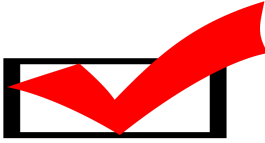





U10 - SAVE THE DATES!

SHINNY

Glen Allen Rec Centre (GARC)

Sunday, August 29th 8:45 - 9:45 a.m.	
Saturday, September 4th 4:15 - 5:15 p.m.	U10 ALL PLAYERS
Saturday, September 4th 5:30 p.m. - 6:30 p.m.	

**Registration required for these shinny sessions via [Sherwood Park Ringette : RAMP Registrations](#)

**\$15 per shinny skate per player

UAA SCHEDULE

Saturday, September 11th, 2021

Millenium Place - Sprite

9:00 - 10:00 a.m.	U10 Step 1 (birth year 2014)
10:15 - 11:15 a.m.	U10 Step 2 (birth year 2013)
11:30 a.m. - 12:30 p.m.	U10 Step 3 (birth year 2012)

GAME PLAY EVALUATION SCHEDULE

Sunday, September 12th, 2021

Glen Allen Rec Centre (GARC)

9:15 - 10:15 a.m.	U10 Step 1 & 2 (birth year 2013 & 2014)
10:30 - 11:30 a.m.	U10 Step 3 (birth year 2012)

1. UAA (Universal Athlete Assessment) Evaluations

UAA is a series of timed drills that are tracked for each player which assists in team placement. The UAA scores help to determine the starting point for game play evaluation.

Because UAA's are not *required* by Ringette Alberta (RAB) or Black Gold Ringette League (BGL) (for this season only), SPRA had the opportunity to modify the UAA drill's, as recommended by Competitive Thread (they run the timed drills). For the 2021-22 Season, the UAA's will be ran by our U16 or U19 athletes.

I encourage you to review the drills prior to the ice session. Drill's are below (*attached to this letter*) and can also be found on SPRA's Website under the [Evaluations Tab](#) (updated soon – keep checking back!).

****IF AT ANY TIME your athlete/player is NOT able to attend once scheduled, please email me ASAP so that I can mark it down and sort out the lists. It's a surprising amount of work to schedule and arrange everything and we try to make the groups as even as possible! 😊**

WE WILL NEED VOLUNTEERS!

We need help at the Registration Table, bench, clock, etc.! You will need to arrive 30 minutes before the start of the ice time.

We can't do all of this without you! Please consider volunteering and fill out this Volunteer form:



2. Game Play Evaluations

Volunteers for Game Play Evaluations

To accommodate the evaluation process, we will need volunteers for the Evaluation Games. I will send out a Volunteer form for these events when we know dates/times. In the interim, if you know you would be available to assist, please send me a note at

U10Director@SherwoodParkRingette.ca

Welcome Desk (set up outside) - 2

- Need to arrive 30 minutes before the evaluation ice slot

Bench Help - 4

- 2 parents per bench

Time Clock - 1 or 2

On Ice Helper

- We will have U16 or U19 players assist on ice.

Ringette Alberta (RAB) - Consequences and Safety Measures

To ensure the safety of all participants and to reinforce the importance of following the return to ringette protocols, the document, [Consequences and Safety Measures](#) has been approved. All players, parents, team staff officials and other stakeholders must read, understand and follow these.

Ringette Alberta (RAB) - Waivers and Assumptions of Risk

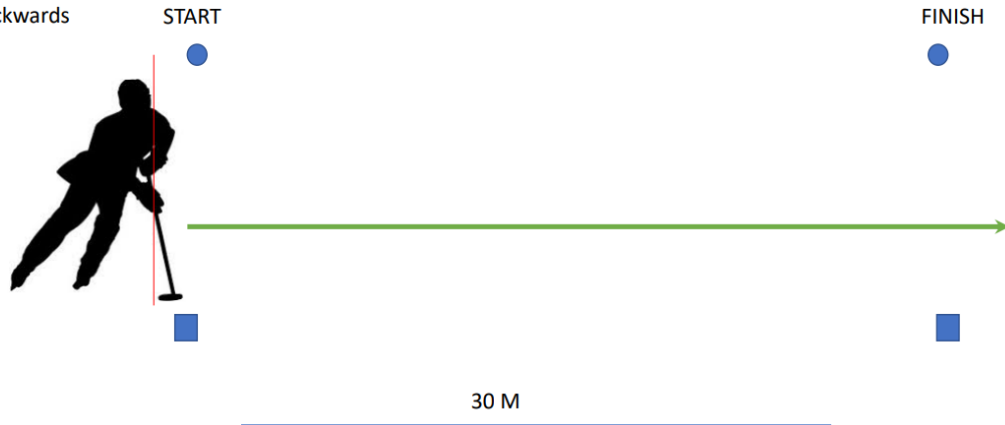
All players, team staff and officials are required to complete either the [Assumption of Risk](#) (minors) or [Waiver](#) (adults) prior to participating in any sanctioned ringette activity for the 2020-21 season. You should review this now. Ringette Alberta will be in contact with your local association to guide them in the implementation process.

