



COME TRY RINGETTE

A Player Recruitment System

How-To Manual



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Introduction



Introduction

What is “Come Try Ringette”?

Come Try Ringette is a Player Recruitment System. This tested and proven system combines many different elements, carefully selected to work together, to create a complete, effective recruitment tool. Properly implemented, Come Try Ringette will help your local association maximize the volunteer time and resources you put into attracting new participants to the game of Ringette.

What is included in this system?

- A catalogue of proven ideas on how to effectively promote your event
- A “blueprint” that shows you step-by-step how to run the event itself, including:
 - a “scripted” event protocol,
 - content for the on-ice and off-ice portions of the event.
- Resources including: posters; flyers; tote bags; colouring books; display unit; and more.
- A centralized website for:
 - easy communication with the general public and your target audience
 - easy management of Come Try Ringette event registration

This manual has been designed to provide you with the knowledge and tools you need to increase player registrations by successfully organizing Come Try Ringette events.

Does it work?

Yes!

Local associations typically see an average conversion rate of 60 percent using Come Try Ringette. This means for every ten youngsters you bring to your Come Try Ringette event, at least six will likely sign up to play!

The pilot phase of this system’s development clearly showed that the more closely a local association followed the system the better their results.

- More diligent associations were seeing conversion rates between 75 and 90 percent.
- Conversely, associations that insisted on only using “bits and pieces” of this system saw dramatically lower conversion rates; in some cases as low as 16 percent.
- In addition to a better conversion rate, associations that followed the system as closely as possible also saw a greater number of participants at their events. The result – they ended up recruiting more players per event.

For the local associations that truly want to increase their registration, Come Try Ringette has proven to be an invaluable asset.

Why does it work so well?

Come Try Ringette focuses on providing a “customer excellence” experience for the prospective athlete and their parents.

The fundamental techniques of Come Try Ringette aren't new. They've been used for years by highly successful sales organizations. And you want to be, you need to be, a sales excellence organization. Now you have all the essential tools.

Your participants will leave saying, “Wow, that was so much fun!” And their parents will leave saying, “That was so professional. I learned everything that I needed to know.”

It works! Let's get started!

Branding and Resources



Branding

The Come Try Ringette brand consists of a combination of a number of different elements, including:

- the logo;
- the website;
- the promotional materials;
- the event giveaways;
- the consistency in the way the program is delivered;
- the program's reputation;
- and more!

A strong professional brand allows prospective athletes and their parents to know what to expect from a Come Try Ringette event. This will set us apart from other sports and (hopefully!) drive registration numbers up.

In order to strengthen the Come Try Ringette brand, all local associations must commit to following the system outlined in this manual. Resources have been created and professionally designed to help you and are readily available from your Provincial Organization. We ask that all associations use these resources and do not create your own or use outdated materials.

Resources

All promotional material is designed to drive prospective players to the Come Try Ringette website to register for an event. Encouraging registrations to go through the website helps you stay organized for your event and will also enable prospective athletes to see all other upcoming Come Try Ringette events in their region.

Please contact your Provincial Ringette organization for access to the following resources:

- Posters
- Flyers
- Tote bags
- Colouring Books
- Display Unit
- Branded Table Cloths
- Come Try Ringette Website - www.cometryringette.ca

Think we are missing something? Please contact Ringette Canada's Sport Development Coordinator or your Provincial Ringette organization to let us know what else you may need to help make Come Try Ringette successful in your community.

Timelines



Timelines

Planning is a critical part of successful recruiting.

The more lead-time you give yourself, the better your results will be, and the more enjoyable the experience will be for your volunteers.

Each local association is unique. Each association will have different events and different timelines.

Your association's timeline will depend on things like:

- The promotional plan that you develop. Your provincial sport organization can help here, and should definitely be involved.
- The number and type of events you have in your community that you can leverage for promotion, and when they occur:
 - tournaments,
 - NRL games,
 - women's shows,
 - community sports festivals,
 - provincial, regional and national championships,
 - community seasonal sport registrations
- The number of times you want to run a Come Try Ringette event.
- The number of volunteers you have.
- How far in advance your ice needs to be booked.
- How far in advance your on-ice instructors need to be booked.
- Different programs you already offer to new participants (e.g. learn-to-play versus traditional team formation).

