



Welcome to Evaluations for the Power AA 2025-2026 Season!

We are very excited to get this season going! I will be your contact during these evaluations, and you can reach out to me via email. Today, I am providing you with the schedule of evaluations only, more evaluation and team selection details will be provided soon. I am also providing some very quick hit info about AA cost and commitment time, if you are not already familiar.

You have signed up for this evaluation because your athlete loves this sport, and we appreciate there are several AA teams in the area and that your choice was to evaluate for Park Ringette Power AA!

AA evaluations can be a very focused, exciting and stressful experience for any athlete, and Park Ringette anticipates that by registering to evaluate for these teams, you have already discussed and agreed with your athlete that your family is able to support this commitment. My role is to support that our Park Ringette process goes well, and I will do my best to answer any questions you may have along the way.

Housekeeping items/Reminders:

**** Park Ringette requires athletes to be in attendance for all evaluation skates, until released (if applicable). Warm-up skate is not mandatory. **** Absence from an evaluation skate will result in a blank score for that skate and can impact overall evaluation.

- Please check equipment NOW, we want your athlete to feel prepared and confident at evaluation time,
- "Coming in hot" is not recommended,
- Yes!! On August 24th, each age group skates twice, not a typo,
- Please arrive 1 hour prior to designated ice time to sign in and pick up your assigned pinnie,
- Athletes are encouraged to warm-up prior to ice time,
- No parents in the dressing rooms, if you require assistance with equipment, please pre-arrange to meet your parent/athlete outside of the dressing room,
- No cell phones are permitted in dressing rooms, Park Ringette provides a safe space for all our athletes.
- No sitting in the Evaluation Zone of the arena.

EVALUATION SCHEDULE:

U14AA

SAT	Millennium Place - CHEVROLET	16-Aug-25	9:30 AM	10:30 AM	1.00	U14AA	PRE-SKATE - SKILLS
SUN	Glen Allen Recreation Complex	24-Aug-25	9:00 AM	10:00 AM	1.00	U14AA	EVAL SKATE 1 - SKILLS
SUN	Glen Allen Recreation Complex	24-Aug-25	2:15 PM	3:30 PM	1.25	U14AA	EVAL SKATE 2
TUE	Millennium Place - CHEVROLET	26-Aug-25	5:30 PM	6:45 PM	1.25	U14AA	EVAL SKATE 3
THU	Service Credit Union Place - MM	28-Aug-25	5:45 PM	6:45 PM	1.00	U14AA	CENTRALIZED 1
THU	Service Credit Union Place - MM	28-Aug-25	7:00 PM	8:00 PM	1.00	U14AA	CENTRALIZED 1
THU	Service Credit Union Place - MM	28-Aug-25	8:15 PM	9:15 PM	1.00	U14AA	CENTRALIZED 1
FRI	Service Credit Union Place - PA	29-Aug-25	5:15 PM	6:30 PM	1.25	U14AA	CENTRALIZED 2
FRI	Service Credit Union Place - PA	29-Aug-25	6:45 PM	8:00 PM	1.25	U14AA	CENTRALIZED 2
FRI	Service Credit Union Place - PA	29-Aug-25	8:15 PM	9:30 PM	1.25	U14AA	CENTRALIZED 2
SAT	Service Credit Union Place - PA	30-Aug-25	2:00 PM	3:00 PM	1.00	U14AA	CENTRALIZED 3
SAT	Service Credit Union Place - PA	30-Aug-25	3:15 PM	4:15 PM	1.00	U14AA	CENTRALIZED 3
SAT	Service Credit Union Place - PA	30-Aug-25	4:30 PM	5:30 PM	1.00	U14AA	CENTRALIZED 3

U16AA

SAT	Millennium Place - CHEVROLET	16-Aug-25	10:45 AM	11:45 AM	1.00	U16AA	PRE-SKATE - SKILLS
SUN	Glen Allen Recreation Complex	24-Aug-25	10:15 AM	11:15 AM	1.00	U16AA	EVAL SKATE 1 - SKILLS
SUN	Glen Allen Recreation Complex	24-Aug-25	3:45 PM	5:00 PM	1.25	U16AA	EVAL SKATE 2
TUE	Millennium Place - CHEVROLET	26-Aug-25	7:00 PM	8:00 PM	1.00	U16AA	EVAL SKATE 3
THU	Strathcona Olympiette Centre	28-Aug-25	6:30 PM	7:45 PM	1.25	U16AA	EXHIBITION GAME

