

## Park Ringette Coach's Season Guide and Checklist



The following is a checklist of head coach “To Dos” and “ringette events” arranged in separate time chunks throughout the season. Not all of this will apply to you, it is dependent on the level and age division. Not all of these items are the sole responsibility of the head coach. Use your coaching staff, team manager, and other volunteers - empower them in helping the team’s success.

The intent of this document is simply to provide you a guide and the many things to consider as the season progresses, it is for your personal use and development.

We hope it helps, have a great season!

**Park Ringette Director of Coach Development**  
**coach@sherwoodparkringette.ca**  
**REVISION: June 2025**

**THIS BOOKLET BELONGS TO:** \_\_\_\_\_

“ My biggest lesson is to never underestimate the impact you can have, especially for women in sport. Sometimes we can feel discouraged, and think nothing is happening, but this is not the case. Every single day you can make a difference for one person. ”

*Guyline Demers  
Professor (Université Laval),  
CAAWS board member*



- *Are you ready to make a lasting impact on young athletes' lives while indulging your love for the game?*
- *Coaching ringette offers a unique opportunity to inspire growth, teamwork, and sportsmanship.*
- *Whether you're an experienced player or a dedicated fan, coaching allows you to share your expertise and foster a lifelong passion for the sport plus you will be joining a community of mentors who are shaping the next generation of ringette stars.*
- *Coaching isn't just about developing players on the ice—it's about instilling life skills, confidence, and a sense of achievement that extend far beyond the rink.*

## CONTENTS

- Season Guide Timeline
- [Coach Code of Conduct \(RAB\)](#)
- Suggested initial outline letter to the team
- Coaching References, Ideas, Suggestions for practice, game day, goaltenders, sport nutrition, and other useful information.

Pre-season (July-August)	My Notes
<input type="checkbox"/> <b>Complete the coach application form</b>	
<input type="checkbox"/> Have been contacted from Division director regarding application and coaching position	
<input type="checkbox"/> May be called upon regarding player evaluation support and input	
<input type="checkbox"/> <b>Confirm your CRC and VS is valid</b> , if not, request this soon at the police station. Park Ringette has a request letter to use,	
<input type="checkbox"/> <b>Check your coach certification expiry date, complete any PD points as required</b>	
<input type="checkbox"/> Applications for AWG coaching are due	
<input type="checkbox"/>	



# RULE OF TWO

The goal of the **Rule of Two** is to ensure all interactions and communications are open, observable and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions for emergency situations.



## GOOD RULE OF TWO IMPLEMENTATION PRACTICES

- The coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.
- Allow training environment to be open to observation.
- Ensure a participant rides in a coach's vehicle with another adult present.
- Consider the gender of the participant(s) when selecting the screened coaches and volunteers who are present.
- Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents.

**Learn more:** [coach.ca/responsiblecoaching](https://coach.ca/responsiblecoaching)





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www.ringettealberta.com

## Ringette Alberta Association

### Coaches Pledge

## Code of Conduct for Coaches

I will serve as a positive role model for the players on and off the ice. I will remember that players need a coach they can respect.

I will be reasonable when scheduling games and practice time remembering that young athletes have other interests and obligations.

I will take the appropriate time to prepare practices that are meaningful, organized and challenging for player development.

I will always show a winning attitude and respect for my players, parents, officials and opponents.

I will teach respect for the rules, officials, opponents and team-mates.

I will teach that winning is just one consideration and not the most important aspect of the game. Sportsmanship, skill development, team play, player confidence and self-esteem are essential to a positive environment.

I will maintain an open line of communication with my players, parents and Ringette Alberta.

I will respectfully ask questions of an official, I will not use rude gestures or profanity.

I will not ridicule, yell or publicly embarrass my players for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.

I will explain team goals to all of the players and parents.

I will obtain proper training and continue to upgrade my coaching skills.

I agree and understand that not abiding by these basic rules may restrict me from attending future games and practices. Ringette Alberta has the right to remove a member of the coaching team for not following these basic rules.

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_



## **My Notes, My Goals, My Inspirations...**

*“Don’t wait until you’ve reached your goal to be proud of yourself.  
Be proud of every step you take toward reaching that goal.”*

– Simone Biles



Team Formation (September)	My Notes
<input type="checkbox"/> After evaluations, the team selection committee will finalize the rosters, you will be invited to attend the last part of this meeting to review rosters, and identify any concern or conflict with the team make-up	
<input type="checkbox"/> <b>Register in RAMP on the Park Ringette website as a coach</b>	
<input type="checkbox"/> List of players is sent to you, and upcoming ice schedule. You should <b>send a welcome message</b> to the families on the team. <ul style="list-style-type: none"> <li>• Suggestions to include in your email in the next section of this document on <b>PAGE 10</b></li> </ul>	
<input type="checkbox"/> <b>Player / Parent meeting</b> - schedule and host <ul style="list-style-type: none"> <li>• Here's another reference from RAB: <a href="#">Season Kickoff Meeting Template</a></li> <li>• Director of Coach Development has some examples that can be shared</li> </ul>	
<input type="checkbox"/> <b>Set up your coaching staff, and have them register.</b> Send your selections of coaching staff to the Director of Coach Development. <ul style="list-style-type: none"> <li>• Do you have a <b>female on the coaching staff</b>? What about adult female in the dressing room? Do you need a designated trainer? Someone with First Aid? Who's helping the goaltender?</li> <li>• Bench staff roles, and maximum limits</li> </ul>	
<input type="checkbox"/> <b>Trainers</b> , need to fill out this form on RAB <a href="https://ringettealberta.com/content/coach-amp-team-staff-requirements">https://ringettealberta.com/content/coach-amp-team-staff-requirements</a>	
<input type="checkbox"/> Arena <b>Emergency Action Plans</b> and AED locations - copies on Park Ringette website, under the Manger info section	
<input type="checkbox"/> Get access to Hockeyshare account from Park Ringette Director of Coach Development	





