



2024/25 U10 Season  
**Info Session**

# Agenda



- What is Children's Ringette?
- Evaluation Process and Guidelines
- Team Selection Process
- Season Info
- Affiliation
- Complaints
- Key Dates and Special Events
- Coaching and other Volunteer Roles
- Recap



# What is Children's Ringette?

- Originally: Ringette in Canada was organized around the structure of the adult game, using only chronological age as a guide for athlete grouping
- In 2009 Ringette Canada released its Long-Term Athlete Development Model which was then followed by a growing body of research in support of making adjustments to “Children's Ringette” (the Active start through U10 divisions) – SPRA followed suit in approx. 2019
- We now group children by “step” using resources like the Ringette Essentials, rather than sticking to rigid chronological age groups, although age is a factor and used as a guide.
- The ultimate goal of Children's Ringette is to eliminate progressing through age-based levels without regard to the players readiness and relying more on the Long Term Athlete Development Matrix which considers multiple elements of the athlete's readiness.

# Structure and Approach



- U10 is divided into 3 stage-based Steps. For 2024/25 Season:
  - Step 1 Birth Year of Majority is 2017
  - Step 2 Birth Year of Majority is 2016
  - Step 3 Birth Year of Majority is 2015
  - Outliers exist in all Birth Years
- Steps become gradually more competitive and more skill required as a player moves up the steps
- Step 1 and 2 will be half-ice and Step 3 is full-ice
- Step 1 and 2 have 1-2 hours of ice per week on average - scores kept informally – not published – managers still need to produce game sheets but coaches as refs
- Step 3 averages 2 hours of ice per week – scores kept formally (game sheets, refs etc)
- Net size is scaled and rules are scaled – no refs until step 3
- No dedicated goalies – Step 1 and 2 rotate through roster, step 3 several goalies no more than 50% time in net per half season – begin to think about specialization
- Players learn the fundamentals of the sport on a smaller surface that reflects their size and allows for maximum ring touches
- Goal is to allow athletes to be multi sport at these young ages and allow an inclusive gradual intro to competition