Here is a general outline of what a local association time line may look like:

6-8 weeks or more before your event:

- Book facilities. You need at least 2 hours of facility time, with 1 hour of ice in the middle of your booking. 1/2 hour for participants to arrive, change, get ready + 1 hour on-ice + 1/2 hour to change, get refreshments, parent information and questions). You may well want more. Remember that new parents know nothing – they may think this is a “drop-in-anytime” activity.
- Ensure you have enough promotional material from your provincial office.

4-6 weeks before your event:

- Gather all information you will be distributing to parents at your event.
- Collect testimonials for your printed material.
- Reserve the Come Try Ringette display unit.
- Schedule your on-ice instructors and volunteers (cooperate with neighbouring associations).
- Custom print your posters and flyers: Include date, time, place, contact information.
- Contact your provincial association to have your event information added to the Come Try Ringette website.
- Initiate your formal promotion plan.

2-4 weeks before your event:

- Reconfirm your volunteers & on-ice instructors.
- Monitor and respond to your pre-event registration following your initial promotion efforts.
- Plan your off-ice activities for the kids.
- Order/arrange for refreshments for parents and participants.
- Assemble your take home packages (tote bag, colouring book, association specific information).
- Arrange for equipment, sticks and rings to be available at the location of your event.

10 days to 2 weeks before your event:

- Phone or email pre-registered participants to confirm attendance.
- Re-confirm your volunteers (again!).
- Keep monitoring your pre-event registration.
- Create professional looking name tags for your volunteers and on-ice instructors.

Event day:

- Set up Come Try Ringette display and information table in arena lobby/common area 1 hour before the ice time begins. Be ready to welcome participants at least 30 minutes before the ice begins.
- Have volunteers on hand to greet, register and accompany participants to the dressing room.
- Have sign-in sheet ready with names of pre-registered participants; ensure you have additional forms available for walk-ups.
- Have on-ice instructors in the dressing room interacting with participants prior to the on-ice session.
- Direct parents to the viewing area and have volunteers available for questions.
- Direct parents to the room hosting the post-event activities & refreshments.
- Conduct off-ice parent information session. Include equipment display and have someone knowledgeable to talk & answer questions.

After the event:

- Email photo (next day - no more than 2 days after the event).
- Conduct follow up call or email (no more than 72 hours after the event).
- Thank your volunteers.
- Complete post-event report as required by your provincial association.

How To Promote Your Event



How To Promote Your Event

There are a lot of ways to promote your event. Your choices will depend on many variables, including the size and make up of your community, the degree of support available from local schools and businesses, and the number of volunteers you have.

In Schools

- **Organize a Gym Ringette event.**
 - Speak with school administrators.
 - Offer to have instructors conduct the session then introduce students to the sport of ringette.
 - If possible, show a video.
 - Have students take home brochures for your Come Try Ringette event.
- **Coordinate a Come Try Ringette Day.**
 - Current players can wear their jerseys to school and take flyers to hand out to their friends.
- **Obtain school support.**
 - Contact school boards, or school principals, to request that they distribute Come Try Ringette flyers to K-6 students.
 - Some schools have school or classroom newsletters. Ask if Come Try Ringette information could be included.

In the Community

- **Mall Displays.**

Many malls provide free space to non-profit community organizations. Some mall have a designated community access booth - just ask! Book a time at least two weeks prior to your scheduled event.

Set up:

 - The Come Try Ringette Display Unit, along with Come Try Ringette flyers and other literature
 - A small demonstration area, if permitted (sticks, rings, net - "Take Your Best Shot")
 - A draw prize for anyone who pre-registers for your event
 - A draw prize for anyone who expresses interest in finding out more

You must follow up with all of these entrant. Otherwise, you look unprofessional, uncaring and you wasted your time - and money!