<input type="checkbox"/> <b>Get rings and jerseys, first aid kit, pinnies from the equipment manager</b> , a date will be communicated <ul style="list-style-type: none"> <li>Find two good rings and set them aside as your “game rings”</li> <li>Some of these new rings split when shot hard against the boards (U16/U19), find some “Made in Taiwan” rings if you can</li> <li>Ask for some of the little orange Turbo rings if you need</li> </ul>	
<input type="checkbox"/> Is your team getting name bars added to the jerseys? Does everyone have namebars?	
<input type="checkbox"/> Your first practice. <ul style="list-style-type: none"> <li>Change room policy and rules</li> <li>Create your first practice plan. Drills in Hockeyshare, or contact the Director of Coach Development for help</li> <li>Team name selection with the players</li> </ul>	
<input type="checkbox"/> Player emergency information sheet - send to families to fill out. Form on the Park Ringette website Manager tab, or make a google form.	
<input type="checkbox"/> Assess the needs of development for the team and individual players <ul style="list-style-type: none"> <li>Consider creating a yearly training plan (YTP). can use the template from the CI training.</li> </ul>	
<input type="checkbox"/> Create Team Snap or Team Linkt account (get the manager to do this) <ul style="list-style-type: none"> <li>Would recommend organizing the chats for separate topics like tournaments, minor officials rotations, fundraising, hotel booking links, etc.. May need a separate chat for parents only, that does not include the players.</li> <li>Add files to app for the parents, minor officials, etc - Director of Coach Development has some files to share 📁 for Parents</li> </ul>	
<input type="checkbox"/> Set up group chat if using app separate from TeamSnap or TeamLinkt	





<input type="checkbox"/> <b>Affiliate players.</b> Know the rules. Know what players on your team are affiliating on other teams, and what affiliates you have available, <ul style="list-style-type: none"> <li>• Special rules for goaltenders</li> </ul>	
<input type="checkbox"/> Send note out to players about AWG player applications should be posted in September (for U16 players not in AA)	
<input type="checkbox"/> <b>Park Ringette coaches meeting to attend</b>	
<input type="checkbox"/> Join the Park Ringette coaches Whatsapp group chat	
<input type="checkbox"/> Fundraising plans?	
<input type="checkbox"/> If you want to schedule any exhibition games, you must inform BGL. They will schedule and provide officials. Two weeks' notice is preferred.	
<input type="checkbox"/> There may be tournament application deadlines that occur before you have a team manager or tournament coordinator set up - will you apply to these?	
<input type="checkbox"/>	

*"I want people to be inspired that I've always strived for excellence and I've always gone beyond what anybody ever thought I could do, what I thought I myself could do. And I've allowed myself to be inspired, kept my eyes open and my senses open to inspiration around me."*

Clara Hughes



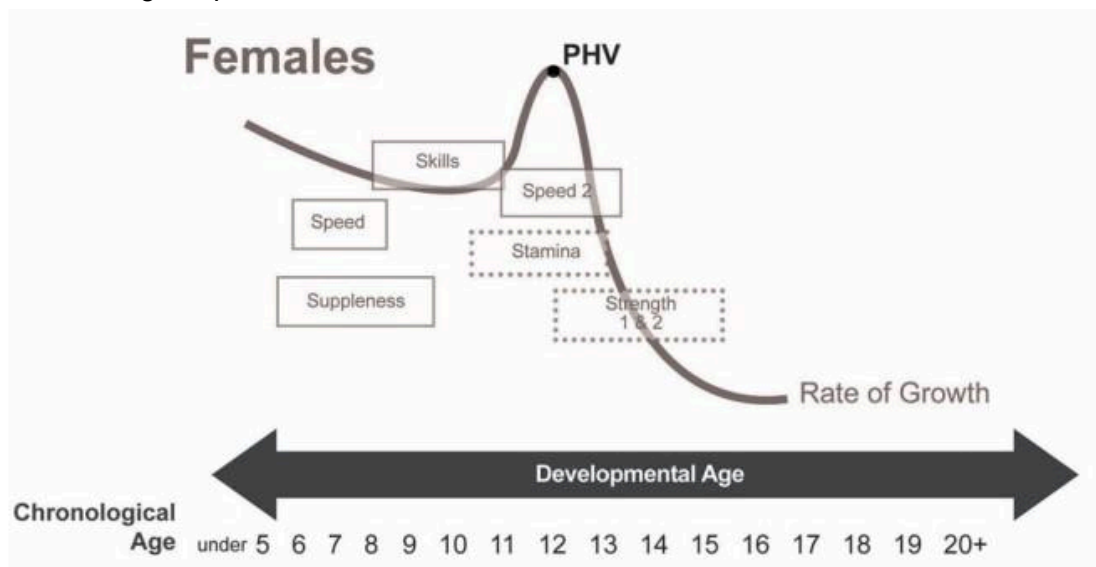
## Coaching the Female Athlete

The following are things to remember while coaching a female athlete:

- Coaches often find success when emphasizing a fun and positive environment
- Motivating factors for male and female participation tend to be different so it is important to take the time to understand the difference in competitive behaviour between girls and boys

Girls	Boys
Acceptance -> Effort -> Performance	Effort -> Performance -> Acceptance

- Enjoyment of a sport is often enhanced through a personal, democratic relationship with her coach.
- Usually more self-conscious and will internalize more than boys.
- It is important to develop a training & learning environment that creates a climate of acceptance and social connection
- Team unity and identity are vital – (team shirts, slogans, traditions, cheers, team craft gatherings, team volunteer opportunities).
- Prevent cliques from forming, do not create divisions around age, experience, titles.
- Create external sources of fun: pre-season activities, team meals, movie nights, bowling, or overnight trips.



