



Power AA Frequently Asked Questions-2025/26 Season

Vision

To be a AA ringette program of choice that develops skills, knowledge and attitudes of young athletes who have the desire, ability and commitment to compete at the highest level of ringette, while fostering a lifelong commitment to Ringette, Team and Community.

WHAT IS AA RINGETTE?

AA ringette is an opportunity for our athletes to compete at the highest level, against the best players in the sport, both provincially and nationally. It provides high level competition, as well as targeted training, committed and coaches, a fun and supportive team environment, as well as promoting a healthy and active lifestyle.

Our AA Vision statement encourages a commitment to excellence through effort, exceptional athlete conduct on and off the ice, athlete growth as part of a team in a competitive environment, development of discipline and self-esteem through experience, and enjoying the rewards of hard work, both as a teammate and as an individual athlete.

In Alberta, U14AA and U16AA have teams playing in the Chinook League (south) and in the Black Gold League (north), and all teams qualify to come together for provincials. U19AA league play combines teams from the entire province together for league play, and then all teams come together to compete at provincials. Your coaches will apply for tournaments and create exhibition games throughout the regular season to support team and game play development.

Provincials will determine which U14AA teams are eligible to continue to participate in the Western Canadian Championships. For U16AA and U19AA teams, provincials will determine which teams are eligible to continue on to participate in Canadian Ringette Championships.

HOW DO WE PARTICIPATE IN POWER AA RINGETTE?

Athletes wishing to pursue this competitive stream will register and participate in AA tryouts.

General dates are provided in the Park Ringette welcome letter to the upcoming season for our membership to allow you to placemark your calendars.

If your athlete would like to be challenged and to play against other top ringette athletes in Alberta and in Canada, then AA ringette is the choice for your athlete. Park Ringette holds separate evaluations for AA teams, and there is a fee associated with this tryout. Registration typically opens June 1st and closes August 1st. Once registered, you will be provided with all the necessary information to participate in evaluations. All evaluation sessions are mandatory to be assessed with all athletes.

AA ringette offers the opportunity to:

- Play with like-minded athletes (dedicated to the pursuit of excellence),
- Receive high level coaching instruction,
- Participate at the highest level available for her age group,
- Learn and live valuable and transferrable life skills, such as responsibility, dependability, and time management, etc.
- Travel within Alberta and Canada to play the sport we love!!

Every position on the team is open. Regardless of where you played last season, you must prove yourself at the evaluation camp. Team selection will be based on game sense and skill, attitude and conduct, team play, commitment and enthusiasm.

Independent evaluators with high level experience and ability will be assessing on ice skills during evaluations. Where possible, AA evaluations will include skill, speed and scrimmage assessment. This may vary each season and level depending on several factors. Goaltenders will be evaluated either separately or at the same time. During the registration process, Park Ringette requires declared commitment as to what the player's intentions are. (eg, evaluating to play AA or are you there for extra ice).

WHAT IS THE TEAM SELECTION PROCESS FOR AA?

Team size will consist of a minimum of 13 skaters and up to two goalies (depending on association registration numbers in collaboration with coaches). Athletes will be evaluated on multiple criteria by both independent evaluators and Head Coaches. There are a total of five skates (U16AA/U19AA), this season all evaluations will be in a game play format as follows:

U16AA and U19AA

- Pre-Skate - Skills, (this is not a mandatory skate)
- Evaluation Skate 1 - Skills,
- Evaluation Skate 2 – mini games,
- Evaluation Skate 3 – mini games,

- Exhibition Game (versus a non-Park Ringette team)

U14AA

- The U14AA team selection process will follow the new Ringette Alberta pilot program – Capital Region Centralized U14AA Evaluations model. Additional details will be provided to U14AA evaluation participants.

The format of these evaluations may be in regular game play or mini game format, and details are provided to registered athletes.

Athlete releases will be done after Evaluation Skate 2, 3, and the exhibition game.

Final team rosters will be selected by the Park Ringette Team Selection Committee in collaboration with coaches. The final rosters will be published approximately 24-48 hours following the final exhibition game skate. After rosters are announced, initial practise schedules will be provided to teams.