- **Public Events.**
 - Check to see what is happening in your community.
 - Public events may include things like parades, fairs, farmer's markets, sport expos, charity walks, etc.
 - You may be able to have players (in uniform) participate in events.
 - Depending on the venue and the cost, you may be able to set up the Come Try Ringette display unit and perhaps a small demonstration area.
- **Community Sport Registration Days.**
 - Ensure that you are a part of these events, especially in areas currently not offering ringette programs.
 - Siblings often come along when older/younger siblings are registering for other programs.
- **Cross Promotions with Local Sporting Goods Stores.**
 - For example, a sporting goods store may agree to display an event poster and brochures. Pre-register at the store and receive a voucher for a store discount on any ringette equipment purchased later.
 - Everyone who registers for ringette in your local association receives promotional material for the retailer.
 - The local association receives promotional material for the retailer.
 - The local association buys a supply of sticks and rings for Come Try Ringette at a reduced cost in return for promotional recognition.

In your Ringette Community

- **Local Tournament.**
 - Host a Come Try Ringette event during a tournament weekend. The logistics would be challenging, but the excitement and buzz of the tournament crowd could be infectious.
- **Demonstration Game.**
 - Try to organize a one period demonstration game between two high calibre teams (NRL, AA, A). Then, involve those players in the Come Try Ringette on-ice portion immediately following
- **Contests.**
 - Kids love contest! Tell your players about the Come Try Ringette event and supply them with flyers.
 - Consider running a contest for the player that brings the most guests, with prizes like movie passes, autographed items from NRL, donated prizes from a sponsor, and/or ringette gear.

- **Parent Power!**
 - Ask the parents of current players to promote the Come Try Ringette event. Having a large, enthusiastic group sharing positive word-of-mouth and social media posts about the event is a powerful marketing tool.
 - What businesses do players' parents work for/own? How can you use these skills or resources to help you with your promotional efforts? (e.g., maybe someone owns a printing shop...).

Media / Marketing Options

- **Social Media.**
 - Make frequent posts on social media and encourage ringette players, their families, and ringette supporters to share your posts - and make their own!
- **Breakfast TV Shows.**
 - Kids love to be involved in these!
- **Radio.**
 - e.g., Interviews about Come Try Ringette, a Live-On-Location promo.
- **Local Newspapers, Magazines, and Community Websites.**
 - e.g., Articles, photos, Letters-to-the-Editor submissions.
- **Customize your flyers.**
 - Include date, time, place, and contact information. Collect and include some testimonials from local players, coaches, and parents. Have them printed (or print at home). You may also want to send these to volunteers as email attachments so that they have them on-hand and can print as needed.

Booth Set Up and Professionalism



Booth Set Up and Professionalism

At public events, booth set ups and volunteer's behaviours represent your association and the sport of ringette. Everything (and everyone) should be well-organized and professional:

- Volunteers should wear matching tops (or jerseys) and name tags. Stick on nametags (Hello! My name is..) are not professional.
- Volunteers should practice good booth manners.
- Your booth set up should include:
 - The Come Try Ringette display unit. Professionally developed signs are required at events.
 - The Come Try Ringette table cloth.
 - General information (printed) about your local association (i.e., key dates, where to register, cost, key contacts).
- If booth space permits, display trophies or medals and game equipment. Be prepared to talk about equipment.
- If possible, play a video on a monitor.
- Consider doing a draw prize (e.g., gift certificate donated by local sporting goods store).
- Be prepared to do immediate sign-ups for the next Come Try Ringette session and/or the season.

Good Booth Manners

When you are working at a promotional booth or registration table, how you present yourself is crucial to your success.

DOs

- Stand at the front of the booth area or in front of the registration table.
- Make eye contact and smile.
- Speak with everyone who stops by and encourage conversation.
- Speak to children specifically and ask permission before asking their name or giving them any promotional items. This gives the parent the opportunity to decline.
- If you have a draw prize, politely remind people to participate.
- Always say, "Thanks for stopping to chat." (And be sure to thank children as well!)

DONTs

- Sit down or stand behind a table. If you are supplied a table, move it to one side or stand in front.
- Stand with your arms crossed or your hands in you pockets. Body language talks!
- Chew gum.

How to Run Your Event



How to Run Your Event

The Formula for Success

Here's your formula for success!

