the ring (backhand) into the net and hit a target often
		Able to shoot the ring (backhand) into the net often	Concept of forehand flip shot (beginning wrist shot)
Checking Skills	Concept of checking	Able to check the stick (sweep check) in a controlled environment often	Able to check the stick (side stick checking) often
Goalie Skills		Basic grip of Goalie stick (modified)	Basic Goalie positioning
		Basic understanding of Goalie stance	Mobility and stick work
			Ring distribution
General Knowledge		Basic understanding of all positions	Demonstrated knowledge of the rules
			Concept of 1 vs. 1 offensively
			Concept of 1 vs. 1 defensively
			Basic defensive team and individual tactics

## Ringette4U Instructor Roles & Responsibilities

### Instructor Certification:

- Required to complete the Instructor Certification as outlined in the Ringette Manitoba Policy Manual.

Instructors will receive access to Ringette4U lesson plans electronically.

### During the Lesson:

The Instructor is leading the ice time in partnership with the Head Coach.

Once on the ice:

- Follow the Lesson Plan:
  - Gather the players so you can show them the correct technique for a skill as needed in the lesson plan.
  - Explain a drill while you have one of the Assistant coaches demo it as needed in the lesson plan.
  - Once players are established in the drill, provide feedback to the players (separately).
    - Such as: Good Job Suzy! That's a great stop
    - Or: Hey Suzy! Try moving your foot this way when you're trying to stop.
- Help the coaches learn how to teach skills to the players; answer questions and provide feedback.
- May need to perform other duties as needed.

### During the Game:

- Enforce rules as defined by each stage.
- Adapt rules for squads as needed
  - Ex. 1 squad is more dominant than the other, so you say to that squad that they need to pass to every player before they shoot on net.

### In the Dressing Room Before/After Ice time:

- Review the Lesson plan BEFORE you arrive at the ice time.
- Ask questions if you do not understand something.
- Be dressed (Skates on) 15 minutes BEFORE the scheduled ice time.
- Go over the Lesson plan with the coaches 15 minutes BEFORE the ice time.
- Allow some time for the coaches to ask questions.
- Talk to the players in the dressing room prior to your ice time.
- Explain some of the things you will be working on that day
- Get them excited to go on the ice.

After the ice:

- Say a few words in the dressing room afterwards...
  - "Good Job everyone! You did great today!"

## Ringette4U Head Coach Roles & Responsibilities

Coaches may be asked by their association to go on the ice during assessments.

### **Coaching Certification:**

- Required to complete Ringette 4U coaching quiz (online).
- Required to complete Coach Initiation in Sport (online).
- Required to complete [Respect in Sport](#) online.
- Required to fill out and submit a Child Abuse Registry Form and Bench Staff Code of Conduct to Ringette Manitoba (annually).

### **Responsibilities during the Lesson:**

The Head Coach oversees all the assistant coaches.

- Review the Lesson plan with the Instructor.
- The Head Coach will help ensure that players are paying attention to the instructor when she is talking (both on and off the ice)
- The Head Coach will direct the assistant coaches what to set up for the next drill as the Instructor is explaining it.
- The Head or Assistant Coach will demo the drill while the Instructor talks to the players.
- If a player needs assistance because of injury, water, needs a break; the Head coach will organize an assistant coach to accompany them or get a parent.
- Head Coach may need to assume the Roles and Responsibilities of the Instructor if the Instructor is absent.
- Head Coach may need to perform other duties as required.

### **During the Game:**

- Have lines made up for the game
  - Ex. Who is playing Defense/Forward/ Goalie Rotation if applicable. (Green)
  - Ex. Who is playing first and who is taking their Lesson first (Red/Purple)
- Direct Assistant coaches to where they are needed
  - Opening the gate, 1 coach being on the ice to help direct, etc.
- When there is only 1 female coach available, they should always be present on the bench for games, (or assisting with the practice) not being the on-ice game coach.

### **Behind the Scenes:**

The Head Coach (or assistant) MUST be present at the Ringette4U Town hall Meeting.

