



Welcome to Active Start 2022/2023!



Key Dates	
Try Ringette Bring a Friend Session (Tentative)	First week in September – More Details TBD
Coaches Meeting	Tuesday, September 27 th – 7:00 – Location TBD
First Active Start Group “Intro” Skate	Friday, September 30 th , 6:00-7:00 – MLP - Chev Ice
Active Start Groups Finalized	Sunday, October 2 nd
Start of Regular Season Schedule	Friday, October 7 th (Broadmoor) – stay tuned for times

Hello everyone – My name is Paula, and I am the SPRA Active Start Coordinator. I want to welcome everyone who is new to the sport as well as those who are returning from last year. You can expect a season full of fun, learning and teamwork for your child. The SPRA Active Start Program is guided by the [Ringette Alberta Children's Ringette Program](#) where the focus is on fun, building confidence, and maximum participation. Active Start runs October to March and play typically occurs once per week (**Friday evenings at Broadmoor Arena**) on a smaller surface with appropriately sized nets to allow each player more ring time and opportunities to hone ring control, passing and shooting skills, as well as fundamental skating skills. Although games are not formally part of the Ringette Alberta guidelines for Active Start, there will be opportunities to set up fun “scrimmages” against other local teams throughout the season as well as a year-end Mini Platinum Ring Tournament or “Jamboree” to participate in.

For a more detailed overview of the SPRA Active Start Program feel free to check out the [SPRA Parent Handbook](#) on our website.

Coaching

Each Active Start group needs to have a coach, an assistant coach and multiple on-ice helpers, especially for this younger age group as often more individual attention is needed at times. We have many SPRA coaches without any Ringette experience at all so don't hesitate to contact us if you are interested – SPRA will set you up for success and your child will love having you on the ice!



Equipment Checklist

To ensure the proper protection of all players, the following is a list of equipment that is required to participate in the sport of Ringette at all levels. You may find this guide helpful in preparing your child for their first season.

Helmet and Cage - Chin should sit comfortably in the chin cup and no excess movement of the helmet. A ringette specific mask or cage must be used. Hockey masks are not safe for ringette. **Please ensure your child's name is displayed on the front of the helmet** (written on a strip of masking tape or a label).

Neck Guard – Must be padded and CSA approved.

Elbow Pads – should not impede the motion of the shoulder pad.

Shoulder Pads – Should be comfortable and not impede movement.

Gloves – Fingertips should be within 1/8" from the tip.

Girdle – Should not extend below the knees.

Ringette Pants – Any brand will do – if the ones you have are too big they can be taped at the bottom - ensure they are not hanging over the skate impeding movement.

Shin Pads – Should not interfere with the skate or skate tongue.

Skates - Skates should never hurt; there is no such thing as a "break in period". A good rule of thumb is having toes 1/8" away from the tip when the skates are tied and ensure a proper width. It is not recommended to purchase skates too large for the child as it will impact their skating ability. It may be worthwhile to consult with a skate fit expert to determine proper fit.

Stick – Ringette sticks are tapered with a reinforced tip. Sticks are best cut to fit under the arm pit without skates on. There are many benefits of a shorter stick.

Water Bottle – Labeled water bottle for your child.

Hair Tied Back – Please ensure hair is tied back, it can tend to migrate to the front of the eyes after a bit of time on the ice.

Bag – A bag that's fits all equipment.



Fans in the Stands

In the sport of Ringette, team spirit is of the utmost importance, as is showing our appreciation for our 'fans in the stands'. One way we do this is with the following cheer that is recited at the end of each Active Start practice and games:

Fans fans in the stands, if you're with us clap your hands!

Fans fans in the stands, if you're with us stomp your feet!

Fans fan in the stands, if you're with us shout hooray!

Hooray! Hooray! Hooray!

Fans fans in the stands ,if you're with us do all three!

Check out this [video](#) of an SPRA U10 team sharing this cheer with the fans from a few years back. It might be fun to introduce your child to this cheer prior to the first skate so they will be able to participate and feel included if this is their first year of Ringette.

Player Friend Requests

Please let us know if your child is requesting to be in the same Active Start group as a friend. We will make every effort to pair friends together while ensuring group numbers are as balanced as possible.

Contact

If you have any questions please contact the following:

Paula Howard – Active Start Coordinator

Email: activestart@sherwoodparkringette.ca

Phone: 780-920-2059

Thank you and I look forward to a great season!