You have actively promoted your event

You have contacted your pre-registered participants and confirmed their attendance

You have reminded them of the time and place

You have reminded them that they need to remain with their child throughout the entire event

You are prepared for more participants than you expect

Show time!

How Many People Do We Need?

Experience has shown that to successfully run an event with 40 participants, the following positions must be filled:

- **Greeters** - Minimum 6 volunteers
- **Registration table** - Minimum 2 volunteers (one to register participants and one to hand out sticks and loaner equipment)
- **Dressing room** - Minimum 1 volunteer per dressing room (more if dressing rooms are large), plus Lead Instructor
- **In the stands** - Minimum 2 volunteers
- **On the benches** - Minimum 3 volunteers
- **On the ice** - Minimum 5 capable assistants plus Lead Instructor(s)
- **After ice:**
 - **Drinks / snacks** - Minimum 1 volunteer per dressing room
 - **Children's activities** - Minimum 3 volunteers (on-ice assistants can do double duty here)
 - **Parent activities/Questions/and Registrations** - Minimum 5 volunteers

Because volunteers can serve multiple functions (e.g., greeter, then on the bench, then after ice sign-up), you can expect to need a minimum of 8 adult volunteers and 5 capable youth volunteers to handle a registration of 40 participants.

Obviously, the more help you've got, the easier and the more smoothly your event will run.

Your Event: Arrival

Professionalism is everything!

- Set up an information table in the lobby. Use the Come Try Ringette display unit.
- Make sure volunteers are readily identifiable and wear matching tops, or team jerseys.
- A volunteer should welcome participants at the arena door and escort them to the sign-in table:
 - Guests may be unfamiliar with the arena and need direction. Remember, these guests may have never been in an arena before.
 - The volunteer should welcome the guest first, then welcome and thank the sponsoring player (if there is one), and then shake hands with parents/guardians.
 - Parents must sign their child in, or, if they pre-registered, record their attendance. Make sure you get a phone number and an e-mail address.

Optional – In a small community, invite enough current players that are approximately the same age and skill as the guests. These players should be in the lobby waiting for arrivals.

Dressing Room

The same volunteer who greeted the family, escorts the parent and child (and sponsoring player) to the dressing room and introduces them to the instructor. The volunteer should introduce the child first.

On-ice instructors must introduce themselves and welcome individual participants and parents – this builds trust. On-ice instructors and other volunteers must be available to help players get ready and help fit loaned equipment. Have tools on hand to make adjustments.

Optional – If you have a sponsor, or available association resources, you could provide new participants with “keeper” jerseys and sponsoring players with “keeper” t-shirts.

The dressing room should be a relaxed, fun environment – not too loud or chaotic. You may want to teach a simple cheer before children head out to the ice, and volunteers escort parents to the information/viewing area to watch the session.

The On-Ice Program

Do not deviate from the prescribed program. During the on-ice program everyone should know their role and what is expected of them.

On-Ice Leaders

Lead Instructors are upbeat, enthusiastic people. They love what they do and they are a vital component to your sales success! They must clearly understand the importance of their role.

A sullen, disinterested, "I-had-a-bad-date-last-night" instructor will instantly undo all your hard work.

On-Ice Assistants

On-Ice Assistants are 18 or older, U19 and mature U16 players. These players must receive instruction about what their job is, and what you expect of them. This is not a "skate-around". They are here to work at helping out anyone who needs them.

These players MUST be dressed and ready to go on the ice before event participants.

Bench Attendants

Bench Attendants are there to re-adjust equipment, reassure the timid, and console the wounded. Try to have at least one helpful, reliable person on the bench for every 10 participants. 40 participants will keep three people very busy or four well-occupied.

Parents

Parents will want to watch so usher them to the viewing area. Reserve an area for them so that you can keep them close together. Offer refreshments, if possible (e.g., coffee, hot chocolate) and have volunteers in the stands to answer parent questions, if they arise.

Let parents enjoy watching their kids. Save your formal information session for after the session.

Please see page 24 for the structured On-Ice Program.

Post-Ice Activity - Participants

Have juice boxes and healthy snacks for participants to enjoy in an activity area after the ice session is over. Bring your mascot if you have one, and tattoos for the kids.

