

SHERWOOD PARK RINGETTE ASSOCIATION

U10 Evaluation Process - 2019 - 2020

Important Dates	
August 31/September 1, 2019	U10 Shinny - Millenium Place (optional)
September 2, 2019	U10 Practice UAA (optional)
September 8, 2019	U10 UAA – GARC (important to attend)
September 11, 2019	Step 1 Evaluation - <i>3v3 half-ice game play sessions</i>
September 14 - 17 2019	Step 2 & Evaluations - <i>5v5 game play sessions</i>

** You will be contacted directly about your daughter's specific time to attend*

Welcome to the 2019-2020 ringette season. SPRA evaluations are conducted in accordance with the evaluations process as stated in Section 10 of [the SPRA Guidelines and Procedures Manual](#). The U10 division is divided into different levels. They are:

- Active Start 1 (birth years 2013-2015)
- Active Start 2 (birth years 2012-2013)
- U10 Step 1, Step 2, Step 3 (birth years 2010-2012)

The U10 division is a progressive division. The different levels within the U10 division have been created so that athletes of varying skill, experience, and readiness can be successful. It recognizes the ability of the athlete, not just an athlete's chronological age or skill set. This comprehensive approach is optimal for long-term athlete development. The four considerations when grouping players are:

- Intellectual maturity
- Fine and gross motor skills – skating / ringette
- Social-emotional readiness
- Chronological age

The Active Start / Step model recognizes that children do not develop on the same linear curve, nor do they develop on one curve in all four areas. Every child is an individual and therefore will not necessarily progress from one level to the next in a linear fashion. One athlete may repeat a level, and another may skip one.

Active Start 1, 2

There is no formal evaluation process at these levels. You will be contacted by your Division Coordinator regarding a parent meeting and the season outline.

U10 Step 1, 2, 3

The actual Universal Athlete Assessment (UAA) has four timed drills to assess a U10 player's skating skills in an objective fashion. [Details of these tests can be found on the RAB website](#). RAB has produced a [video](#). The timed drills for U10 are:

- forward skating
- backward skating
- start and stop test
- ring agility weave.

Evaluations will be based on game play and skills events to give each athlete an opportunity to demonstrate different aptitudes. Each player receives opportunities to demonstrate their skills.

UAA scores will be utilized in a manner to provide a starting point for the evaluation process. After groupings have been established the evaluation process will start with the Step 1 group. After each skate there will be opportunity for athletes to participate in the next skate based on evaluation scores. All subsequent skates will have two sessions to provide multiple opportunities to reach the next level.

UAA ranking will be e-mailed to each individual athlete.

SPRA evaluations are conducted in accordance with Section 10 – Evaluations and Team Selection of the [SPRA Guidelines and Procedures Manual](#) which can be found on our website under “About Us”. Ringette Alberta is another great resource for [FAQ's](#).

Frequently Asked Questions (FAQ)

How will the athletes be assessed?

The Universal Athlete Assessment (UAA) at the U10 level is a series of four timed drills, which will be used to place players into appropriate game play groups. A Ringette Alberta YouTube [video](#) details more about the UAA. The video details seven UAA drills; the four modified drills used at the U10 level are: forward skating, backward skating, start and stop, and ring agility weave.

Game play assessment is cumulative and is based on a 1-5 point scale. Players are evaluated on:

- *Ring Skills = ring movement, receiving, passing, shooting*
- *Game Sense = zone awareness (defensive/offensive), creating advantages, player support, marking, transitions, communication, aggressiveness vs. trepidation, team play, attitude, effort.*
- *Point scale explanation: 1=Struggling 2=Limited, 3=Competent, 4=Skilled, 5=Exceptional*

When will I know my daughter's first ice time?

- *U10 Shiny will be held on August 31/September 1 and is optional. This is a warm up session and an opportunity for the kids to get the rust off the skates and get back into the swing of things.*
- *There is a U10 Universal Athletic Assessment (UAA) PRACTICE session on September 2, 2019. This practice session is also optional and is used to familiarize players with the process and environment, and hopefully to ease any worries they might have. You will be contacted directly about your daughter's specific time to attend.*
- *The first formal UAA for ALL U10 players will take place September 8th at GARC with 3 ice slots: 10:15-11:15, 11:30-12:45, 1:00-2:15. The schedule will also be available on the [SPRA Website](#). You will be contacted directly about your daughter's specific time to attend.*
- *Step 1 Evaluations will be held September 11, 2019 - 3v3 half-ice game play sessions*
- *Step 2 and Step 3 Evaluations will be held September 14-17, 2019 - 5v5 game play sessions*
- *The schedule will be available on the [SPRA Website](#) as soon as it is ready. **NOTE: You will be contacted directly about your daughter's specific time to attend.***

Will my daughter always be in the same evaluation group?

Not necessarily. The UAA will determine the starting point for game play evaluation. After each ice time players may be regrouped for subsequent ice times.

Can I help out during the evaluation process?

Yes, please! We need volunteers to be in the timebox, be on the ice and on the bench during evaluations. We will also need assistance at the registration table to hand out pinnies etc. If you want to volunteer for a spot early, please send an email to u10director@sherwoodparkringette.ca. NOTE that if you are assisting, you are NOT to 'coach' any of the children (not even your own!) and you are to remain neutral and impartial, and to not generally comment. You must NOT be on the same bench as your child.

How many Step 1, 2, and 3 teams will SPRA have?

Ringette Alberta has mandated all players to be scored by the Universal Athlete Assessment. All players / associations throughout Alberta will be compared and ranked. Ringette Alberta will determine from the UAA scores how many Step 1, 2, 3 teams each association is required to ice. Ringette Alberta will complete this by the end of September. At this time SPRA will finalize coaching assignments and teams for all U10.

How are the teams determined once the evaluations are complete?

*Volunteer coaches are a valuable and **necessary** component of SPRA. We value their time, energy, and commitment. We attempt to assign coaches to teams as quickly as possible; however, we need to ensure that coaches' daughters are placed in the right step before we can determine coaches.*

Once all evaluations are complete, the U10 Selection Committee will assign a ranking for all players, based on evaluation scores from the independent panel of evaluators. Using the rankings, the U10 Director and the Selection Committee will build balanced teams following Ringette Alberta's mandated formula for team tiering.

The Selection Committee will select teams based on the following guidelines:

- 1. Players will be divided into balanced and equitable teams using the rankings from evaluations by the SPRA Selection Committee.*
- 2. [Player/friend requests](#) will be considered if the players are ranked in the same step providing we can ensure the teams remain balanced and equitable. You can find the FORM [here](#).*

The teams will be presented to the head coaches for review and finalization.

IF YOU ARE ABLE TO COACH please email U10director@sherwoodparkringette.ca

When will I know who my daughter's coach will be?

Once the teams have been determined, all athletes will be contacted with their first practice slot and Coach information.

If I have questions, who can I contact?

Karie Bell – U10 Division Director - U10director@sherwoodparkringette.ca

Mirielle Sieben – Active Start Coordinator – ActiveStart@sherwoodparkringette.ca