

Park Ringette JUNIOR Coach Guide and Workbook



Spark Passion. Foster Potential. Build Community.

THIS BOOKLET BELONGS TO: _____

SEASON / TEAM: _____

“ 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. ”

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



The Junior Coach Program (by Ringette Alberta) is designed just for players like you — girls aged 14 to 17 who want to learn what coaching is all about in a fun, supportive environment.

As a Junior Coach, you will:

- Be part of a team of mentors and leaders
- Help younger athletes grow and have fun
- Gain real experience
- Always be supported by qualified coaches on the bench

**Volunteers are the heart of ringette, and that includes YOU.
At Park Ringette, we want you to feel confident, valued, and excited to
be part of something bigger.
Coaching is more than just a title — it's a way to give back, grow your
leadership skills, and be a role model.**

No experience is needed to be a Junior Coach. However:

- Must be at least 14 years old and no older than 17 by September 1st.
- If younger than 14, you can apply to join mid-season upon turning 14 until December 15th.
- Junior coaches that are 17 at the start of the season but turn 18 years of age during the season are permitted.
- Must be currently playing on a team, or played on a team last year
- Must complete the required coaching certification training
- Coach for a team in any division younger than the Junior Coach.

<https://ringettealberta.com/content/coach-amp-team-staff-requirements>





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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: _____



Junior Coach Checklist	Completed?
☐ Create a NCCP account https://www.coach.ca/new-coaching/about-locker	
☐ Complete the Junior Coach Application Form https://parkringette.com/content/coach-applications	
☐ Register in RAMP with Sherwood Park https://parkringette.com/	
☐ Complete the CIS Coach Initiation in Sport e-Module https://thelocker.coach.ca/onlinelearning#CIS-E	
☐ Complete the Reimbursement Form for the CIS course https://parkringette.com/content/course-reimbursement	
☐ Complete the Safe Sport e-Module https://thelocker.coach.ca/onlinelearning#SS	
☐ After being placed on a team by Park Ringette, introduce yourself to the coaching staff, (use the sheet on page 10) ☐ Join their Team Snap as a Junior Coach ☐ Share your coaching goals with the Head Coach	
☐ Inform the Head Coach of the team you are playing on, that you are junior coaching. Ask for advice and tips!	
☐ Have fun with the team you are junior coaching with, attend, lead, cheer, and participate in practice, dryland/warm-ups, games, applying game day face paint, and any other team activities	
☐ OPTIONAL: Complete the Making Head Way in Sport https://thelocker.coach.ca/onlinelearning#MHW-SP-E	

“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



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://thelocker.coach.ca/onlinelearning#URT-E>

Online Chats & Texting

- The “Rule of Two” **also applies to electronic and online messaging.**
- Use discretion when creating or joining a team text / online chat. Ensure all messages include a parent or coach.
- **DO NOT have one-to-one messaging** emails, texts, online chats, etc with an individual player or coach



How can I contribute as a Leader and a Mentor?

- Demonstrate the drills for the coaches
- Lead “coaching” of drills. Bring one drill that you like to do and tailor it for the age group you are coaching. You bring more value to these teams than gathering rings
- Encourage skill development by demonstrating, helping these young athletes
- Be their biggest cheerleaders - Jr. coaches have a special relationship with the team.
- Active Start and U10 - “Children’s ringette”: focus on basic skill development - passing, receiving, shooting, checking, skating
 - Basic Passing drills - star, baseball diamond
 - Small area checking drills focus on “sweeping” of the check
 - Obstacle course to help skating i.e. tight turns, stop/start, cross overs - MAKE it fun
 - Games - what were your most favorite games in u10, teach your team
- U12/U14- Children's Ringette, “Learn how to play” stage of development
 - Full Ice, game strategy and play with the addition of the shot clock.
 - Introduce offensive, defensive systems
 - Transition - weaves
 - Battle drills & Breaking down the wrist shot
 - Can you suggest offensive, goalie or free ring options to your coaches based on your experience?

WATCH THIS 1 MINUTE VIDEO!
[Junior Coaches - Ringette Alberta](#)



Off-Ice Warm Up Ideas

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.



