

About RAB Cup

RAB Cup is an annual event hosted for U16 and U19 aged athletes (in 2025 this includes athletes born in 2007, 2008, 2009, and 2010).

In 2025, RAB Cup will be hosted at the Spray Lakes Centre in Cochrane on April 25-27th. A few of the scheduled activities will take place at Winsport in Calgary and Glenbow Elementary School in Cochrane.

Athletes from across the province register and are divided into balanced teams (based on the division and position played). Each team gets 2 practices and 2 games over the Saturday and Sunday. Athletes are also scheduled for off-ice activities which vary from year to year, but may include fitness, mental training, nutrition, and more.

RAB Cup is also used as a scouting opportunity for athletes to access high-performance programming like Ringette Canada's La Relève program (U17), and Team Alberta at Canada Winter Games (CWG). [RAB Cup 2025 is the starting point towards Team AB 2027 for CWG](#) (follow the link to find the Athlete Self-ID Package for more information). Athletes who self-IDed as being interested in that process will also participate in fitness testing at Winsport in Calgary on Friday April 25th as well as attend a short information session.

RAB Cup is open to any athlete in the eligible birth years, but it often attracts our highest level athletes, making it an excellent environment for coach development.

What coach development should you expect?

There are 12 teams' worth of athletes at this camp. Team activities are almost always paired with another team, and there will be one mentor coach assigned to two teams. Our mentor coaches include current or former Ringette Canada program coaches, NRL coaches, Master Coach Developers, and past Canada Games coaches. They bring a wealth of knowledge to you and will be working with you for the duration of the camp.

Here is a list of camp activities outlining the roles of the Coach Mentors and Team Coaches.

1. Pre-event meeting (virtual): this will take place on a weeknight prior to the event.
 - a. Coach mentors will introduce themselves, outline the practice plans in detail so that everyone feels comfortable, and go through the evaluation system, providing rubrics and examples.
2. Practices.
 - a. Coach mentors will model how to lead a drill, provide insight, and feedback to athletes and team coaches.
 - b. Team coaches will observe, lead a drill, give feedback to athletes, and observe high-level athletes performing at a fast pace.

RAB Cup 2025 – coaching program outline



3. Strategy session.
 - a. Mentor coaches and team coaches will work together to go over some strategy with the athletes for the upcoming games, including breakouts, free pass plays, and more.
4. Coach Development sessions.
 - a. One session will be about athlete assessment and evaluation. Coach Mentors will help team coaches get started on their evaluation and feedback assignments, review where to input feedback, create some templates, and some attention to goaltending.
 - b. The second development session content is TBA.
5. Games.
 - a. Mentor coaches will spend some time on the bench to support team coaches in analyzing the play on the ice and providing useful feedback to athletes.
 - b. Team coaches will be in the lead as far as lineup, bench management, and strategy. They will make in-game decisions and get to experience high-level play.
6. Debrief.
 - a. Mentor coaches and team coaches will get together Sunday afternoon and debrief how the weekend went. Mentor coaches may provide some feedback to team coaches, review strategies and decisions, assist in generating athlete feedback, and answer questions.
 - b. Team coaches will be expected to provide individual feedback to each of the athletes on their team.
7. Athlete feedback
 - a. Team Coaches are responsible for providing individual feedback for each athlete on their team within a week following RAB Cup. It will be entered into an app that will then be shared with the athletes.
 - b. Mentor coaches will provide guidance on how to assess athletes and how to format feedback.

What does the schedule look like?

Friday evening: fitness testing and information session for CWG Self-ID athletes only.

Saturday – the order of events varies by team (earliest start time is 8 am on ice)

- 2 practices: mostly skill and concept based
- Team-building & strategy session: team coaches and athletes will get to know each other with some icebreakers, and talk about some of the strategies they'll use in the games on Sunday.
- Sport Psychology: athletes only
- Feedback and evaluation seminar: coaches only. Coach mentors will guide team coaches on how to provide effective and useful feedback.

Sunday – the order of events varies by team (earliest start time is 8 am on ice)

- 2 games against different teams
- Off-ice power skating session – athletes only
- Injury and prevention seminar – athletes only
- Coach development session, topic TBA – coaches only
- Debrief – coaches only.

Who should attend?

Any coach who was registered with Ringette Alberta in the 24-25 season can attend, however coaches who have completed their Competition Introduction training or higher will get the most out of the experience.

With 12 teams' worth of athletes, we will take a maximum of 36 coaches (3 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 do coaches need to bring?

Required:	Optional
<ul style="list-style-type: none">• Skates• Helmet• Ringette stick• Gloves• Whistle• Athletic clothes for on-ice• Paper & pen• Food/snacks	<ul style="list-style-type: none">• Clipboard/binder• Coaching board• Dry erase markers

RAB Cup 2025 – coaching program outline



What will coaches gain from this experience?

Aside from the incredible opportunity to learn from some of Alberta's (and Canada's!) best and most experienced coaches as well exposure to a high level of ringette and wonderful athletes, Team Coaches will get the following perks:

- ❖ 3 PD points towards status renewal (the max 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.

Other notes:

- If you have a child/relative attending, you will NOT be on the same team as them.
- We do not accept friend requests for athletes or coaches – part of the process of RAB Cup is learning from new people!
- Study your team list thoroughly ahead of time so that you can learn athletes' names quickly. This will help make athletes feel valued as well as helping coaches compile feedback.

REGISTER NOW!