Volunteers keep the kids busy doing activities, teaching cheers, face painting and playing games, etc. so that parents have time to discuss registration.

This is a great opportunity to involve your older U14 or U16 players.

Post-Ice Activity - Parents

The post-ice time is the golden opportunity to engage parents in conversation, answer questions, and passionately present all the great attributes of ringette:

- Fun
- Friends
- Fitness
- Skating skills
- Coordination
- Teamwork
- Confidence
- Travel
- Communication skills
- Scholarships
- Recreation/Competition
- And more...

Provide verbal and written testimonials (Brag Book), and visuals like videos, photos and equipment displays. Have a knowledgeable volunteer discuss equipment: how to fit it, where to get it, new versus used, what to look for, etc.

This is the time to ASK parents to register their children. Ideally, you should be able to sign them up on the spot!

The Ask

If you are able to take registrations on the spot say something like: "Let's get _____ registered right now. How would you prefer to pay for the fees?"

Be prepared to answer questions:

- Know if you have any reduced fee programs, and what assistance programs may be available in your community.

- Know the payment terms and options:
 - If the parent pays the entire fee at one time, is there a discount? How much?
 - If they pay in two payments, when is the second payment due?
 - Cash? Cheque? Credit Card? Invoice? E-Transfer?

Be prepared to accommodate the player.

Offer an incentive to sign up today (e.g. gift certificate from Sporting Goods store). Note: Anything under \$20 off isn't enough of an incentive. And dollars off, is a stronger incentive than a percentage off.

If the parent doesn't register or sign the commitment form, discreetly record their objection on the form so the association knows what direction the follow up call should take. You may want to offer them program alternatives (e.g. Learn to Play, or Drop-In Ringette)

In every case thank them and give them the program Take Home Package.

Follow Up

Follow up is crucial!

Email a photo to each participant within 2 days of the event. Thank your volunteers and complete the post-event report, as required by your provincial organization.

Within 72 HOURS of your event, conduct a follow up call or email with each family – including those who signed up AND those who did not. This communication should thank them for attending the event. For families that signed up, confirm that someone will be in touch for the next steps and provide your contact information as a backup. For families that did not sign up, ask what further information they might need and when they would like you to check back with them. Record this.

EVERY family should be asked to provide feedback about the event. Specifically:

- What did your child like?
- What did you like?
- What could we do better next time?

Record this information.

Dealing with Feedback

Collect all the feedback notes you took on the question "What could we do better next time?" Do not edit this. Copy it verbatim. Have a quality-control session with your organizing group, later.

- Note all the promises and call-backs that you diarized.
- Act on those.

The On-Ice Program



On-Ice Program: Come Try Ringette - Ages 6-12

Come Try Ringette is a structured program. Do not deviate from the prescribed program.

Introduction to Ringette (before going on the ice)

- Ask the kids if any of them have played or watched the sport.
- Briefly describe the sport
 - Mention the similarities between ringette and hockey, soccer, lacrosse and basketball.
 - Show students the stick and ring and explain the **Safety Rules** (page 26).

On-Ice Introduction (5 minutes)

- Introduce instructors.
- Review the **Safety Rules**.

Warm Up (10 minutes)

- Have the participants skate a few laps around the rink to warm up. This is also a great way to quickly assess the skill level of the participants.
- Instruct them to make a big circle for stretching their large muscles.
- Review the **Safety Rules** again while stretching and ask the kids to repeat them back to you.
- Demonstrate the 'Ready Position' and 'Listening Position'.
- Have the kids skate to the goal line at one end of the rink and line up across the line in their 'Listening Position'.
- Play '**Red Light, Green Light**' (page 28).
- Play '**Ship Shape**' (page 28).

