

Sault Ringette Club: Bunny Program

Information for Parents

What Is Ringette?

Ringette is a Canadian sport (invented by Sam Jacks in North Bay, ON, in 1963) when he saw the need for a winter team sport for girls. It has gained a reputation as being one of the fastest team sports on ice. While it is primarily a female sport, males are welcome to play as well.

Ringette is played on ice with skates and straight sticks with six players on the ice at once. Players pursue a rubber ring; there is no intentional body contact; and the rules are designed to promote teamwork and fast play.

Ringette is a lifelong sport with scholarships available for post-secondary education as well.

What Ages Are the Bunny Program For?

- Girls — 4-6 years old
- Boys — 5-6 years old

The Jr. Bunny league is for first-year ringette players. The Sr. Bunny league is for second-year (or returning) ringette players. Based on age and skill level, a first-year ringette player may be placed in the Sr. Bunny league.



When Does the Program Run?

- The Bunny program begins in October and runs through until March
- Bunny sessions run once a week, usually Saturday afternoons (days/times will be confirmed at the start of each season)
 - Jr. Bunny league
 - Sr. Bunny league
- Each session is 50 minutes long

Where Are Sessions Held?

All Bunny program sessions take place at the W.J. McMeeken Centre arena (616 Goulais Ave.).

How Much Does It Cost?

- Girls — **FREE** ice time for FIRST year bunny players
(A \$50 fee will be charged to cover Ontario Ringette Association costs and insurance.)
- Returning bunny players — \$200
- Boys — \$200 (ages 5-6)

What Skills Will My Child Learn in the Bunny Program?

Our Bunny program focuses on the Ringette Canada ABC program developed by Ringette Canada. The ABC program is based on basic Long Term Athlete Development (LTAD) principles which offers a mechanism and guidelines for skill development recognition.

During the season, players will work on the 5 *FUNDamentals* of ringette: skating, passing, receiving, shooting, and general knowledge.

BASIC SKATING SKILLS

- Basic stance, falling and getting up, edges, balance on skates, start, stop, walking all directions, forward/backward stride and glide

BASIC RING SKILLS

- Basic skills, grip, carrying the ring, passing, receiving, checking, shooting — all within a controlled environment

POWER SKATING

During the first half of the season, the club provides age-appropriate power skating lessons from Ian Shannon's Power Skating. Half of each ice time will be designated to developing and strengthening skating skills, and the other half of the ice time will be designated to developing ringette skills and concepts. There is no additional cost to you for these incorporated power skating lessons.



What Equipment Will My Child Need?

Your child will need the following:

- Hockey helmet with ringette face protector (both CSA certified)
- Neck guard
- Elbow pads
- Jersey*
- Hockey gloves
- Girdle or jill/jock
- Ringette pants (or hockey socks if wearing a jill/jock*)
- Shin pads
- Hockey skates
- Ringette stick*

*** A jersey and hockey socks will be provided through Timbits Canada.**

*** Sticks and masks are available to purchase from the club or to rent (\$25/season as available) to help get your child started.**



Can I Go on the Ice with My Child?

Of course! Parents' support and encouragement is part of a child's development in sport. Once your child is comfortable standing up and moving forward, feel free to step back and let them explore and develop independently! OR... parent volunteers are welcome to stay on the ice and help coaches run drills and encourage all children to participate.

All parents, volunteers, and coaches are required to wear a CSA-approved helmet and hockey skates (preferred) while on the ice.

Can My Child Be Placed on the Same Team as a Friend?

We will do our best to place your child on the same team as her/his friend. We understand that this can help ease anxiety at trying a new sport and encourages children to participate more fully.



Are There Tournaments?

Every few years the Sault hosts the Northeastern Regional Tournament, which includes Bunnyfest! All our Jr. and Sr. bunny teams can play in the Bunnyfest tournament, which includes 2-3 games over the course of one weekend in addition to fun off-ice activities.

The club has a U8 (ages 5-7) travel team called the Ice Hawks. Joining this team provides an additional 1-2 practices each month plus one out-of-town tournament (two if regionals are held in Timmins or Sudbury). Our U8 travel team focuses on the same skill development as our bunny program, and the travel tournament(s) really help the players build life-long friendships. Let your child's coach know if you're interested in joining the travel team.



Sign Me Up! Where Can I Register My Child?

Registration is easy! Simply click the Registration button and fill out the [online application](#).

Please contact the Sault Ringette Club Treasurer (src.trsurer@gmail.com) to confirm payment options. EMT, cash, and cheque will be accepted.

VOLUNTEERS

Our program is run through the dedication and passion of our volunteer coaches, managers, trainers, and on-ice helpers. If you're interested in volunteering, please fill out a volunteer form [here](#).