Stamina and strength are based on the moving scales of developmental age, the beginning of the growth spurt, and peak height velocity (PHV in girls occurs at about 12 years of age, compared to boys at age 14).

Speed, skill, and suppleness are based on chronological age. The sequence of developmental events may normally occur two or even more years earlier or later than average.

See [LTAD](#) and CSi workbook for more information.

## **OUTLINE FOR INITIAL MESSAGE TO THE PARENTS AT THE START OF THE SEASON**

1. Introduction of yourself
2. Coaching philosophy and team goals
  - a. Goaltender rotations
  - b. Player position movement
  - c. Practice and game arrival time expectations
  - d. Player number requests
  - e. Team name selection process, logo design, team wear
  - f. Team captain selections process
  - g. Tournaments, how many, current applications out
  - h. Power skating attendance
  - i. Off ice training/team events / plan
  - j. Budget and fundraising
  - k. Other
3. Player and parent expectations
  - a. Park Ringette parent handbook
  - b. Code of Conduct
  - c. True Sport - link on Park Ringette website
  - d. Equipment checks, new rules about shoulder pads, gloves, and sticks
  - e. Personal phones rule
  - f. Team wear, practice jerseys
  - g. Dress code for dry land
  - h. Parents in the dressing room? Who's tying skate laces
  - i. Spectator liaison
  - j. Social media accounts
  - k. Game live stream set up
  - l. Team group chat (what's app?) as appropriate for age group
4. Communication expectations
  - a. Set communication boundaries, if you want to, such as not monitoring chats during your working hours
  - b. 24 hour rule
  - c. Mid season feedback
  - d. Year end feedback
  - e. Team manager
5. Call for volunteers
  - a. Manager, treasurer, tournament coordinator, etc...see parent handbook
  - b. Minor officials rotations. For families new to ringette, provide information resources (shot clock, referee signals, score sheet, etc.)
  - c. Will there be a jersey parent, or players responsible (need garment bags)
6. Upcoming practice times if known
7. Timelines of session starts, provincials, finals (BGL, westerns, nationals)
8. Set the date and location for the parent meeting

(Another reference, from RAB: [Season Kickoff Meeting Template](#))



Session 1 (October - November)	My Notes
<input type="checkbox"/> Get to know your players, figure out positions, rotations. Will you/someone be tracking this?	
<input type="checkbox"/> Your first game. <ul style="list-style-type: none"> <li>• Arrival time is communicated</li> <li>• Responsibilities to communicate attendance/absences</li> <li>• Is there a pre-game warm up</li> <li>• When is the pre-game coach talk (after warm up before equipment is on, or after.</li> <li>• Music in the dressing room, appropriate music</li> <li>• Are you going to post lineups</li> <li>• Announce starting lineups?</li> <li>• Who's running which gate?</li> <li>• Post game talk. What's the message?</li> <li>• Are you doing player(s) of the game?</li> </ul>	
<input type="checkbox"/> Consider individual meetings with players (and parent/guardian) <u>Rember, rule of two!</u>	
<input type="checkbox"/> Check in with your manager, getting RAMP updated with rosters and all coaching staff	
<input type="checkbox"/> Tournament applications - request your blackouts. Platinum Ring is automatically blacked out.	
<input type="checkbox"/> <b>Complete any required certifications, deadline is Dec 15th</b>	
<input type="checkbox"/> Platinum Ring tournament <ul style="list-style-type: none"> <li>• Create an agenda, book restaurants or other team activities</li> </ul>	
<input type="checkbox"/> Power skating sessions. <ul style="list-style-type: none"> <li>• Are your goaltenders attending? Are there goalie sessions set up, and will you or an assistant attend?</li> <li>• Are your assistant coaches attending</li> <li>• Take notes and incorporate into your practices</li> </ul>	



<input type="checkbox"/> Extra ice requests? Check the Park Ringette webpage	
<input type="checkbox"/> Coaches' week - free eLearning courses <ul style="list-style-type: none"> <li>• Mark yourself in coach my locker as active coaching for PD points</li> </ul>	
<input type="checkbox"/> <b>Jr coach assignments.</b> Connect with them and their families, email communication includes their families - rule of 2 applies	
<input type="checkbox"/> Check BGL for critical dates. <ul style="list-style-type: none"> <li>• Game schedule release dates</li> <li>• Repooling request around early November</li> </ul>	
<input type="checkbox"/> Team captains assigned. Set up a meeting with them (and their parents) regarding expectations	
<input type="checkbox"/> Team photos scheduled. What's the coaching staff wearing?	
<input type="checkbox"/> Park Ringette day	
<input type="checkbox"/> Watch for player and coach development sessions	
<input type="checkbox"/> <b>Declare the team's intent to attend provincials</b>	
<input type="checkbox"/> Team building activities to plan	
<input type="checkbox"/> Reach out to Director of Coach Development for any support	
<input type="checkbox"/>	

*"The biggest challenge is to get them to believe in what we're doing. They have to understand that it's OK to have good days and bad days."*

- Dawn Staley



### Practice Plan considerations

When developing your practice plans please consider the following:

- Each practice should include basic Ringette skills: Skating, Ring stabs, checking, passing and shooting
- Set expectations on the ice: when the whistle blows—gather with the coach, listen, hustle from drill to drill etc
- Repeat, Repeat, Repeat (You don't have to have a new practice every time, revisit with new eyes and new skills)
- Remind yourself that success can be different for each player. Be sure to set each player up for success throughout the practice. Help girls to recognize their personal success and growth.
- Keep practices fun and high energy. Start and End each practice with a favorite drill/activity/game.
- Stations are an effective way to use the ice and coaches and create lower coach/player ratios. Stations are smaller groups of skaters in a small section of the ice working on a specific skill or drill. Then all players rotate through the stations
- In U14 and under, practice players in both Offensive and Defensive positions/drills. Playing all positions will help to develop stronger more well-rounded players



### Dryland

Some coaches choose to plan an occasional dryland event. This may include: gym time, an outdoor practice, yoga e.t.c. Dryland is another great team building opportunity and an extension of athletic skill development.