Acceptable roles & responsibilities (from Ringette Alberta)

Task	Coach/ Asst. Coach	On-ice asst/ Helper	Junior Coach
Planning practice	Yes	NO	Learn
Leading a drill in practice	Yes	NO	Learn
Determining game strategy and tactics	Yes	NO	Learn
Giving sport-specific feedback to athletes (skill or strategy)	Yes	NO	Learn
Making a lineup	Yes	NO	Learn
On-ice during games (AS, U10 Step 1 and Step 2)	Yes	NO	Yes
Gold standard Rule of 2 eligible	Yes	NO	NO
Opening a bench gate	Yes	Yes	Yes
General cheering/support for athletes	Yes	Yes	Yes
Helping with equipment issues on the bench	Yes	Yes	Yes
On the ice at practice	Yes	Yes	Yes
Guiding athletes through drills	Yes	Yes	Yes
Moving rings/pylons for drills	Yes	Yes	Yes
Demonstrating skills/drills	Yes	Yes	Yes
Shooting on the goalies	Yes	Yes	Yes
Counts towards the 5 team staff allowed on the bench for games	Yes	Yes	NO
Must always be supervised by a head or assistant coach	N/A	YES	YES

Don't forget...

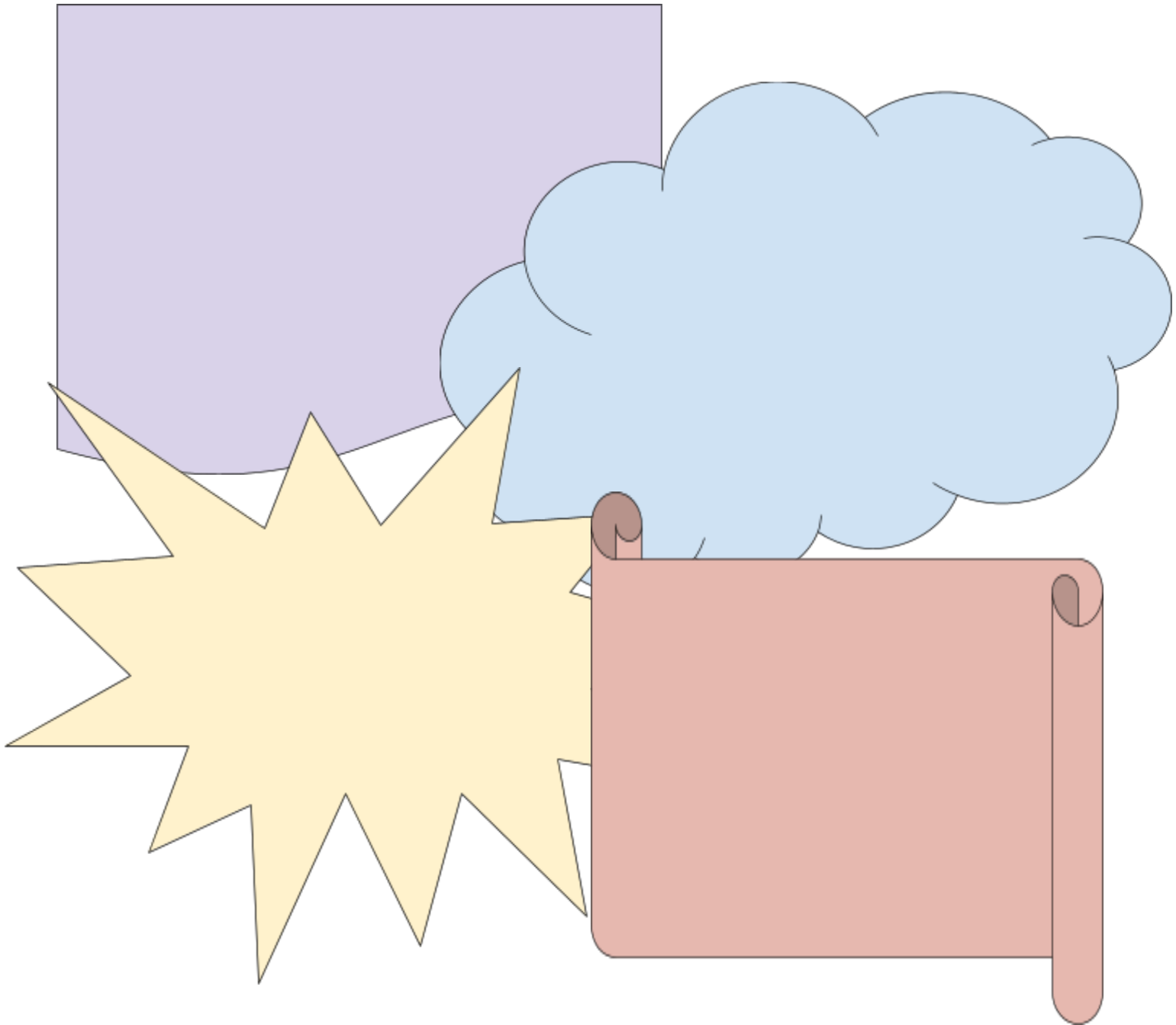
- Player Code of Conduct
- No phones in change rooms, even for Junior. Coaches
- Do you need volunteers hours for school? Jr Coaching can fulfill these, contact the Director of Coach Development
- U10/U12 and even U14 - be present in the change room, help tie skates, check equipment, etc.
- Team Snap: stay up to date for the coaches, and mark your availability
- Team Stats - offer to take some team stats or work a gate?