The Head Coach is responsible for working with the Squad Manager to ensure that:

- All forms are handed in on time and correctly.
- Be a contact for Ringette Manitoba
- Certification of all coaching staff is complete and correct.
- Planning additional activities for your squad.
- Holding a Parent meeting to discuss:
  - The Season Plan (How things will work)
  - Tournaments

## Ringette4U Assistant Coach Roles & Responsibilities

Assistant coaches may be asked by their association to go on the ice during assessments.

### Coaching Certification:

- Required to complete Ringette 4U coaching quiz (online).
- Required to complete Coach Initiation in Sport (online)
- Required to complete [Respect in Sport](#) online.
- Required to fill out and submit a Child Abuse Registry Form and Bench Staff Code of Conduct to Ringette Manitoba (annually).

### Responsibilities during the Lesson:

- Review the Lesson plan with the Instructor and/or Head coach
- The Head Coach or Assistant Coach will demo the drill while the Instructor talks to the players.
- If a player needs assistance because of injury, water, needs a break; the Head coach will organize an assistant coach to accompany them or get a parent.
- Assistant coach may need to perform other duties as required by the Instructor or Head Coach.

### During the Game:

- Head coach will direct Assistant coaches to where they are needed (Opening the gate, 1 coach being on the ice to help direct, etc.)
- When there is only 1 female coach available, they should always be present on the bench for games, (or assisting with the practice) not being the on-ice game coach.

### Behind the Scenes:

- Assistant coach may need to perform other duties as required by the Instructor or Head Coach.

## Ringette4U Manager Responsibilities

### **Manager Certification:**

Required to fill out and submit a Child Abuse Registry and Bench Staff Code of Conduct forms to Ringette Manitoba (annually).

### **General Responsibilities:**

- Main liaison between your squad and Ringette Manitoba
- Understand and communicate Ringette4U program rules
- Promote sportsmanship and fair play both within the team and towards the instructors
- Initiate dialogue, communication and involvement among all parents
- Encourage and promote squad spirit

### **Duties:**

- Complete Jamboree Registration Form
- Create a squad calendar. Include Lesson times, tournaments, player's birthdays and all of your extra squad activities.
- Maintain team lists, phone numbers, etc.
- Make everyone aware of any player allergies
- Obtain and review Ringette4U program rules
- Obtain information on tournaments, submit applications
- Collect any money required for tournaments, travel, squad photos, etc.
- May include other duties as required.
- Gather medical and contact information
- Run the end of the season social event

### **Suggestions:**

- Promote squad spirit by organizing activities.
- Use parent meetings to communicate information and gather opinions and assistance.
- Assist Head Coach in running a parent meeting at the beginning of the season.



# **R4U IMPORTANT DATES**

## **2017/2018 SEASON**

### **2017**

August 21	Final Deadline for submitting R4U Assessment Ice.
Sept. 21– Oct. 29	R4U Camp (assessments take place).
October 9	Final Deadline for submitting 2017– 2018 First Half Season Ice.
<b>October 23</b>	<b><u>FINAL DEADLINE</u> for Urban &amp; Rural Associations to submit R4U Squad rosters.</b>
<b>October 26</b>	<b>R4U 1<sup>st</sup> Half Schedule Available.</b>
<b>November 3</b>	<b>R4U Equipment &amp; Player Package Pick-up</b> (between 6:30pm-7:30pm at Sport for Life Center - 145 Pacific Ave.)
November 15	Final Deadline for submission of Child Abuse Registry and Bench Staff Code of Conduct Forms to Ringette Manitoba.
<b>Nov. 4 – Nov.19</b>	<b>R4U Squad Photo Week - Urban Squads only.</b> <b>(Each squad will be contacted directly with their specific date/time.)</b>
December 6	Final Deadline for submitting 2017-2018 Second Half Season Ice.
<b>December 15</b>	<b>Final Deadline for submission of R4U Jamboree Registration.</b>
<b>December 18</b>	<b>R4U 2<sup>nd</sup> Half Schedule Available.</b>
December 22	R4U First Half Ends.
<b>Dec. 22 – Jan 5</b>	<b>Ringette Manitoba Office Closed.</b>