Passing (15 minutes)

- Have the kids find a partner and stand beside their partner on the goal line.
- Demonstrate a 'Forehand' and 'Backhand' pass.
- Have the kids spread out down the length of the ice, lining up across from their partner approximately 2-3 stick lengths apart (instruct them to wait for further instruction and have one side put their rings behind them).
- Start the kids with only doing a 'Forehand Pass', and circulate to make sure the students are doing the skill properly.
- After a few minutes instruct the kids to practice a 'Backhand Pass'.
- Play '**Fire Pass**' (page 29) two or three times - to easily divide students send students of one line to one end of the rink and the other line to the other end. That way you will separate best friends and hopefully reduce talking.
- Play '**Follow Your Pass**' (page 29).

Relay (5 minutes)

- Do the '**Three Ring Relay**' (page 30). Repeat twice.
- Do '**Agility Relay**' (page 30). Repeat Twice.
- Optional: Play '**Musical Rings**' (page 30).

Free Time (10 minutes)

- Let participants have some free time to skate and play with the rings.

Cool Down (5 minutes)

- Stretch out.
- Collect sticks and rings.

The Safety Rules

The Safety Rules are:

Rule #1: Sticks are to be kept below the waist

- Remind players that the sticks are not swords, guns, batons, etc.
- Remind players we are not golfing so they need to keep their follow through in front of their body (they never know who might be standing behind them).
- Use the bellybutton rule - no sticks above the bellybutton, ever.

Rule #2: Unless told, rings are to stay on the ground.

- The only time rings should be off the ground is when the player is taking a shot on net.
- The rings are hard and can cause injury to players not wearing face protection or other protective equipment.

Rule #3: At all times while participating in drills and activities children should have two hands on their stick.

- Children will have better control over their stick and ring which will help prevent injuries.

On-Ice Materials Checklist

Materials needed are:

- 2-4 Instructors
- Several on-ice assistants
- Equipment:
 - Sticks and rings
 - Pylons
 - Nets (small 'right-size' nets preferred)
 - Have a few pairs of skates, gloves and a selection of helmets on hand for those who come unprepared

Ringette Skill Instruction Tips

Ready Position

- Players standing with feet shoulder width apart, knees bent and heads up.
- Two hands on the stick (like holding a hockey stick)
 - Make sure the kids have their thumbs pointed down towards the ground
 - Hands should be spaced: from the child's top hand one of their forearms apart
 - One of the thinner sides of the stick should be facing up
- Arms should be slightly bent
- Stick should be in front of the player slightly to one side

Players will need to know this stance because most skills originate from it.

When skating or in the stationary position with the ring, it should always be kept out in front of the body to prevent being checked from behind.

Listening Position

- Players stand with both of their hands on the top of their stick out in front of them

Forehand Sweep Pass

- Begin in the ready position facing desired target (head up, feet/body facing target).
- Players may have the ring slightly off to one side of the body but still in front of the body.
- Bring the ring back approximately to the heel of the closest foot and forward releasing the ring.
- Follow through with extension of the arms and having the stick tip pointing at the target.

Backhand Sweep Pass

- Begin in the ready position facing desired target (head up, feet/body facing target).
- Players need to cross top hand in and under bottom hand bringing the ring to the backhand side of the body.
- Bring the ring back approximately to the head of the back leg and forward releasing the ring.
- Follow through with extension of the arms and having the stick tip pointing at the target.

Games and Activities

Red Light, Green Light

- Participants should be spread out on one goal line at the end of the rink.
- To stay in the game participants will need to (*at all times) have two hands on their stick, keep the ring on the stick and remain stationary when red light is called.
- The first player to reach the previously indicated 'goal' line will be the next caller.

Skills Used: Starts and Stops, Forward Stride, Ring Handling

Ship Shape

Bow - one end of the rink (front of the boat) participants skate to the bow

Stern - other end of the rink (back of the boat) participants skate to the stern

Port - left side of the rink (facing the bow) participants skate to the port

Starboard - right side of the rink (facing the bow) participants skate to the starboard

Man Overboard - lie down on the ice and get back up as fast as possible

Captain Overboard - Salute the captain (instructor)

Swab the Deck - Move the ring with their stick in a circular motion on the ice to simulate mopping

Mutiny - chase the instructor

- Instructor calls out the instructions and participants carry them out.