Another fun 1 minute video from Ringette Alberta!

[We Love Junior Coaches! Ringette edition](#)



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

Junior Coach Introduction and Information Sheet

Fill out this sheet and provide a copy to the Head Coach

Name	
Email	
Cell Phone Number	

Name of Paren/Guardian	
Paren/Guardian email	
Paren/Guardian cell number	

Current Playing Team	
Your Playing Position(s)	
Ringette Playing Experience	
Junior Coaching Experience	

Your Learning Goals as a Junior Coach	
---------------------------------------	--

Other pressures that may affect your availability (work, school, other sports or extra curricular activities)	
your usual way of getting to practices and games? (ie. parents, drive yourself, car pool, etc)	



Junior Coaches, Information for the Coach

It can be hard for Junior Coaches to figure out where they fit into the team. Do they hang out with the players or do they hang out with the coaches? Ideally, the Head Coach should welcome the Junior Coach as part of the coaching team staff.

Each team dynamic and coaching staff will be different and have a different culture and different needs. It is the responsibility of the Head Coach to help the Junior Coach to bridge this gap by introducing them to the team and working with them to establish their roles and responsibilities.

- Set up an **introduction meeting to welcome your Junior Coach** and learn about their ringette experience.
- Work with your Junior Coach to **identify what goals they have** for their role this season.
- **Clearly communicate** how you plan to use them during practices and games.

Whether this is your first time with junior coaches, or have several years of experience, keep the following in mind when working with junior coaches on your team:

- The Head Coach is **responsible** to ensure a safe and effective training environment at all times and is therefore responsible for the actions of the Junior Coach.
- As head and assistant coaches, part of your responsibility is to **mentor** the Junior Coaches.
- Junior Coaches **DO NOT** replace mandatory, fully certified female coaches who must be at least 18 years of age.
- Junior coaches are on your TRF (Team Registration Form) and can be marked on the game sheet. It does not affect the Minimum/Maximums on the bench during games.
- Coaches, including Junior Coaches, **should never be alone with athletes at any time**, including in the dressing room. Junior Coaches should also not be alone with Coaches at any time, this is the responsibility of both the Coach and the Junior Coach.
- Unless agreed to by the majority of parents, travel expenses for Junior Coaches are not the responsibility of the team.
- Junior Coaches have a lot of experience relevant not only to ringette but to team-building and are often able to relate much more easily to your athletes than you can.
- They are role models and future coaches.
- Include them in decision-making, and ask for their input and ideas both on and off the ice.
- *Some will take more encouragement than others to speak up*, but they're there because they love ringette and want to share it.
- Please **DO NOT** reduce them to pylon-pushers, they have so much more to offer. Involve them by having them demonstrate drills, assist with running a skill station, or eventually planning and running a drill in each practice. Ask them to assist on the bench during games and provide their insight. Ask them to take part in team-building events and encourage them to provide ideas -- they have been part of many team-building events over the years!
- **Fun Tip:** Take your team to watch the Junior Coach play. Your kids can make posters to cheer on their junior coach! Ask if the team can participate in the dressing room pre-game. This is a great learning opportunity and fun for all.

Though they are often busy and attendance can be impacted by their other commitments, they are young, and learning to balance the demands on their time.

They are also often still reliant on parents or other family/friends to get them to team activities.