If there are barriers that could prevent a rostered player from participating in Power AA Ringette, please reach out to the AA Director to discuss.

WHERE CAN I FIND INFORMATION ABOUT U14AA, U16AA, AND U19AA EVALUATIONS?

You can find details of Park Ringette and AA evaluations and athlete import guidelines for the current season here:

[SPRA General Evaluation Information - 2024-25 Season.pdf \(rampinteractive.com\)](#)

[SPRA U12 - U19 Evaluation Guidelines - 2024_25 Season.pdf \(rampinteractive.com\)](#)

*Additional details regarding AA tryouts will be communicated directly to registered athletes leading up to evaluation skates.

*Evaluation guidelines are reviewed and updated every season and may require changes based on several factors, including but not limited to policy changes within Park Ringette or RAB and registration numbers.

HOW MUCH TIME IS REQUIRED TO BE PART OF A POWER AA TEAM?

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 (outlined below). Your team will participate in approximately 5 tournaments per season plus Provincials and Westerns/Nationals.

- 1-2 regular practice ice sessions per week of 60 to 75 minutes (as per Park Ringette policy, all Park Ringette teams are provided the same amount of practice ice). Coaches are required to follow Ringette Canada's LTAD principles with respect to practice and playing time.
- 1-2 dryland sessions per week of 60 to 75 minutes,
- Approximately 12 to 16 league games,

- Approximately 3-5 exhibition games,
- Participation in 4 to 6 tournaments/exhibition series,
- Athlete volunteerism – varies from team to team. AA athletes are expected to give back to the sport of ringette and to the community, and Park Ringette has created our [#seasonofgiving](#) to provide all Park Ringette teams the opportunity to give back to our community. Volunteerism is considered of the same importance as any other AA team commitment. A high percentage of our Jr. Coaching program is made up of AA athletes, please ask how you can participate in younger athlete development!

HOW LONG IS THE SEASON?

Timelines vary from season to season depending on several factors.

Typically:

- Evaluations and team selection for AA are before other Park Ringette evaluations, typically beginning the last Sunday prior to September long weekend, and depending on ice availability, will be concluded by September long weekend (depending on Ringette Alberta sanctioning).
- September to mid-March – regular season practices, games and tournaments
- End of Feb to mid-March – Provincials*
- Early April – Western Canadian Ringette Championships (WCRC)*
- Early April – Canadian Ringette Championships (CRC)*

*Provincial and post provincial championships (WRC and CRC) are considered part of the season and teams work to win a place to compete in post season play. By accepting a position on the team, it is assumed that your athlete is also committing to attend this game play as well.

Locations and dates for post season competition will be announced by December of the current season or earlier if known. Note: Given the size of CRCs dates and location are generally known a year in advance – please see the Ringette Canada website for information.

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 athletes 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.

Please note that this is consistent with Ringette Canada's LTAD principles.

AA 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.

AA TEAM AND INDIVIDUAL NUTRITION:

Park Ringette supports a healthy and active lifestyle for all our teams! AA teams will generally plan nutritional information guidance throughout the season and will also 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 a Power AA team. 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 or 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. *

Fundraising – athletes and families will participate in fundraising opportunities to offset the costs of AA ringette. AA ringette requires a strong commitment by both the athlete and the family. But not to worry, it takes a village, and Park Ringette AA ringette has a village of supportive families that work together to help each other.

HOW DO FAMILIES SUPPORT THEIR AA ATHLETE ON AN PARK RINGETTE TEAM?

Our Power AA team athletes and parents are proud to represent throughout all areas by stepping up for Park Ringette volunteer opportunities. From Jr. Coaching, livestreaming games, 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 immediate and extended family members step up at all levels at SPRA, and we are so very appreciative!

POWER AA 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! All Park Ringette and Power AA volunteers step up to support you during the season and when you think the season is done. Please be kind!!

See you at the rink!

If you have additional questions about Park Ringette's Power AA teams, please email aadirector@sherwoodparkringette.ca.