

## What is RAB Challenge?

RAB Challenge is an annual development camp offered by Ringette Alberta. This camp allows athletes to participate on a team made up of athletes from across the province who may come with different skill sets than their own, as well as be exposed to new coaching styles and methods in a fun, developmentally focused weekend. The goal of the weekend is to learn lots, meet new people and most importantly, have fun!

This camp is open to athletes born 2011-2014, and we get athletes anywhere from U12C thru U14AA.

RAB Challenge 2025 is taking place in Spruce Grove (Tri-Leisure Centre) from April 11-13.

## What Coaching Development can you expect to receive?

- ❖ Highly trained and experienced coach mentors leading practices
- ❖ High performance athletes assisting with on-ice and off-ice instruction
- ❖ Technical/Tactical/Strategy sessions and Q&A delivered by coach mentors
- ❖ In-game assistance on the bench from coach mentors and/or high-performance athletes

## **NEW IN 2025! Team Coaches get to PLAY RINGETTE!**

Playing ringette is one of the best ways to learn about it, and coaches are finally getting their chance!

Team coaches will be divided into two roughly balanced teams based on a self-assessment of proficiency. Each team will get a full-ice practice on Friday evening and then will play against each other in a feature game around lunchtime on Saturday. Coach Mentors will be the head coaches, and 6 junior coaches (3 per team) will be the assistant coaches. Athletes can eat their lunch and cheer on the coaches as they learn more about ringette by playing.

Team Coaches who wish to opt out of this can still participate as a team coach for the rest of the event, however we strongly encourage you to see it through! Empty spots may be filled by other coaches who are not attending the full weekend.

Coaches participating in this development **MUST WEAR** full ringette equipment. Hockey equipment will be accepted but participants must have a neck guard, ringette mask, and use a legal ringette stick (no “adapted” hockey sticks). If any of this is a barrier, we will work with coaches to secure missing items.

## Who can attend as a Team Coach?

Any coach who was registered with Ringette Alberta in the 24-25 season can attend! We also welcome junior coaches (born 2006-2010) but they have a separate registration form. You do not have to have a child/relative attending in order to be a Team Coach.

With 12 teams' worth of athletes, we will take a maximum of 36 team coaches (3 per team) and an additional 24 junior coaches (2 per team).

If you are unable to be there the whole weekend, you are still eligible to attend, however if you will be missing more than you are attending, please consider giving your spot to a coach who can be there full-time.

## What are my responsibilities as a Team Coach?

Team coaches are expected to be with their team/athletes much of the weekend, although junior coaches can help with supervision.

On the ice for practice, Team Coaches are expected to pay attention to the instructions given, help move pylons and set up drills, ensure athlete and coach safety, provide feedback to athletes, and ask questions as needed.

During off-ice activities, the schedule will specify if there is an instructor for that time period or if coaches are responsible for planning/delivery. If there is an instructor/leader for a certain time period, coaches may be scheduled for their own development and junior coaches will accompany the team to their activity.

Leading up to and during games, Team Coaches will create a lineup, give a pre-game talk, and coach on the bench.

Team coaches will include Junior Coaches in planning and activities.

## What is the schedule like?

The schedule varies a bit depending on the team, but you should expect the following:

- Friday April 11<sup>th</sup>: 8:00am-7pm
  - 2 ice times (1 practice, 1 game)
  - 3 off-ice activities
- Saturday April 12<sup>th</sup>: 8:30am-7:45pm
  - 2 ice times (1 practice, 1 game)
  - 3 off-ice activities
  - RAB's Got Talent big event!
  - Coaches game!!
- Sunday April 13<sup>th</sup>: 9am-12:45pm
  - 1 ice time (game)

# RAB Challenge – Coaching Program Outline



## What will I get out of it?

Aside from the incredible opportunity to learn from some of Alberta's best and most experienced coaches and high-performance athletes, team coaches will get the following perks:

- Working with different coaches, and athletes from different associations and different levels of play.
- 3 PD points towards status renewal (this is the maximum allowed by the NCCP for non-NCCP programming).
- Participation as a coach at RAB Cup and RAB Challenge are excellent for your coaching resume and will improve your chances of being selected as a head coach by your local association.
- To be considered to coach at Alberta Winter Games and Canada Winter Games, participating as a coach at RAB Cup and/or RAB Challenge is a requirement.

## What do I need to bring?

### Required:

- Skates
- Helmet
- Ringette stick
- Gloves
- Whistle
- Athletic clothes for on-ice
- Paper & pen

### Optional:

- Clipboard/binder
- Coaching board
- Dry erase markers

## Other notes:

- This is an extremely fun and colourful camp – wearing your team colours is essential!
- If you have a child/relative attending, you have the option of being on their team or allowing them to experience a different coach while still accessing the development for yourself.
- We do not accept friend requests for athletes or coaches to be on the same team. Schedules vary but start and end times for the day are very similar so if you are carpooling it shouldn't be a problem.
- **Study your team list thoroughly ahead of time so that you can learn athletes' names quickly.** This will make things go more smoothly and help athletes feel valued.

**APPLY HERE!**