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](#)

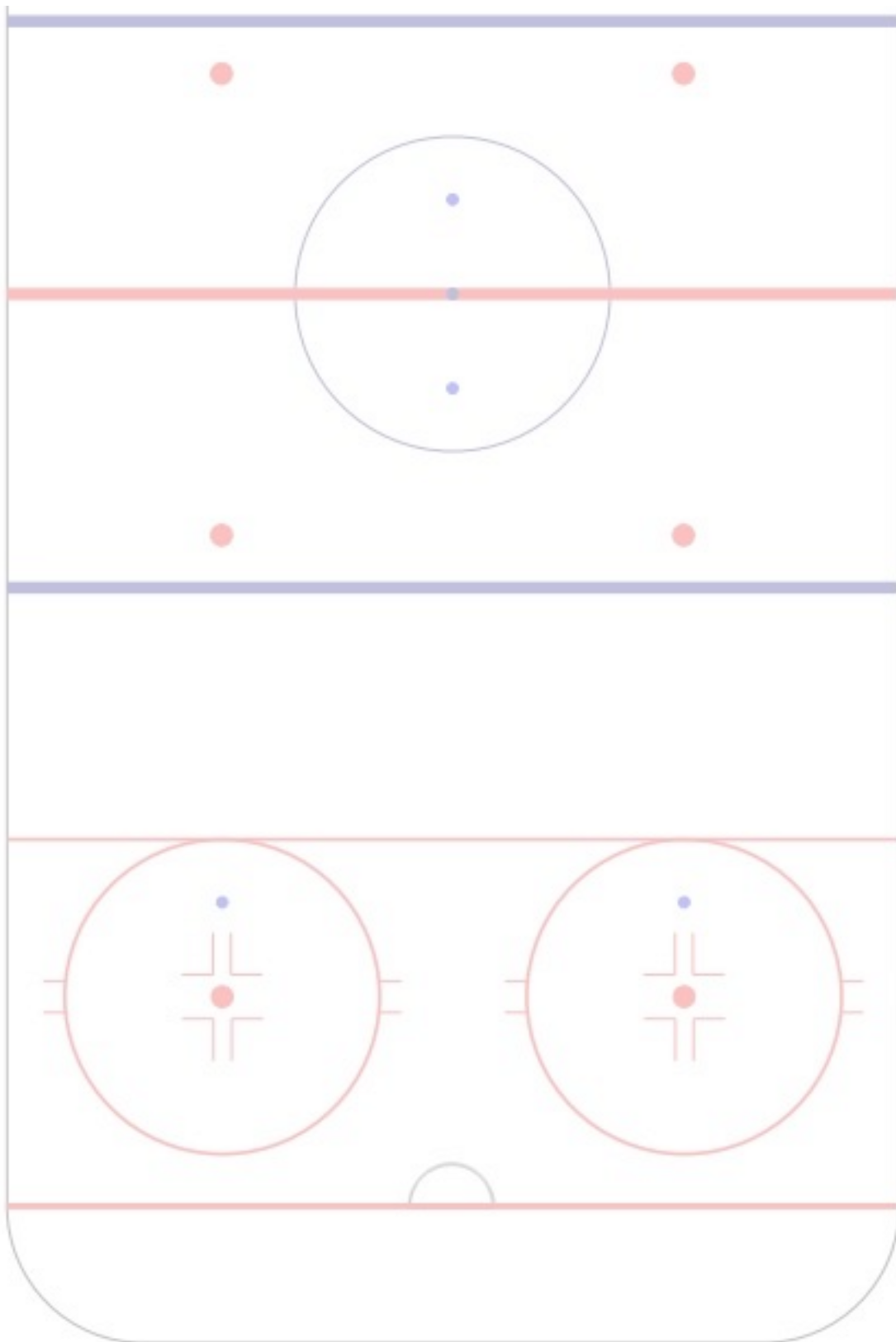
16. [International Journal of Sports Science & Coaching](#)
17. [Canadian Women & Sport](#)
18. [Canadian Journal for Women in Coaching](#)
19. [I Love to Watch you Play](#)
20. [Dare to Care](#)
21. [What should sports coaches know about bullying](#)
22. [KidSport Alberta](#)
23. [Coaches Kitchen](#)



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

This document can be accessed on line at the **Park Ringette** website:
<https://sherwoodparkringette.ca/>