### **2018**

January 6	<b>R4U Second Half Begins.</b>
<b>January 15</b>	<b>Deadline for additions and deletions to rosters submitted to Ringette Manitoba.</b>
<b>January 15</b>	<b>Deadline for ALL Coaches to attain certification.</b>
Feb. 1 – 19	End of Season R4U Assessments.
March 3	R4U Season Ends.
March 18	R4U JAMBOREE.

# RINGETTE4U POLICY (FROM RINGETTE MANITOBA POLICY MANUAL)

## SECTION 27 – RINGETTE4U

### 1. WHAT IS RINGETTE 4 U?

Ringette 4 U is an instructor led Ringette program focused on developing athletic abilities in children aged 3-8.

This program is a mixture of skill specific lessons and split ice games to expand the skill level of its participants while having even more games and fun competition. All the lessons are packed with fun and encourage participants to try new skills while playing appropriate games for their development.

At the beginning of each year, each child is assessed to make sure that they are entering into the Ringette 4 U program at the right stage for them. Every stage is tailor made to add more fun into physical activity and keep children in motion while learning a new sport.

Ringette 4 U is a program that is based off of each child as an individual within a group or team environment. Too often children are grouped with a team, and the children that don't fall right in the middle of that group are lost or forgotten.

Participants are assessed at the beginning and at the end of each season. Every participant is given an achievement card to document their successes and give them goals to achieve as the year progresses.

### 2. WHAT ARE THE RINGETTE 4 U STAGES?

- a) Red Stage – This stage is for players who are primarily new Ringette players that have never skated or who are just beginning to skate. In this stage players rotate between drill stations and 1/3 ice game every ice time. The season culminates with a fun filled Ringette Jamboree for all participants.
- b) Purple Stage – This stage is for players who have all the skills required to pass RED, but have not necessarily played Ringette before. In this stage players take skill specific lessons for 30 minutes and play a 30-minute half ice game in every ice time. The season culminates with a fun filled Ringette Jamboree for all participants.
- c) Green Stage – This stage is for players who have all the skills required to pass PURPLE, and are getting ready to play in the Winnipeg Ringette League. In this stage players alternate between a Lesson ice time and a Game ice time. The season culminates with a fun filled Ringette Jamboree for all participants.

### 3. GENERAL

3.1 Ringette 4 U eligible players shall remain at their home Community Club/Town. If a Community Club/Town does not have sufficient Ringette 4 U eligible players for a squad, the players from that Community Club/Town shall, wherever possible, be transferred as a group to the nearest Community Club/Town requiring players.

3.2 In cases of extenuating circumstances Ringette Manitoba can approve Ringette 4 U overage player requests. A Ringette 4 U Overage player request form must be submitted to Ringette Manitoba detailing the player's information, the reason for the request and the recommendation from the Local Association.

3.3 U10 teams may TP players from a green squad in the Ringette 4 U program within their local association. Should their local association not have a green squad, a U10 team may look to their next closest association.

#### 3.4 Age Advance Requests

a) In extenuating circumstances a Local Association can apply to Ringette Manitoba to age advance a player out of the Ringette 4 U Program to U10. The application can only be made for players turning 7 before December 21<sup>st</sup> of the current playing season.

#### 3.5 Submission of Information

All local associations are required to submit the following information regarding the R4U program through the R4U website:

a) All program ice (provided before the deadlines set in the R4U Important Dates schedule – done annually).

### 4. SANCTIONING

4.1 Ringette Manitoba will sanction Ringette4U tournaments upon receiving application from the hosting Local Associations. All squads participating in a sanctioned Ringette4U tournament must be registered with Ringette Manitoba and Ringette Canada.