## **Off-Ice Warm Up**

Purpose: get physically and mentally prepared for the ice time and reduce risk of injuries

4 components of an off-ice warm up: Aerobic, Balance, Strength, Agility – our movements will incorporate these

\*Static stretching is not included; static stretching is for relaxing/ lengthening muscles and reducing tension, taking away from the speed and power we want during sport and can increase the risk of injury. Static stretching should be used for cool-downs, not pre-game/practice!!

1. **Jog** – get heart rate up and muscles warm; NOT meant to be a sprint, go slow.

Depending on warm up space available:

- 2 laps of the track
- 1-2 minutes small loop outside/around the rink
- Hallway or small space between rinks: in 2 lines like for dynamic warm up – start with jog at least 4 times through each

2. **Dynamic** – 2 lines

- Butt kicks \*focus on quick/small steps, should be travelling forward very slowly
- High knees \*same as butt kicks
- Forward skip with backwards arm swing
- Backward skip with forward arm swing
- Carioca \*focus on knee drive up and across -- one facing each way
- Forward lunge – with arms up leaning back for deeper hip flexor stretch or arms up and leaning to the side for a side stretch (whatever each player wants)
- Side lunges
- World's greatest stretch: pull one knee up to chest, step forward with same leg into a deep lunge, plant opposite hand on the ground, twist facing knee
- Sweeps
- Quad stretch
- Hip openers - \*focus on rotation at hip only, hip on same side as planted foot and shoulders should be forward at all times
- Hip closers - \*same as hip openers
- High kicks
- Skater jumps – single file so you don't crash, be in control, should have deep knee bend with each landing. \*\*NOT a race, be steady before making next jump, give player in front of you lots of room
- Squat Jump to Sprint x 3 – full squat jump, sprint with FULL STOP at the end

3. **Power skating off-ice drills**

- 5 regular lunges per leg
- 5 single leg squats each leg – aiming for 90°
- Toss ball to self while in SL squat – 5 times per leg
- With partner: 5 tosses each per leg (you and your partner each have a ball)
- Then 5 tosses each per leg throwing the diagonally across





## Game Day Line up Card

Prepare for the game, what is the message for the team

Consider creating a sheet to post in the locker room for the players to see (example below)

This can also help you keep track of player position rotations

Game Number: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Arena: \_\_\_\_\_ Opponent: \_\_\_\_\_

Time	Activity																																				
Coaches Chat 5min Office in dressing room	Team Focus																																				
Line Ups	<p>1) Pregame discussion</p> <p>Strategy:</p> <p>Systems:</p> <p>2) Line ups (*starters)</p> <table border="1"> <tr> <td colspan="3"><b>Goaltender</b></td> </tr> <tr> <td colspan="3"></td> </tr> <tr> <td><b>CENTERS</b></td> <td><b>FORWARDS</b></td> <td><b>DEFENSE</b></td> </tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr> <td colspan="3"><b>AWAY</b></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>	<b>Goaltender</b>						<b>CENTERS</b>	<b>FORWARDS</b>	<b>DEFENSE</b>																						<b>AWAY</b>					
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### **Game day Expectations / Team Structure**

The following section will help you organize your game day expectations and team structure.

- Set and communicate a time that everyone should be at the rink prior to each game.
- Establish a pre-game routine which may include: a dryland warm-up, player time in the dressing room, pre-game coach chat
- Set a time prior to the game that everyone should be ready and waiting for the coach to address them. Recommendation – the team should have all their gear on sitting together on the dressing room bench 15 minutes prior to game time.
- In U14 and under no positions are declared at the time of evaluations. All players should have the opportunity to play both offense and defense.
- Post-game expectations for players: post game chat with the coaches.
- Post-game chat focus: positivity, team reflection, give the girls opportunity to talk openly as well
- Many teams award something that may belong to the team for “heart and hustle” this type of award has evolved and changed from team to team. There are many ways players can be acknowledged for their positive contributions to the team in practices and in games.

\*Remember that the kids are always “seeing” you. Remind yourself that your reaction on the bench during games, on the ice during practice, or off the ice has a huge influence on your athletes. They see how you interact with the officials, other players and other coaches/parents. Athletes are most successful when they are in a positive, calm, respectful setting. If you or your coaches feel your emotions becoming elevated take a step back to find composure. Always remember that the officials are also learning and will make mistakes.

### **Goaltender Expectations**

Different with each division.

- U10 – ALL players rotate and play as goalie. There are no designated goalies. Ideally, have your player practice first and then go into a game situation
- U12 – No player should play more than 1/2 time as goalie. There are a few exceptions to this. Players should still rotate and have a chance at playing goalie. Ideally, have your player practice first and then go into a game situation
- U14 – Players can play full time as a goalie. Some teams at this level may still have to rotate goalies.
- U16/U19 – Goalie is a full time position

For U10 & U12 it is the coaches responsible to encourage all players to take a turn at playing goalie in a positive manner. You might have one or two players that are very scared about being in net. In those cases, have them just practice in nets and see how that goes before asking them to play in a game.

• All teams should assign a goalie coach, this does not mean the person has to have goalie experience. The association will provide additional training to your goalie coaches to ensure they have the necessary tools to be successful coaching the goalies.



