

2026 – U14A Provincials Opening Ceremonies and Skills Competition

Congratulations, on making it to the 2026 U14A provincials! For this year's opening ceremonies and skills competition, we have the BIG arena at Servus Place so please make sure you invite family and friends to come out and participate... there will be lots of seating!

The evening will begin with the opening ceremonies – a short ceremony including team parade. **Teams should all wear their home jersey!**

The skills competition has been designed so that each player can participate in at least 1 skill. For teams who have less than 14 skaters and 1 goalie, please choose players to compete in more than 1. For teams who have more than 14 skaters and 2 goalies, please select additional players to participate in – Speed & Agility and fastest skater.

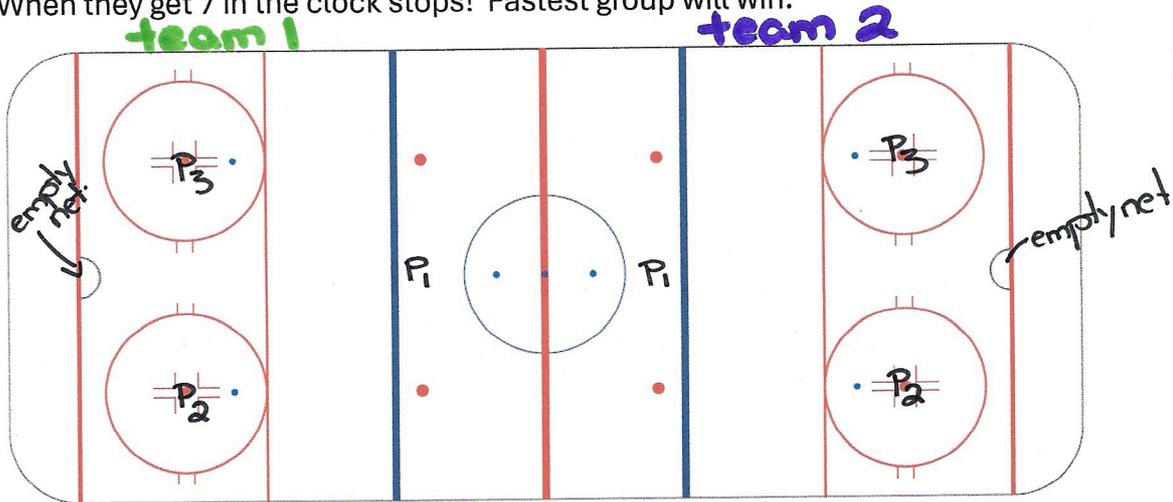
Points will be awarded to individuals for each skill completed and will go towards the teams' overall points. A team prize will be awarded to the team who earns the most amount of points. BONUS points will be given for team spirit! That's right – fans in the stands and players need to cheer on their team!

The team form for the skills competition must be completed and returned no later than 11:59pm on Monday, March 16. Please email completed form to registrar@stalbertringette.com

Information on the evenings logistics will be sent to teams attending provincials

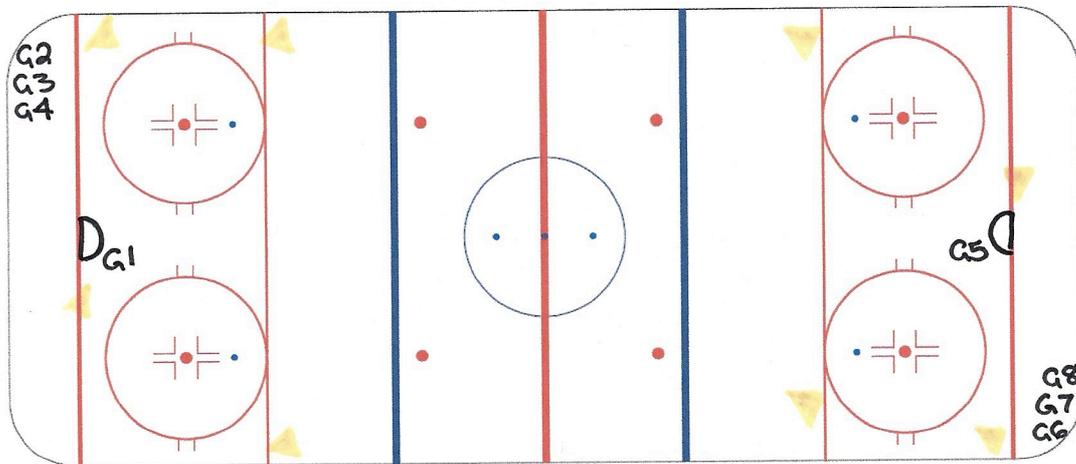
Skill #3: First to Seven! 3 players

2 players, (the passers) position themselves in the free pass circles, one on each side of the net with a stack of rings. Player #3 (the shooter) stands at the blue line. When the timer starts, the passers, alternating pass rings to the shooter who needs to get them into the net. When they get 7 in the clock stops! Fastest group will win.



