



Welcome U14 Athletes and families!

My name is Kristin Greenwood, and I will be the U14 Director for the upcoming 2025-2026 season. This is an exciting year for Park Ringette – our 50th Anniversary!

Division Communication

All communication to and from me will go through U14 Director Email, enclosed below. You can also look for updates on the [U14 Mainpage](#) Additionally, if your Athlete is also involved in the Power U14AA Tryout process, please check out the [Power AA Homepage](#)

Please note: the rest of this welcome letter will not be in regards to Power AA Tryout Process. Any questions surrounding the Power AA Tryouts should be directed to Bob Dul at AADirector@sherwoodparkringette.com

Pre-UAA Skates

UAA Pre-skate: **Saturday, August 16, 2025 – 1:15pm-2:15pm at Millennium Place (Chevy)**

UAA Pre-Skate is not mandatory or an evaluation skate, but is recommended to allow all athletes to be familiar with the skate components of the UAA process.

Goalie Pre-skate: **Sunday, August 17, 2025 – 11:45am-1pm at Millennium Place (Chevy)**

Goalie Pre-Skate is not mandatory or an evaluation skate, but is recommended to allow all athletes to be familiar with the skate components of the Goalie Evaluation Process.

Evaluation Dates

Evaluation dates are tentative and subject to change. Evaluations will consist of UAA Timed Evaluations as well as two game play evaluations. Groups will be organized and sent out prior to UAA's.

UAA's:

UAA Evaluation Skate 1: **Saturday, August 23, 2025 – 2:45pm-3:45pm OR 4:00pm-5:00pm**

All athletes, except for those athletes who have registered as FT Goalies, are required to attend the UAA skates. UAA's are used as part of the evaluation process, when determining teams. Athletes will only attend one of the above 2 options. UAA Timed Evaluations will be completed by Competitive Thread, a third party company.

Goalie Evaluation:

Goalie Skills Evaluation: **Saturday, August 23, 2025 – 7:30pm-8:45pm at Millennium Place (Chevy)**



Goalie Skill evaluations are required as part of the overall evaluation process. These evaluations by a third-party company – True North Goaltending. As U14 is the first year that Goalies can be designated as FT Goalies, all athletes evaluating as FT Goalies do not need to attend UAA's and will be required to be evaluated in Goalie Skills as part of their evaluation process.

Pre-Skate Skills Evaluation:

Skills Pre-Skate: Tuesday, September 2, 2025 – 5:45pm-6:45pm at Strathcona Olympiette Centre

Skills Evaluation:

Skills Evaluation (Mandatory):

Skills Evaluation Skate: Saturday, September 6, 2025 – 9:00am-10:00am at Millennium Place (Powerade) OR 10:15am-11:15am at Millennium Place (Powerade)

During this session, your athletes will cycle through a series of Ringette-specific skills, to assess their awareness of the offensive and defensive sides of the sport, skills such as shooting, passing, and field of play awareness will be assessed, and will provide knowledge of athlete's awareness of the sport.

[SPRA DRILLS 2026 - 0801 on Vimeo](#)

Game Play Evaluation:

Groups will be shifted and reevaluated after the UAAs, Skills Evaluation, and after the first game play evaluation. Please keep an eye on your emails during this time to ensure your player is attending the correct skate time. Goalies will participate in an individual skill evaluation and will also be assigned to a gameplay evaluation.

Game Play Evaluation 1: Monday, September 8, 2025 – 5:30pm-6:45pm at Millennium Place (Chevy) OR 7:00pm-8:15pm at Millennium Place (Chevy)

Game Play Evaluation 2: Thursday, September 11, 2025 – 5:00pm-6:15pm at Millennium Place (Chevy)

Please be sure that you are following your email and sherwoodparkringette.ca for any schedule changes and adjustments.



Missing Evaluations:

If your athlete is not able to attend any of the skates, please contact me. Advance notification of missing a portion of or the entirety of the evaluation process is required.

Team Formation:

During evaluations, communication will be provided as quickly as possible, but this will likely be late at night and at short notice for the next skate. Please be diligent in checking emails. Once the evaluation process has completed, the team selection committee will meet. Teams will be announced via email and practices will be set to start ASAP.

Volunteers

Parent volunteers will be required during the evaluation skates to run benches, penalty doors, timeclock, shot clock and sign-in desk. I will send out sign up links as we approach the ice times. Please sign up to help where and when you can. Parents cannot volunteer to be on the same bench as their athlete, and should refrain from communicating with any athlete during the evaluation process while on the bench.

Communication

In addition to the emails you receive from your Division Directors, SPRA sends out important information throughout the season. We have had parents reach out who are not receiving these emails. This is either due to emails being in their junk folders (please check regularly) or because they unsubscribed from RAMP emails through another sport. As RAMP is connected across all sports, you need to contact RAMP directly to have your email reinstated.

Please visit the resources provided by the association for further information regarding evaluation policies and how to navigate the evaluation process.

[SPRA Evaluations](#)

Kristin Greenwood
U14 Director
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