Session 2 (December - January)	My Notes
<input type="checkbox"/> A mid-season coach feedback form will be sent out to player's families during the Christmas break. Director of Coach Development will provide summary to you after Christmas break	
<input type="checkbox"/> Director of Coach Development may reach out and attend a practice or set up a whiteboard session. <ul style="list-style-type: none"> <li>Experienced coaches may be called upon to assist with mentorship. Are you interested?</li> </ul>	
<input type="checkbox"/> To help with communication, recommend sending a mid season message to the families	
<input type="checkbox"/> For some age divisions, this is the BGL championship	
<input type="checkbox"/> Spring and summer ringette camps typically open up in January, send information to the team	
<input type="checkbox"/> Park Ringette raffle	
<input type="checkbox"/> <b>Submit your receipts for reimbursement for the courses you have completed</b>	
<input type="checkbox"/>	

*"Many times, I had to dig deep and perform.  
All of that adversity helped me and drove me to want to be the best."*  
– Hayley Wickenheiser



Session 3 (February - March)	My Notes
<input type="checkbox"/> As applicable for your division, may be BGL championship	
<input type="checkbox"/> For some divisions, this is the qualifier for provincials.	
<input type="checkbox"/> If qualified for provincials, there may be funds for your team from the association	
<input type="checkbox"/> Alberta Winter Games	
<input type="checkbox"/>	

Provincials, Westerns, Nationals (March-April)	My Notes
<input type="checkbox"/> Dates and Locations: <a href="https://ringettealberta.com/content/provincial-championships-commit-to-attend-dates-locations">https://ringettealberta.com/content/provincial-championships-commit-to-attend-dates-locations</a>  <a href="https://wcrc.ca/">https://wcrc.ca/</a>  <a href="https://www.ringette.ca/events/canadian-ringette-championships/">https://www.ringette.ca/events/canadian-ringette-championships/</a>	
<input type="checkbox"/> Create and communicate the schedule to the parents/team.	
<input type="checkbox"/> Good Luck! Send posts to our social media coordinator	
<input type="checkbox"/> Think about Year end party ideas	
<input type="checkbox"/> Ringette Alberta Award nominations: <a href="https://ringettealberta.com/content/ringette-alberta-awards">https://ringettealberta.com/content/ringette-alberta-awards</a>	
<input type="checkbox"/>	



## **Sport Nutrition**

Remember, all foods can fit into an athlete's diet. Share information with your athletes and families. Lead by example.

### **Fuel & the Macronutrients**

We need adequate calories/energy to fuel sport performance, growth, & build muscle mass.

	<b>Carbohydrates</b>	<b>Protein</b>	<b>Dietary Fat</b>
<b>Purpose</b>	Primary fuel source for Ringette & the brain, & provides quick energy during sport	Builds & repairs muscle, supports our immune system, aids in gaining strength & lean mass	Long-term energy storage, absorption of fat-soluble vitamins, hormone production, & brain health
<b>Sources</b>	Breads, cereals, pasta, potatoes, rice, beans, peas, lentils, fruit, veggies, dairy products, refined sugar	Animal products like meat, dairy, eggs, fish; beans & legumes, tofu & soy products	Oils, nuts, seeds, dairy products, & eggs
<b>Quantity</b>	55-65% of daily energy intake should come from carbs	10-35% of daily energy intake should come from protein	20-35% of daily energy intake should come from dietary fat

### **Pre-Game Fueling - 3-2-1 rule of thumb**

- **3-hours pre-game** – full, balanced meal with whole grain carbs, protein, fruits/veg, & dietary fats (ex. spaghetti + ground beef + tomato sauce + cheese; whole wheat tortilla + ground beef + beans + cheese + veggies + salsa; chicken breast + mixed greens/veggies + pita + pesto + vinaigrette dressing)
  - The more physical demand, the more carbs we need. Fuel for the work required (ex. tournament weekend, load up on carb-rich meals the day before the tourney)
- **2-hours pre-game** – mini meal with low-fiber carbs, some protein, & low in dietary fats (ex. sandwich + sliced meat; Greek yogurt + berries + granola; canned tuna + crackers + fruit; hummus + crackers; smoothie)
- **1-hour pre-game** – snack that is rich in low-fibre carbs so we can use it immediately as energy (ex. granola bar; fruit sauce; fruit leathers; toast + jam; sports drink with added carb/sugar; juice; pretzels)
  - These snacks would also be great DURING a game to top up energy. Use between periods or prior to over-time, if applicable



## Recovery Nutrition

- Exercise breaks us down, so we need quality nutrition to help with repair & refueling, which means having the right nutrients at the right time
- 2-step recovery nutrition protocol
  - 30-mins after training/game – snack with a 2:1, carb: protein ratio (ex. 2 c chocolate milk; 2 oz beef jerky + 8 crackers; sandwich + 4 slices meat; 2 hard-boiled eggs + fruit)
  - 1-2 hours after training/game – full, balanced meal with quality protein, whole grain carbs, & fruits/veg (ex. 1 potato + 1-2 c veggies + 3-5 oz steak; 1 c rice + 2 c veggies + 1 chicken breast; 1 burger + bun + 1/2 potato + 1 c veggies; 1-2 tortillas + 75 g taco meat + 1/2 c beans + 1 c veggies + cheese + salsa + sour cream)
- COME PREPARED WITH RECOVERY SNACKS

## Hydration & Fluids

- Aim for light-yellow urine (dark yellow indicates dehydration, whereas clear urine indicates overhydration)
- Hydrate all day – 500 mL upon waking, 1.5-2 L throughout the day, 500 mL per hour of training (sipped, not chugged!)
- After training, rehydrate with at least 750 mL over the next 1-2 hours
- High performance fluids for hydration include water, milk, soy milk, 100% fruit juices, sports drinks (as needed)