Skills Used: Starts and Stops, Forward Stride, Tight Turns, Ring Handling

Demonstrate Passing and Receiving the Ring

- Players will work in pairs, passing the ring back and forth. Have players line up approximately two stick lengths away from their partner.
- They should be alternating passing and receiving the ring on both their forehand and backhand sides.
- Partners should be passing the ring in a nice manner, not firing it at their partner.

Key Teaching Points - Forehand Sweep Pass

- Participants should not be facing each other belly button to belly button. They should turn their body sideways so that the side of their body is facing their partner.
- Standing in this position will allow them to get a full range of motion for their pass.
- The ring should complete a half moon pattern on the ice as they bring the ring back and propel it forward.
- The passing motion should end with the stick pointing toward their partner.

Fire Pass

- Divide the rink into two halves using the centerline.
- Divide the participants into two teams and have them line up on the goal line of their half of the rink.
- Objective: try to get all the rings into the other teams half of the rink.

Rules:

- Players HAVE to stay on their half of the rink.
- Safety Rules applied.
- Game can be played 2-5 minutes, when stopping the game the instructor should blow a whistle and participants should immediately take the listening position and leave the rings alone. Emphasize that if they continue to pass the rings over after the whistle their team will automatically lose.

Skills Used: Starts and Stops, Forward Stride, Backward Stride, Forehand and Backhand Passing, Ring Reception

Follow Your Pass

- Divide the participants into equal groups. The groups should now separate into two single file lines facing each other.
- There should be one ring per group.
- The first player in line passes the ring to the first person in the opposite line. The player who just passed the ring then follows their pass, skating to the back of the line that they just passed to.
- This activity can be done as a relay once the kids have completed the activity once or twice. You can have two different groups compete against each other.

Skills Used: Starts and Stops, Forward Stride, Forehand and Backhand Passing, Ring Reception

Three Ring Relay

- Separate players into equal groups and line up single file with three rings placed in front of each line.
- The first player in each line is to take all three rings, one at a time, to a previously designated line.
- The second player in line is to take all three rings, one at a time, back to the start and so on.

Skills Used: Starts and Stops, Forward Stride, Ring Handling

Agility

- Typical agility courses.
- It is important to make sure participants are skating with two hands on their stick at all times.
- Example: For the course have four pylons and two chairs with a stick over top. The kids are to skate around the pylons, dive underneath the stick and go around the last pylon then skate back to the beginning of the course.

Skills Used: Starts and Stops, Forward Stride, Backward Stride (optional), Tight Turns, Cross Overs, Ring Handling

Musical Rings

- Each player, except one, has a ring.
- Start the music and the player without the ring tries to get one from others by checking their stick.
- When the music stops any player without a ring joins the groups of checkers.

Skills Used: Starts and Stops, Forward Stride, Ring Handling, Protecting the Ring, Checking

Appendix



Display Unit



Make arrangements to borrow the Display Unit from your Provincial Association if your Association does not have one of their own. Display units or replacement panels can also be purchased through your Provincial Association.

Flyer



Poster



Fillable PDF versions are available through your Provincial Association for online promotions.

Take Home Package Contents

Use the Come Try Ringette tote bags (available through your Provincial Association) to create Take Home packages for all your participants.

Packages should include:

- Come Try Ringette Colouring Books (available through your Provincial Association)
- Information on registration dates, locations and fees
 - Any registration incentive your Association offers e.g., reduced/no fee for first time players, etc.
- Information on your association's once-a-week, drop in, and "learn to play" Ringette programs, if you offer them.
- League information -
 - Team formation policies
 - Key contacts, phone numbers, emails
- Uniform information
- Equipment information
 - Where to buy new equipment
 - Tips on how to fit equipment
 - Where to buy used equipment
 - Date(s) of local association used equipment sales
 - Tips on selecting used equipment
- Games & practices information
- Game basics
- Opportunities - Tournaments, Provincial Championships, Provincial Winter Games, Canada Winter Games, Canadian Ringette Championships, National Ringette League, Scholarships, etc.
- A local sporting goods discount offer
- Information on Ringette camps - Beginner Camps, Skills Camps, Summer Camps
- Information on organizations that help remove financial barriers to sport (KidSport, JumpStart, etc.)
- Information on True Sport