# Evaluation Process and Guidelines

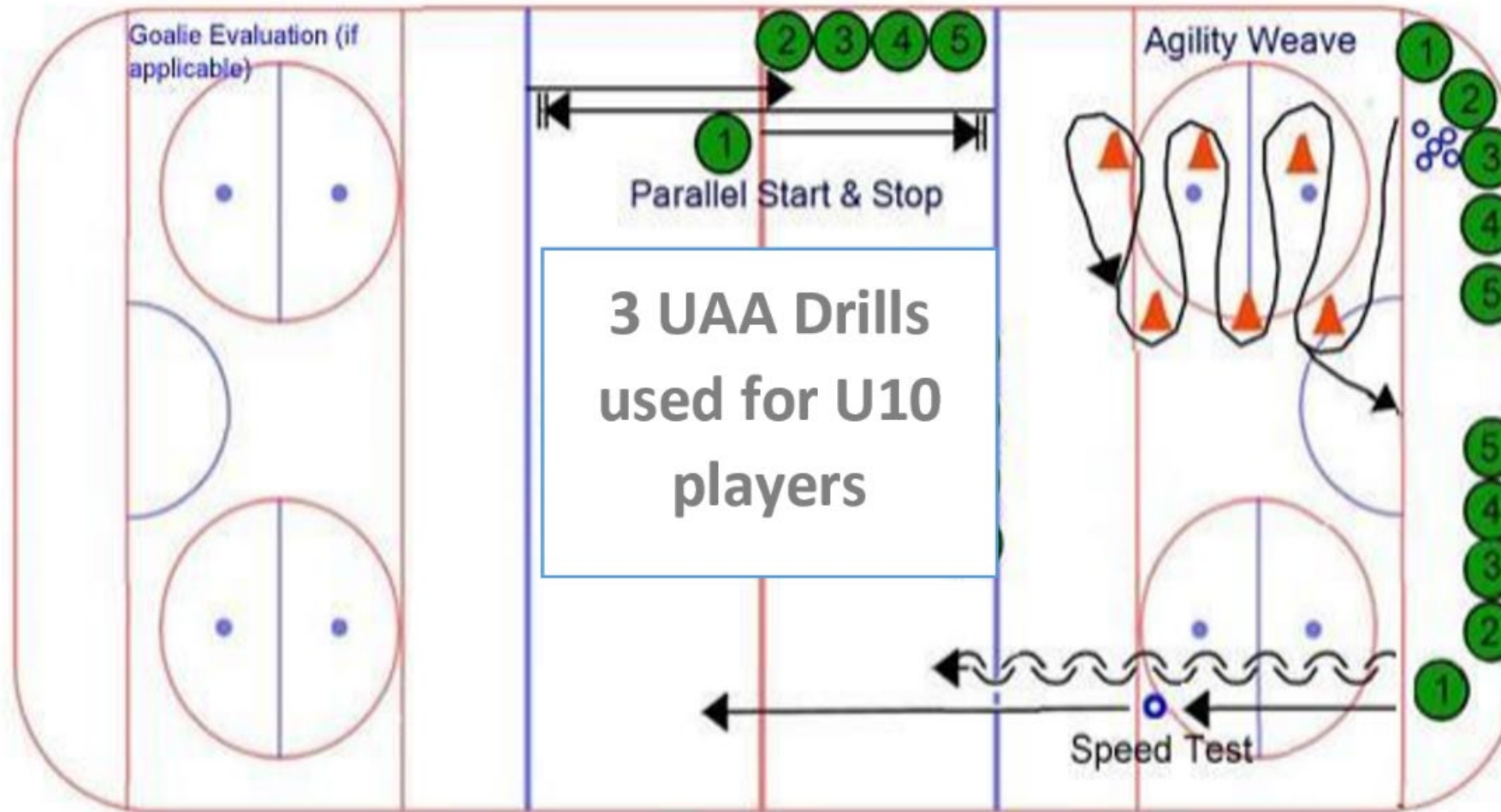
- Players run through 2 sets of ice times at the start of the season
- **Universal Athlete Assessments (UAAs)** – 3 drills sanctioned by RAB
- Competitive Thread runs players through them on Sept 1
  - Timing chips attached to each player at sign in
- **Game Play Evaluations** – U10 3v3 (half ice) on either Sept 5 or 9 – you will be informed of your skate group
  - Pinnies assigned to each player at sign in
  - Evaluators look at set of criteria to assess fit of player with peer group
  - Evaluators look for attributes such as: Engagement, Passing/Receiving, Pursuing Scoring, Checking
  - Skating skills are covered in UAAs so looking at how they function in a team scenario
  - Bench volunteers to swing gates and on-ice coaches to keep game flow going
- Scores for both are collected by VP, Div Director, and Eval Director
- Coaches on ice for both as familiar faces and to keep things moving but are not permitted to coach
- Evaluation Guidelines Document for U10 posted on Website

# Preparing for Evaluations



- Attend a UAA prep session: Pre-UAA skate for all players Aug 25th to prep for UAAs
- Attend public skates, or powerskating if not in a camp
- Ensure players know they need to pay close attention to on ice coaches during the evaluations sessions (UAA) focus on accuracy and following direction
- During game play session, tell them to just play like they already know how
- No set strategy at this age – looking for player engagement, watching the play, seeking scoring opportunities, passing, being vocal, calling for the ring, communicating and connecting with team mates and the play while on the ice
- At this level, not looking for top scorer, best shot, etc – beware of “advice”
  
- Falling or mistake during a drill in UAAs – what happens?
- Missed UAAs? – what happens