U19AA

SAT	Millennium Place - CHEVROLET	16-Aug-25	12:00 PM	1:00 PM	1.00	U19AA	PRE-SKATE - SKILLS
SUN	Glen Allen Recreation Complex	24-Aug-25	11:30 AM	12:30 PM	1.00	U19AA	EVAL SKATE 1 - SKILLS
SUN	Glen Allen Recreation Complex	24-Aug-25	5:15 PM	6:30 PM	1.25	U19AA	EVAL SKATE 2
TUE	Millennium Place - POWERADE	26-Aug-25	8:30 PM	9:30 PM	1.00	U19AA	EVAL SKATE 3
THU	Strathcona Olympiette Centre	28-Aug-25	8:00 PM	9:15 PM	1.25	U19AA	EXHIBITION GAME

General Information about Power AA:

TIME COMMITMENT:

Players can expect to attend team events approximately 4-5 times per week. This will include but is not limited to, practices, power skating, games, dryland, mental performance training, sports nutrition sessions, and team building activities. Your team will participate in approximately 5 tournaments per season plus Provincials and Westerns/Nationals.

Are athletes permitted/encouraged to play other sports during the ringette season?

Park Ringette recognizes that athletes are required to balance many commitments. These commitments often include family, school and other sports. At U14AA and U16AA, Park Ringette

encourages players to play other sports. The coach(es) will work with the family and the athlete to balance ringette with other sports.

At the U19AA level, it is expected that ringette will be the main sport priority and focus for the athlete and family through demonstration of their attendance, participation and commitment to the team. However, the athlete, family and coaches will work together to ensure the athlete can manage secondary commitments.

TEAMWEAR:

Teams will discuss and arrange the purchase of branded dry fit shirts, sweatshirts and pants of choice, to be worn in game warm up, team fitness, etc. These items will likely be ordered through your team.

NUTRITION:

Teams will generally plan, prepare, and serve our athletes their meals at out of town or even at home tournaments. Any team can plan to do this, not just Power AA. This is a good way to ensure our athletes are eating well while on the road and contributes to team bonding and comradery and the pocketbook too. Your teams will do their best to book rooms with kitchenettes and access to hotel amenities to help make this viable. Time to buy a crock pot????!! You will have families on your team who have done this before so it will be easy to jump into the nutrition group. If you have never made a protein ball, you are going to be an expert by next April!

TEAM BUDGETING:

Many factors will determine a team budget. The amount of dryland activities, additional training, power skating, team building activities and team fundraising efforts, as well as the amount of out-of-town tournaments your team is accepted into, will determine what your team requires. The Team Treasurer, in consultation with the Head Coach and Manager, will draft a team budget for presentation to and discussion with families. Team costs are over and above your Park Ringette registration fee.

Example:

***The approximate team budget (excluding registration fees) for the U14AA - 2022-2023 season was \$22,561.13 (Private power skating x 6 sessions, nutrition, team building, tournament entries, fitness training, Provincials).*

- *Cash call \$300/player*
- *Fundraising/grants offset costs*
- *Hotel/travel costs not included*

***The approximate team budget (excluding registration fees) for the U16AA - 2022-2023 season was \$34,500 (Private power skating x 6 sessions, nutrition, team building, tournament entries, fitness training, Provincials/CRC costs, wind-up, admin fees, etc.).*

- *Cash call approx. \$500/player*
- *Fundraising \$30,194 (bottle drives, pub night, bingo, donations)*
- *2023 U16AA - advanced to CRCs in Regina costing approximately \$7183 (not including hotel rooms/meals) for the week-long event.*

*This is approximate and only an example, your team budget could look similar or different depending on what your team determines is required to support and develop your athletes. A line item for non-parent coaches and other team activities such as mental health training, etc. is typically included. *

There are many ways to raise money to assist with team costs and your teams will discuss what is best for your team.

HOW CAN PARENTS HELP?

Our Power AA team athletes and parents are proud to represent throughout all areas in Park Ringette volunteer opportunities. From Jr. Coaching to board members, we strongly encourage all our families and athletes to lean in hard to our association and to participate in any area that they can. On your team you will find there is no end to the help you can provide, and we thank you ahead of time for your participation with any team at Park Ringette and Power AA this season! We are lucky to have extended family members also step up at all levels at Park Ringette, and we are so very appreciative! (we may require some volunteers to help at evaluations so volunteering starts now! More to come)

COMMUNITY SERVICE:

Your team will be creating meaningful opportunities to give back to our community, and this time is considered of the same importance as any other team event. Park Ringette has created #seasonofgiving that we also support during the holidays. Your team may do other things in our community to give back to others.

VOLUNTEERS:

The heartbeat of Park Ringette is volunteers! Our membership volunteers keep this big engine running! This time of year can be especially stressful and our volunteers step up to help guide you through this process. Please be kind!

I will be sending out updated FAQ info and details of evaluation formats, so hold tight to questions about that until I have had a chance to give you some more information.

Looking forward to seeing you all at the rink!

Bob Dul
AA Director
Park Ringette