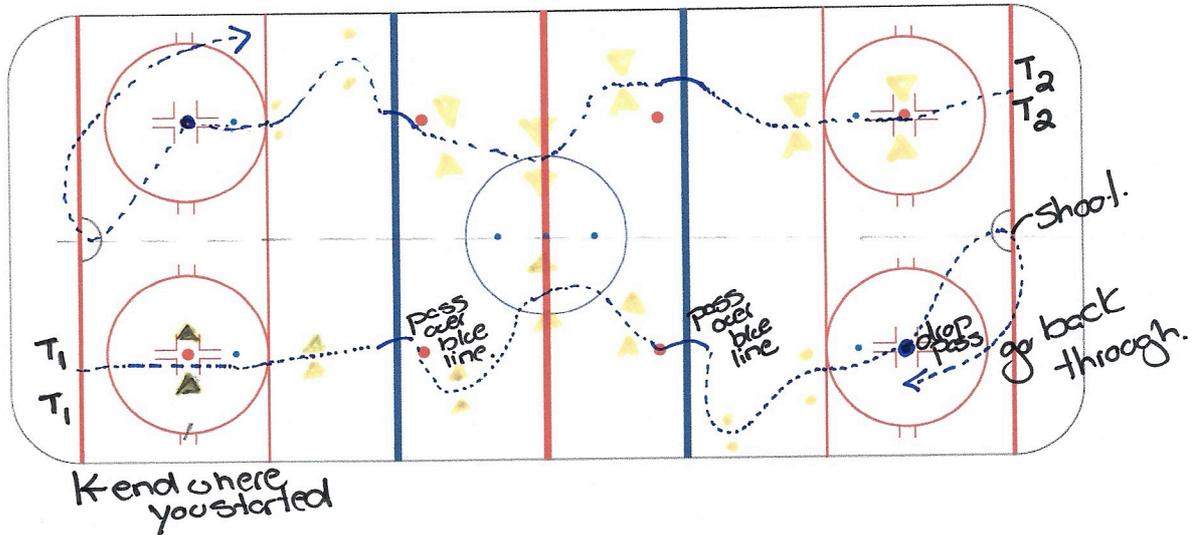
Skill #4: Holy Moly What a Goalie! 1 goalie/team

Goalie will start in a butterfly position on one side of the crease, pick up a ring, get up and move to a t-push on the other side, get up and throw a ring at target. Goalie will do this 4X aiming at each target. Points will be based on speed, plus 2 points/ target hit.



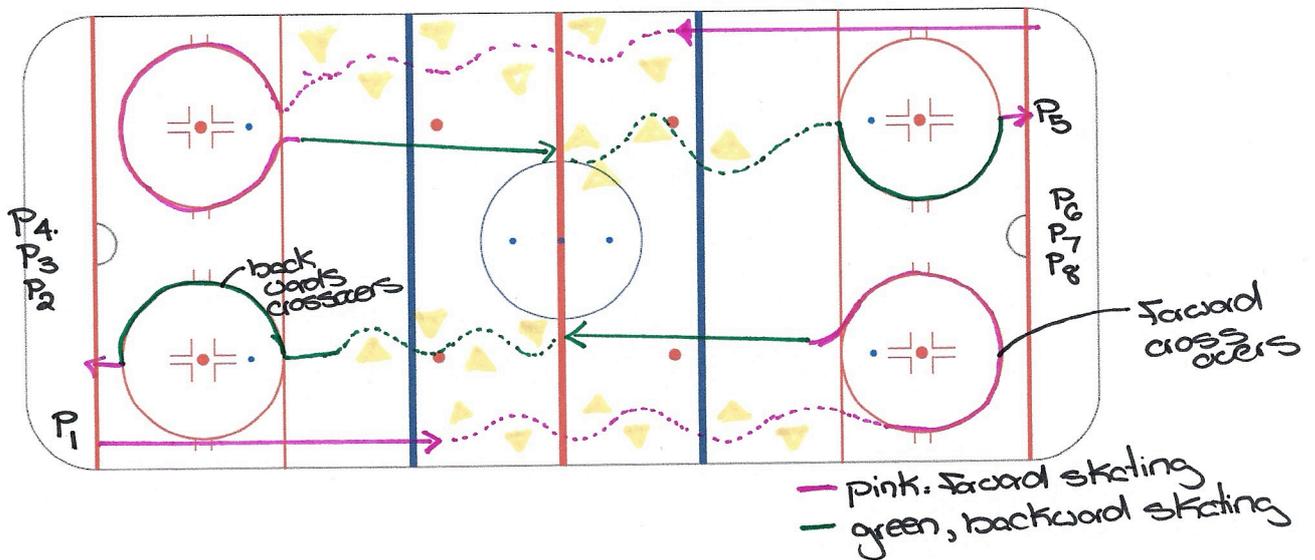
Skill #5: Ring Passing and Handling. 2 players / team

Players will complete a timed drill passing the ring through traps and catching passes. If a pass is missed, player must retrieve the ring and continue through. Players will be timed. Fastest pair to complete the obstacle course will win. ** 2 teams at once.*