## Risks of Under-Fueling

- Health side-effects: Increased injuries, frequent illness/sickness, low mood & depression, stress fractures, increased stomach upset (bloating, gas, changes to bowel movements), low energy levels, low iron status, & loss of the menstrual cycle
- Performance side-effects: Decreased muscle growth, decreased endurance, decreased adaptation to training, decreased focus & coordination



Year End (April)	My Notes
<input type="checkbox"/> Last practice. Collect the rings and jerseys/pinnies from players	
<input type="checkbox"/> Name bar removal	
<input type="checkbox"/> Coordinate with your manager a team wrap up event, Are you doing individual player awards?	
<input type="checkbox"/> Year end communication to the families	
<input type="checkbox"/> Year end coach survey from Park Ringette sent out to families	
<input type="checkbox"/> Year end player survey	
<input type="checkbox"/> Park Ringette survey	
<input type="checkbox"/> RAB coach survey	
<input type="checkbox"/> Check in with manager that everything is wrapped up	
<input type="checkbox"/> <b>Return the ring bag, jerseys, equipment</b>	
<input type="checkbox"/> <b>Coach and Manager appreciation night</b>	
<input type="checkbox"/> AGM	
<input type="checkbox"/>	





End of Season	My Notes
<input type="checkbox"/> Self reflect on the season, and the goals that you set	
<input type="checkbox"/> Spring ringette	
<input type="checkbox"/> PEAK	
<input type="checkbox"/> RAB challenge/cup	
<input type="checkbox"/> Get ready for next season...will your CRC expire, need more PD points, etc.	
<input type="checkbox"/> RAB scholarship applications <a href="https://ringettealberta.com/content/ringette-scholarships">https://ringettealberta.com/content/ringette-scholarships</a>	
<input type="checkbox"/> Send feedback of this document to Director of Coach Development for continued enhancement and support to our Park Ringette coaching staff	
<input type="checkbox"/>	

*You can't control what people say about you and what they think about you. You can't plan for bad luck. You can only work your hardest and do your best and tell the truth. In the end, it's the effort that matters. The rest is beyond your control.*

- Maria Sharapova



The Ringette Canada Board of Directors has approved the following rule changes, **effective September 1, 2025**. Please note the changes in **red**.

2.1 Knee, Shin, **Shoulder** and Elbow Pads

All players shall wear knee, shin and elbow pads. A plastic shell, or similar hard shell protection, is required in all knee protectors (goalkeepers excluded). **All players registered in U19 and younger age groups shall wear shoulder pads designed for participation in ice sports.**

5.7 Gloves

5.7.b Palmless gloves and gloves that expose the **volar** aspect (underside) of the wrist to the risk of injury are prohibited.

5.2 Ringette Sticks

5.2.b The Ringette stick may be made of wood, plastic, aluminum or any similar material. In the case of composite sticks that employ more than one material in their construction, **sticks and tips must be manufactured specifically for Ringette and designed to meet the sport's regulations and performance standards. Modified or repurposed composite sticks from other sports are not permitted. Should one of the replaceable pieces separate during the game if possible it should be returned to the team to determine if it can be safely and legally repaired.**

5.2.c A stick can be painted. However, if it is commercially manufactured, the make and model shall still be visible. Should the make and model not be visible, the stick will be deemed to be illegal.

5.2.d Both ends of the stick shall be free of cracks and splinters. If the surface of the stick is textured, the difference between the lands and grooves shall not exceed 1mm (0.04 in.) Tape may not be added to the playing end of the stick. **Should a stick be deemed broken other than the separation of replaceable pieces, it shall be removed from play for the remainder of the game.**

<https://www.ringette.ca/news/june-2025-equipment-rule-changes/>



## **Documents & Resource Links**

Useful resources that are readily available to coaches/team staff:

1. [RAB Coach Handbook](#)
2. [Children's Ringette guide](#)
3. [Ringette Alberta's YouTube channel](#)
4. [Practice Planning Tools](#)
5. [Evaluations Guide](#)
6. [Athlete Development Matrix \(ADM\)](#)
7. [Ask an Official](#)
8. [Coaches Introduction to Officiating Development](#)
9. [Come Try Ringette \(CTR\)](#)
10. [National Ringette League](#)
  
11. [Universal Code of Conduct to Prevent and Address Maltreatment in Sport \(UCCMS\)](#)
12. [Rule of 2/Responsible Coaching Movement](#)
13. [True Sport Principles](#)
14. [Safe Sport reporting via ALIAS](#)
15. [Hype Not Hate](#)
  
16. [International Journal of Sports Science & Coaching](#)
17. [Canadian Women & Sport](#)
18. [Canadian Journal for Women in Coaching](#)
19. [I Love to Watch you Play](#)
20. [Dare to Care](#)
21. [What should sports coaches know about bullying](#)
22. [KidSport Alberta](#)
23. [Coaches Kitchen](#)

This document can be accessed on line at the Park Ringette website:

<https://sherwoodparkringette.ca/>

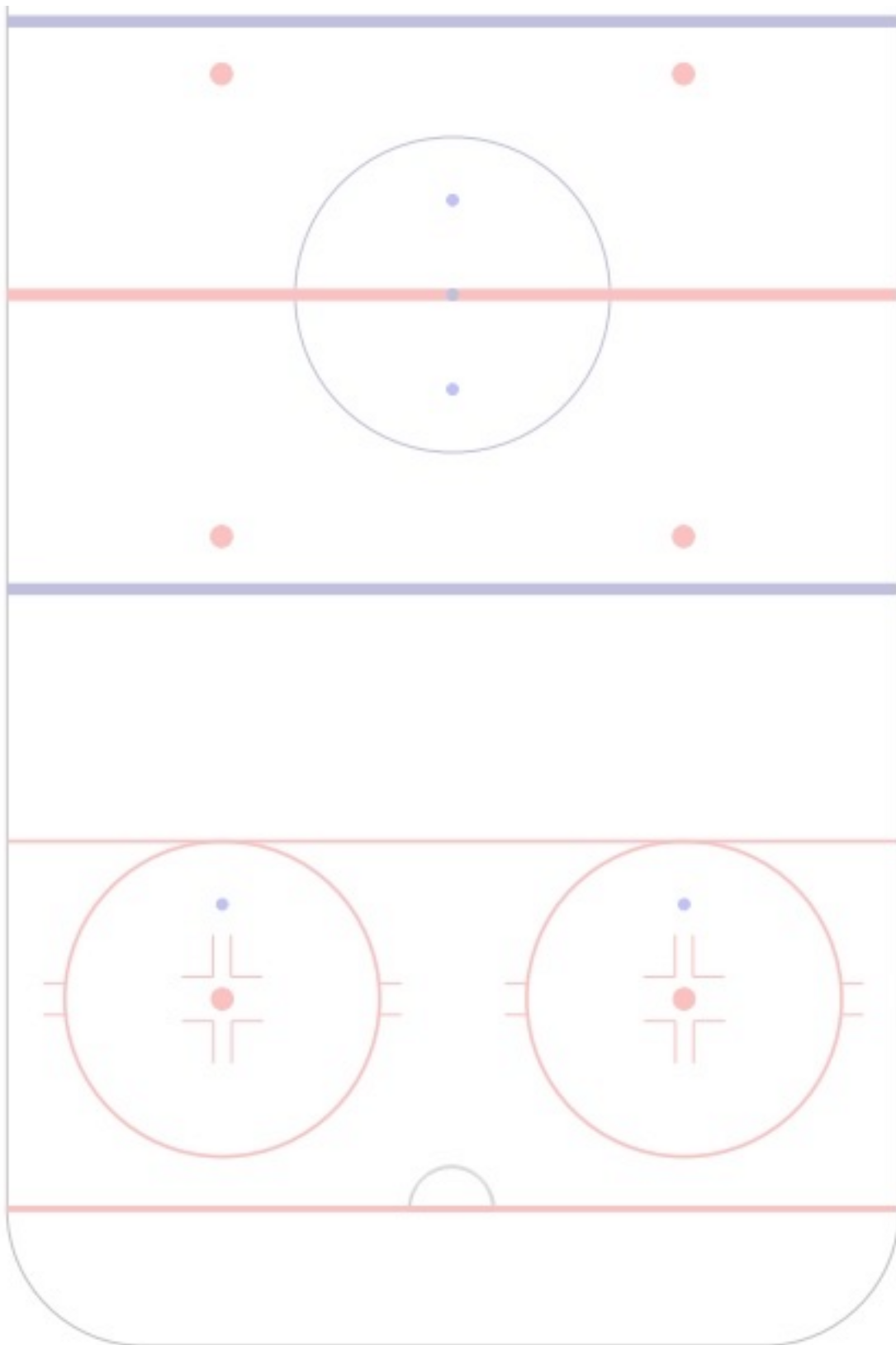
Go to "Coaches & Managers" → "Coaching Info"