UAA DRILLS

30 M SPRINTS

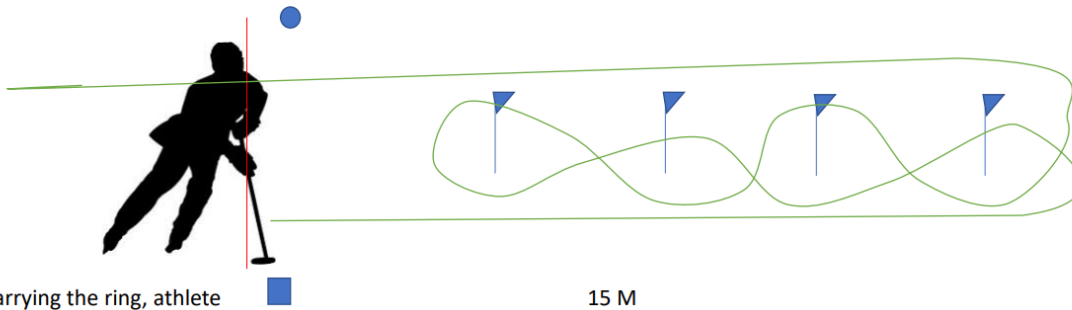
Athlete, Starts on the line and sprints 30 M forward, collecting the ring at the 10 M mark.

Also done backwards with no ring.



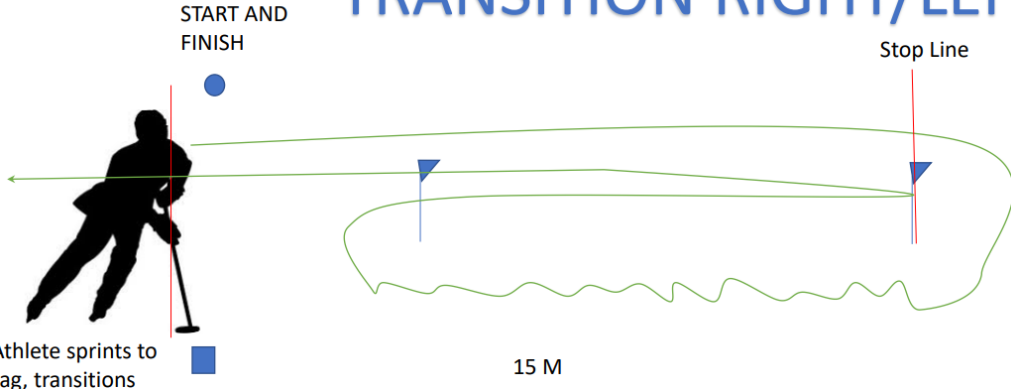
AGILITY WEAVE

START AND FINISH



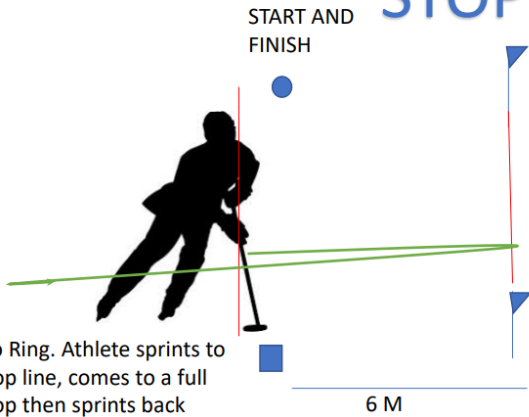
Carrying the ring, athlete sprints to the furthest flag, tight turns around it, weaves in and out back towards gate, tight turns around flag closest to gate, weaves all the way back up to furthest flag then sprints through the same gate they started at

TRANSITION RIGHT/LEFT



No Ring. Athlete sprints to furthest flag, transitions backwards, skates backwards towards starting gate, transitions forwards around bottom flag, skates forward to stop line, stops, then sprints back through start gate. Twice Right then Twice Left.

STOP & START RIGHT/LEFT



No Ring. Athlete sprints to stop line, comes to a full stop then sprints back through start gate. Twice stopping Right then Twice stopping Left.