# Universal Athlete Assessment Drills



\*\*Full Detailed Description and Demo video on Ringette Alberta Website

# Team Selection Process

- UAA times and Eval Scores received from evaluators and aggregated
  - Sept 1 UAA scores will determine skate groups on Sept 5<sup>th</sup> and 9<sup>th</sup>
- Teams of equal caliber formed within each step considering the following player attributes:
  - UAA and Gameplay Evaluation Scores
  - Ringette IQ and/or Previous experience
  - Age and maturity
  - Readiness to learn/readiness for competition
  - Team balancing/size
- Team Selection committee meets to confirm teams created match the above criteria and team sizes are appropriate
- Head coaches are identified and notified – provided with their team and then reach out to players
- **Prior to TSC (U10 specific), Coaches from previous season will be consulted to obtain input on player placement – meetings with past season coaches to be held immediately after evaluations**

U10 Step Category	Target Team Score	Target Team Range	Team Score Range
1	17	10-14	6-18
2	23	21-25	18-29
3	34	33-35	30-39





# Player Pathway

- Using birth year of majority as baseline: Step 1 2017, Step 2 2016 and Step 3 2015, some kids are more advanced, or have their first athletic peak when they are 6, so move to U10 a year early
- That isn't a guarantee for how things will play out in future years, but it can be
- Not all kids in every Step are going to be equal ability-wise at the start but many factors can make a big difference over the season and with effort, opportunity and good coaching, a kid can progress tremendously
- Socio-emotional factors are also a consideration in player pathway
- Growth with kids is not necessarily linear, but sometimes it is
- Examples





# Friend Requests

- Never guaranteed but we do our best
- Priority is team parity within each step, returning player distribution, and coach distribution and other factors (goalies stepping towards specialization).
- Step 3 scores are published, there are refs, penalties and can be a higher level of competition against other associations.
- Due to this, less of a guarantee at the Step 3 Level.
- Other issues that come in to play



# Season Info

- U10 is in the Black Gold League (BGL) which covers Sherwood Park, Beaumont, St Albert, Spruce Grove, Drayton Valley, Pembina, Fort Sask, Leduc and Hinton
- Season Starts late Sept and schedule for Session 1 received shortly after that – practice and exhibition in the mean-time – session 2 starts mid dec and runs to March
- Christmas Break – typically Dec 20ish – first week in Jan
- U10 practices are weeknights at 4:00 MLP (Step 3 TBD may start later) – games on weekends
- Practice Ice will be same day/time/place every week but won't be determined until after evals
- 6 power skating sessions in addition to schedule as well as goalie clinics – Mondays PS
- **Recommend no more than 3 tournaments per season for each team (RAB rec. 1-2)**
- Step 1 and 2 are part of the SPRA Mini Platinum Ring Jamboree – Step 3 added this year (as full ice) was previously the PRT but ice changes occurred

# Affiliation



- SPRA is governed by the Ringette Alberta Affiliation Policy (Section 5.0)
- The purpose is to ensure that teams are able to ice a viable team when insufficient numbers of a team's full-time players are available. Affiliation is NOT a tool to be used to provide additional ice time for select players: affiliation is not intended to be a supplemental developmental tool.
- Applicable to U10:
  - Teams cannot play if they fall below the minimum of 7 players
  - Policy allows: Affiliation of the number of skaters to get the team up to a maximum of 11 dressed skaters on the game sheet for that team.
  - Players must be added to roster in RAMP as (AP) and be on game sheets as (AP) when used
  - Max of 5 games per affiliate per season
- Affiliate players are identified after teams are formed using evaluation scores and coach feedback.
- **There is no requirement for coaches to use affiliates – its solely at coaches discretion.**
- U10 format:
  - Each U12B and U12C Team can affiliate 5 players from the Step 3 level
  - Each Step 3 team can affiliate 5 players from the Step 2 level
  - Each Step 2 team can affiliate 5 players from the Step 1 level
  - Step 1 cross affiliates from Step 1 where needed