## **My Notes**



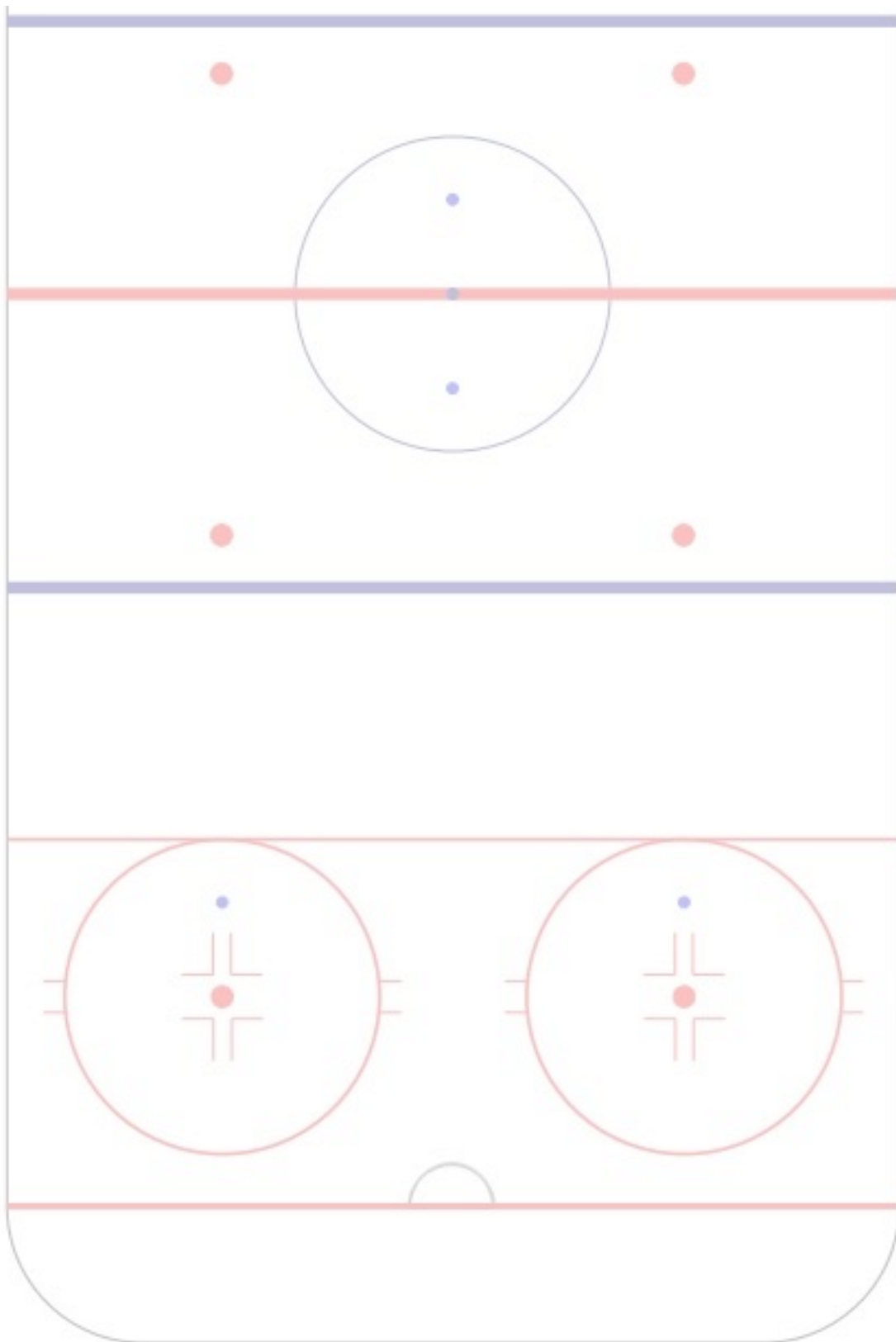
**My Notes**



## My Notes



**My Notes**

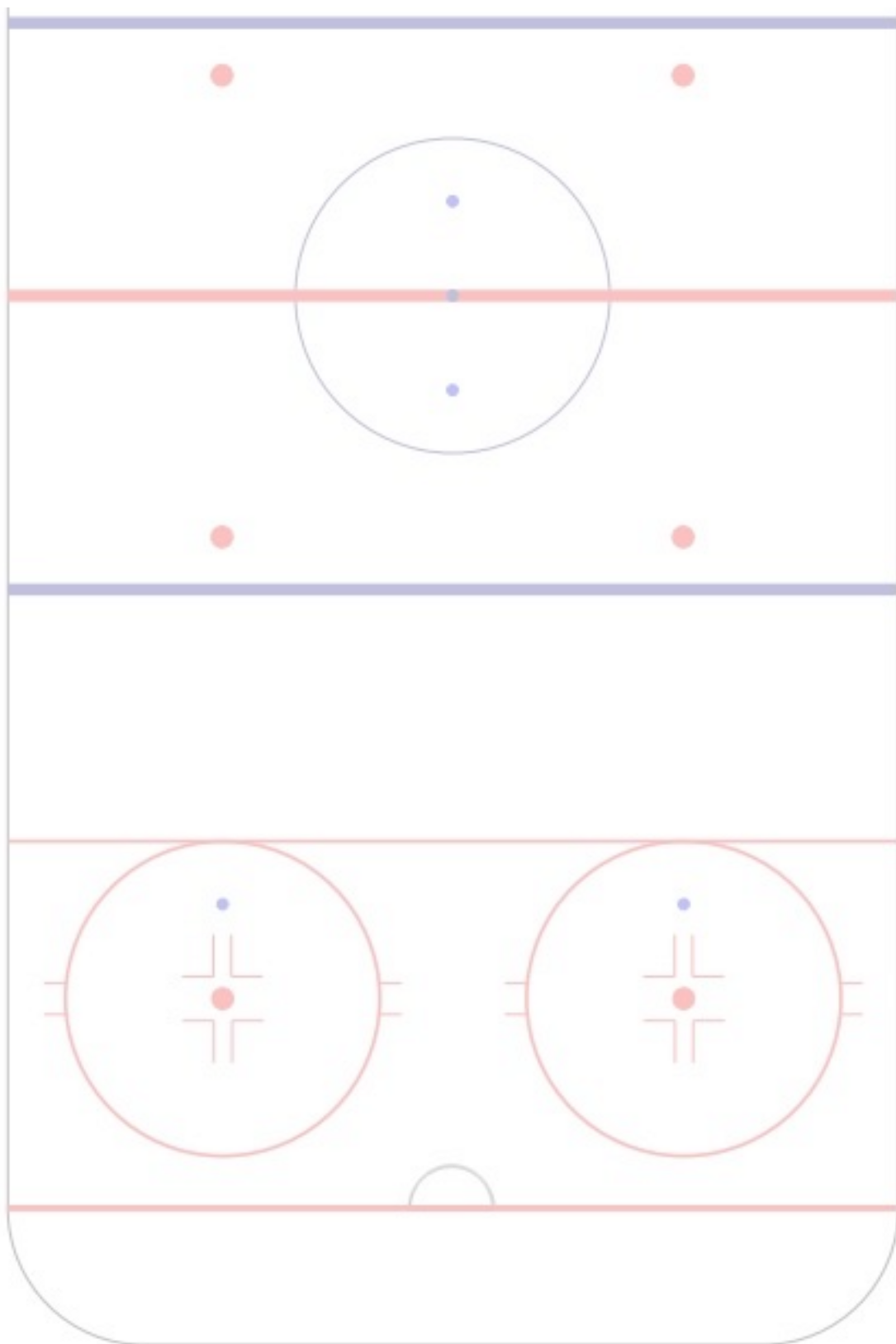




## My Notes



**My Notes**





*“During the season, your team should be led with exuberance and excitement. You should live the journey. You should live it right. You should live it together. You should live it shared. You should try to make one another better. You should get on one another if somebody’s not doing their part. You should hug one another when they are. You should be disappointed in a loss and exhilarated in a win. It’s all about the journey.”*

- Coach Mike Krzyzewski