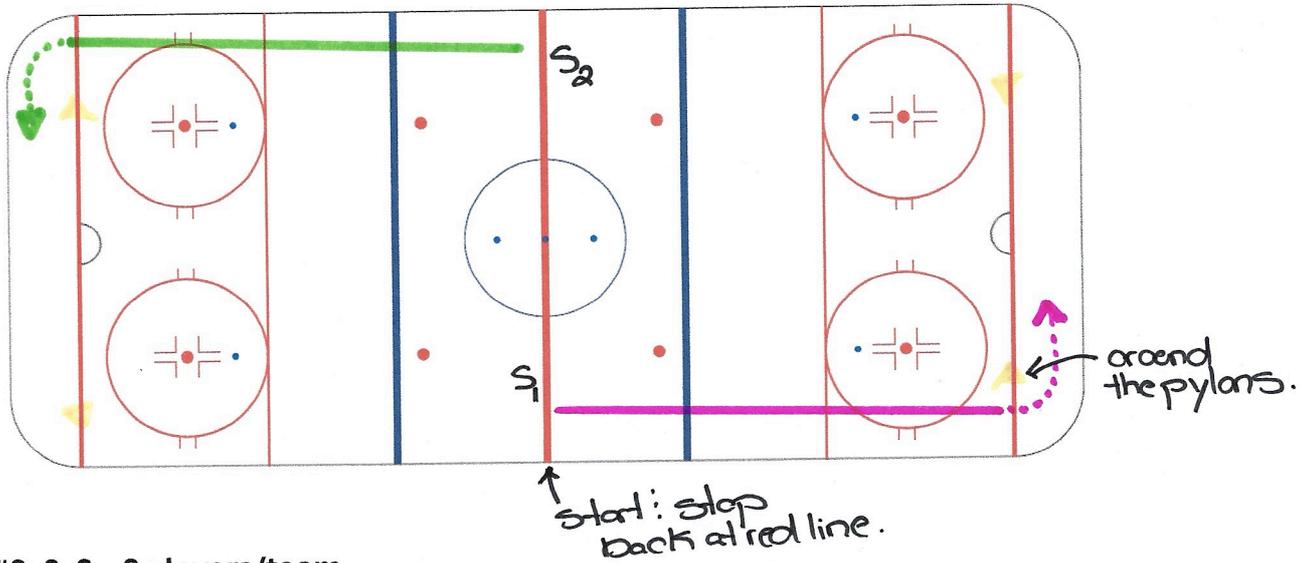
Skill #6: Speed and Agility. 1 player/team

Players will skate front and back through pylons, will carrying a ring. If a player drops their ring, they must pick it up and continue through. Players will be timed. Fastest player to complete the obstacle course will win. ** 2 skaters at once.*



Skill #7: Fastest Skater. 1 player/team

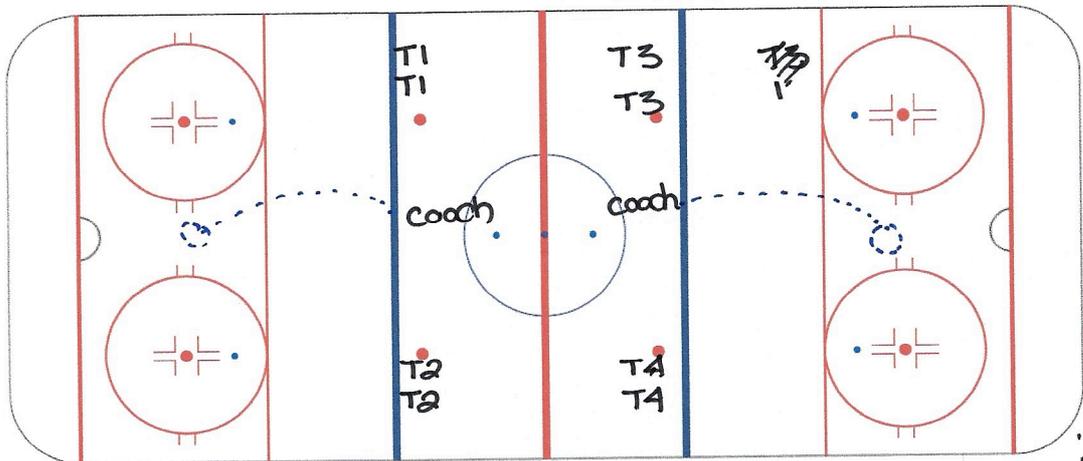
Players will compete to complete their lap the fastest. If you fall get back up again. Skill is completed with no ring or stick in hand. Fastest time will win. * 2 players at once.



Skill #8: 2v2. 2 players/team

2 players from each team will start at the blue line. A coach will throw the ring into play. The team who is first to the ring, needs to keep the ring away from the other team who is going to try to check it. Teams needs to complete 3 passes before they can shoot into the net. The first team to complete their 3 passes + shoot (doesn't need to go in) – wins! This is an elimination drill... last team standing wins!

* 4 teams at once to start.



players must remain in this area.

players must remain in this area.