# 24 Hour rule, Disputes and Complaints

- Chain of communication follows this order (After 24 Hours):
  - Parent to Manager.....Manager to HC.....HC to Div Director.....Div Director to Board Exec
  - Managers are the parents first point of contact
  - Managers can be called upon to facilitate conversations or mediate issues between parents and coaches
  - If the issue is about a Manager, you can go to the HC first
  - If the issue is about a Div Director, you can go to the Board Exec
  - Div Director should not be your first call when you are having an issue (unless you cant go to HC or Manager due to their involvement with the issue)
- Examples of what we can help with – recommend email, (what you saw, what you were told by child, what you were told by other person etc broken out)
- Stick to the facts
- Let us know what you want to happen – are you telling us this to log in case a pattern develops, do you want us to take action? Has a Policy Violation Occurred? If so, which policy and provide specific details about the violation. Would you like a F2F meeting with Div Director? Would you like Div Director to facilitate a conversation between yourself and the party with which you have a grievance? Its helpful to know expectations early if there are expectations
- Everything covered in our Operations/Policy Manual on the website

# Key Dates and Special Events



- **Sign Up Sheet** for Pre- Season Skates and Evaluations – Sign up for a spot
- **Note:** Aug 25, Sept 1, and Sept 5/9 may be assigned ice times – wait for confirmation

Key Dates	
Parent Info Night for U10 Families	Tuesday, <b>August 13<sup>th</sup></b> 7:30 – Zoom Link Above
Friend Request forms Due	Tuesday, <b>August 13<sup>th</sup></b>
Knock the Rust Off Skates	<b>August 10<sup>th</sup></b> and <b>August 15<sup>th</sup></b> – See RAMP for Times
Pre-Evaluation “Prep” skates	Sunday, <b>August 25<sup>th</sup></b> – Times TBA
Universal Athlete Assessment (Skill Evaluations)	Sunday, <b>September 1<sup>st</sup></b> – 10:30/11:45/12:45
Game-Play/Scrimmage Evaluations	<b>September 5<sup>th</sup></b> and <b>9<sup>th</sup></b> - Times TBA
Coaches Meeting (U10 Specific)	Tuesday, September 10 <sup>th</sup> – In Person - Tentative
SPRA-Wide Coaches & Managers Meeting	September TBD – In Person
Team formation completed	Approx September 12-13 <sup>th</sup>
U10 First Ice Times	Approx week of September 16 <sup>th</sup>
SPRA Mini-Platinum Ring Jamboree (Step 1, 2, & 3)	January 31 <sup>st</sup> to Feb 2 <sup>nd</sup> , 2025 – Tentative
Year End U10 Championships	TBD – March 2025



# Coaching and other Volunteer Roles

- Coaching – Need at least 1 certified female at all times but should have at least 2 in addition to certified male coaches
  - Certification Required (we reimburse):
    - Current Criminal Record Check – good for 2 years
    - Coach Initiation in Sport (CIS) eModule
    - Making Ethical Decisions Course
    - Making Ethical Decisions Online Evaluation
    - Ringette Specific Community Sport Initiation Clinic
    - Safe Sport Module
- Coach Selection will take place via committee after reviewing:
  - Applications submitted
  - End of year survey feedback from previous season
- Other roles: Team Manager, Treasurer, Social Committee etc – cash call, season budget, tournaments, team apparel, team-building events **NOTE:** tournaments can be hard to get into – check RAB website ASAP at the start of the season and apply – will need to pay up front
- Jamboree – Committee and shift volunteers needed. Each SPRA team is responsible to provide a raffle basket of 150.00 value for the jamboree – will be coordinated through team manager

# Recap



- My role – support, guide, provide resources, advocate for U10 players and families, making decisions with the whole division and association in mind, not just a few, connect families with information\*
- U10 is **Children's** Ringette – our aim is to balance competitiveness with opportunity and provide kids with the best chance to build confidence and grow their love of the sport
- Remember the 24 hour rule and the order of communication\*
- Additional resources available on U10 page on our website – read docs provided, re-watch the recording of this session if you are unsure of something – there isn't much that isn't covered either here, or in the documents posted online.
- Questions?