

# I AM EXCEEDING MY LIMITS AND I AM A CHAMPION:

## LEARN TO WIN/TRAIN TO WIN (19 YEARS OF AGE AND OLDER)

STAGE



### PHYSICAL

1. I am following my individualized ringette-specific training program.
2. I can always meet or exceed national and/or world class physical fitness standards.
3. I can always incorporate multi-directional speed work on and off ice.
4. I can use sport-specific agility movements using more open and unplanned training methods.
5. I can always manage my training program to peak for the World Championships.
6. I continue to refine my position-specific flexibility and range of motion.

### PSYCHOLOGICAL

1. I take responsibility for my performance and my efforts are always linked to becoming the best version of athletic self.
2. I can always describe my team's expectations of me.
3. I can always make decisions based on identified team goals and values.
4. I effectively manage my positive self-talk, visualization skills, distraction control, anxiety reduction and other areas to ensure a strong performance.
5. I can detect and correct my errors most times.
6. I can always set short, medium and long-term goals for my ringette career.
7. My decision-making skills for optimum accuracy and speed are refined.
8. In all 4 components of athlete development, I can ask for support or help when needed.

### TECHNICAL/TACTICAL/STRATEGIC

1. I can always attempt an attack on a transition.
2. I can always be a part of an effective line change.
3. I can always execute the team offensive strategy.
4. I can always execute proper defense to offense, and offense to defense transitions.
5. I can frequently introduce creativity to the set team, line and individual strategies and tactics.
6. As a goalie, I am comfortable accessing my goalie coach to help me refine my goaltending skills.

## LIFE SKILLS

1. I behave in a manner that supports a positive team environment including respectful relationships with my teammates, coaches, team staff, opponents, officials and sport organization.
2. I am a role model and often a mentor for other players.
3. I am balancing my athletic career and goals with my existing responsibilities.
4. I can always adjust or alter my responses because I know that my actions impact others.
5. I can always separate personal from professional relationships.
6. I am solely responsible for the choices I make about my nutritional intake, my rest and sleep habits, other ingested substances and my social media participation.
7. I have started to plan for post high-performance career and life after competitive ringette.
8. I follow guidelines set by my team and Ringette Canada.

## ETHICAL LITERACY

- KEEP IT FUN:** I am motivated by recognizing the achievement of my personal and team goals.
- GO FOR IT:** I feel encouraged to pursue the most intense training suitable for optimal individual and team performances.
- PLAY FAIR:** I am able to apply rules consistently (as an individual) and reason through my behaviour as well as the behaviour of other athletes, parents, officials and coaches.
- RESPECT OTHERS:** I feel confident to speak out about social issues that matter to me and encourage my teammates to do the same.
- STAY HEALTHY:** I think about and have plans for my future sporting life.
- INCLUDE EVERYONE:** My teammates and I sometimes host a free drills and skills program for younger or less experienced players from schools, clubs, or local communities.
- GIVE BACK:** My teammates and I take opportunities to share their experiences through public speaking, role modeling and mentoring.