### 5. ICE SCHEDULING

5.1 Local Associations, Teams, or Community Centers/Towns not meeting the deadline ate for submitted ice slots will be fined 5% of the ice cost for each hour of ice, for each day the ice is late.

5.2 Local Associations, Teams or Community Centers/Towns will be charged \$25.00 per sheet for changes of ice after the schedule is published.

5.3 Each sheet of ice submitted before 5:00pm must pay additional funds (to be determined) to cover the costs of Instructors.

5.4 Any ice slots submitted by the Local Association to Ringette Manitoba for the purpose of R4U scheduling that are not returned within 14 working days of the ice submission deadline will become the sole responsibility of Ringette Manitiba.



## 6. ASSESSMENTS

- 6.1 Every registered Ringette 4 U player must be assessed by a Ringette Manitoba Assessor at the beginning of each Ringette 4 U season. It is the Local Associations responsibility to ensure that all of their players have access to an assessment skate.
- 6.2 In the case that a parent/guardian would like to request a review of the initial assessment results of their child and request a re-assessment of their child they must:
- a) Submit an official re-assessment form to Ringette Manitoba within 48 hours of the initial assessment being available online.
  - b) Should the request be approved a Forty (40) dollar fee will be charged to the Parent/Guardian to cover the cost of re-assessment.
  - c) Once approved, a re-assessment date and time will be scheduled by Ringette Manitoba.

## 7. SCHEDULING

### 7.1 Opt Outs

- a) Squads may request to be omitted from the schedule, for a maximum period of four (4) days, once per season. Request will be accepted on a first come, first served basis.
  - b) The lesser of four (4) squads or 50% of the squads in a stage may be omitted on any given weekend at the discretion of Ringette Manitoba.
  - c) All requests must be submitted in writing in an email, sent directly to the Player Development Coordinator, with the subject opt-out, submitted by a person listed on the squad's roster.
- The Player Development Coordinator will send a confirmation that the request has been received.
  - Unless the confirmation has been received there is no assurance that the request has been recorded.
  - Requests must be received by the Player Development Coordinator by the following dates:
  - Omission from 1<sup>st</sup> half – October 15<sup>th</sup>
  - Omission from 2<sup>nd</sup> half – December 1<sup>st</sup>

## Lesson/Game Cancellations

- a) If for any reason a lesson or game needs to be cancelled; the managers of both squads scheduled for the ice must discuss the need for cancellation and notify the R4U Coordinator and R4U Master Instructor.
- b) Both squads must be in agreement to cancel a lesson; or the lesson will go on as scheduled.
- c) As road conditions can be unpredictable in winter, squads shall not cancel a game more than four (4) hours prior but no later than two (2) hours prior to the scheduled start time if cancelling for weather or road conditions. It is up to the coaches/managers in consultation with the additional coaches/managers to assess the road conditions and determine the safety of travel. Ringette Manitoba may cancel a lesson or game due to hazardous conditions if required.
- d) If at any time the Ringette Manitoba must cancel a lesson, it will be posted on the Ringette 4 U website on the homepage, and the lesson/game will be cancelled on the schedule.

### 1.2 Lesson/Game Rescheduling

- a) Cancelled games will not be rescheduled due to time commitments in the schedule.

### 1.3 No show squads

- a) If an instructor shows up to a lesson where their squad is not present, the local association of that squad will be billed the cost of sending out an instructor.

## 8. FORMAT OF GAMES

8.1 Red Games – All games will be played 3 on 3 in a Third Ice environment with modified nets and no goaltender.

8.2 Purple Games – All games will be played 3 on 3 in a Half Ice environment with regulation nets plus a goaltender.

8.3 Green Games – All games will be played 5 on 5 in a Full Ice environment with regulation nets plus a goaltender.

8.4 Rural Games – All games will be played in the format designed per makeup of each squad.

If at any time you have any concerns or issues regarding your coaches, instructors or the way the program is running in your area, please visit our website [www.ringette4u.ca](http://www.ringette4u.ca) or contact **Ringette Manitoba**.