



## **Sherwood Park Ringette Association, Power AA Program**

### **FAQ**

#### **1. What is AA ringette?**

AA ringette is an opportunity for our athletes to compete at the highest level against the best players in the sport. It provides high level competition and training, outstanding coaching, a fun and supportive team environment, and promotes a healthy active lifestyle for female athletes.

AA ringette is for athletes that want to pursue competitive ringette and:

- Have a growth mindset
- Want to work
- Want to learn
- Want to improve
- Want to compete!

#### **2. Why should my daughter consider trying out for an AA ringette team?**

If your daughter is the kind of athlete that wants to challenge herself and play against other top ringette athletes in Alberta and in Canada, then AA ringette is the choice for her. AA ringette offers the opportunity to:

- Play with like-minded athletes (dedicated to pursuit of excellence...)
- Receive high level coaching instruction
- Participate at the highest level available for her age group
- Learn and live valuable, transferrable life skills, such as: responsibility, dependability, time management, etc.
- Travel within Canada and play against other top ringette athletes



### 3. What is the financial commitment?

The financial commitment will vary amongst the AA teams and age levels. There are some basic costs such as tournament registration fees, dryland training, and mandatory team apparel that are standard, but some other costs are team decisions. Variables that affect cost include:

- The number of tournaments, both home and away
- The additional type of training a team may wish to add to their own program (goalie instruction, power skating)
- Off-ice instruction (classroom sessions), additional team bonding functions or optional team apparel
- Coaching costs for non-parent coaches (apparel, travel, accommodations)
- Participation in post-Provincial play at Western Canadian Ringette Championships (WCRC) for U14AA or Canadian Ringette Championships (CRC) for U16AA and U19AA (depending on host location/province)
- Amount of fundraising the team chooses to do in addition to the Power AA program requirements

The approximate team fees (excluding registration fees) for the U14AA - 2019-2020 season were as follows:

- \$1133/player (cash call included) or \$17,000 for the team's season play (attended Provincials, but not WCRC). This budget did not include teamwear or hotel costs. The team attended five tournaments.

The approximate team fees (excluding registration fees) for the U16AA - 2018-2019 season were as follows:

- \$2,050/player (cash call, team wear, hotels) (Off set by fundraising)
- Team Budget - \$15,700 (tournament fees, team meals, off ice training, team building, Coach hotel rooms, extra ice etc.)
- 2018 U16AA - advanced to CRCs in Winnipeg, MB with 3 nonparent coaches (which added \$550/player or \$9,350) to the team costs to participate in this week-long event

Additional financial info:

- Team fees can be offset in part or whole depending on amount of money fundraised.
- When a team qualifies through the Provincial play downs by placing in a top position, they will be offered the chance to go to WCRC or CRC (depending on how many teams are able to go from the province).



#### **4. What is the time commitment for AA ringette?**

Like the financial commitment, the time commitment can vary from team to team and between age levels. A good guideline is as follows:

- 1-2 regular practice ice sessions per week of 60 to 75 minutes (as per SPRA policy for all teams). Coaches are required to follow Ringette Canada's LTAD principles with respect to practice and playing time.
- 1-2 dryland sessions per week of 60 to 75 minutes
- Approximately 12 to 16 league games
- Approximately 3-5 exhibition games
- Participation in 4 to 5 tournaments
- Athlete volunteerism – varies from team to team. AA athletes are expected to give back to the sport of ringette and to the community
- Fundraising – athletes and families will participate in fundraising opportunities to offset the costs of AA ringette. AA ringette requires a strong commitment by both the athlete and the family. But not to worry, it takes a village, and SPRA AA ringette has a village of supportive families that work together to help each other.

#### **5. What about fundraising?**

Individual teams are encouraged to establish their own fundraising committees and initiatives. Examples of successful fundraising options are:

- 50/50 sales
- Silent auctions
- Raffle sales (cheer basket)
- Bottle drives



## **6. Are athletes permitted/encouraged to play other sports during the ringette season?**

Sherwood Park Ringette Association (SPRA) recognizes that athletes are required to balance many commitments. These commitments often include family, school and other sports. SPRA supports that family and school commitments take priority over ringette.

At U14 and U16 SPRA encourages players to play other sports. The coach(es) will work with the family and the athlete to balance ringette with other sports, especially school sports.

At the U19 level, it is expected that ringette will be the main sport priority and focus for the athlete and family through demonstration of their participation and commitment to the team. However, the athlete, family and coaches will work together to ensure the athlete can manage secondary commitments.

Family and academics will always be the athlete's priority.

Please note that this is consistent with Ringette Canada's LTAD principles.

## **7. What are the AA season timelines?**

Timelines vary from season to season depending on a number of factors. Typically:

- Tryouts and team selection for AA are before other SPRA evaluations, typically mid to end of August (depending on Ringette Alberta sanctioning)
- September to mid-March – regular season practices, games and tournaments
- Early to mid-March – Provincials\*
- Late March – Western Canadian Ringette Championships (WCRC)\*
- Late March to early April – Canadian Ringette Championships (CRC)\*

\*It is expected that teams will strive to attain a berth and compete in post season play. I.e. Provincials, WCRC, and CRC. Commitments to these events must be confirmed by December 15<sup>th</sup> of the current season.

Locations and dates for post season competition will be announced by December of the current season or earlier if known. Note: Given the size of CRCs dates and location are generally known a year in advance – please see the Ringette Canada website for information.



## **8. How can I get considered for an AA team?**

Tryouts are organized by the SPRA AA Director in consultation with SPRA President, Vice President, Evaluation Coordinator and other Division Directors.

Athletes wishing to pursue the competitive stream will register and participate in AA tryouts during the SPRA evaluations, to ensure they meet all the criteria for AA ringette (commitment, skill level, desire...).

Every position on the team is open. Regardless of where you played last season, you must prove yourself at the evaluation camp. Team selection will be based on ringette and skating skill, attitude, team play, commitment and enthusiasm.

Independent evaluators with experience and knowledge about competitive ringette will assess the AA hopefuls. Where possible, AA evaluations will include skill, speed and scrimmage assessment. This may vary each season and level depending on a number of factors. Goaltenders will be evaluated at the same time.

During the registration process SPRA requires a firm commitment as to what the player's intentions are. I.e.; Playing AA or are you there for extra ice.

Additional information on SPRA evaluation process and policies can be found on the SPRA website, Evaluations page.

## **9. What is the team selection process for AA?**

Upon completion of AA tryouts, the Team Selection Committee, the AA Director and a maximum of 2 members of each coaching staff will select the teams.

Team size will consist of a minimum of 13 skaters (this is at the Head Coach's discretion) and up to two goalies.

For U14AA – the roster will be filled with the top 50% of evaluated players as automatic selections to the team, the remaining 50% of the roster will be at the coach's discretion.

For U16AA and U19AA – the roster will be filled with the top 40% of evaluated players as automatic selection to the team, the remaining 60% of the roster will be at the coach's discretion.

The AA Director will work with each family to eliminate barriers for any athlete that wants to play competitive ringette.



Non-resident players at all levels will be considered, depending on the availability of SPRA resident athletes eligible to play at that level. Preference will be given to SPRA athletes that can compete at the AA level (has the skill, commitment, desire...), bearing in mind the program's need to create competitive AA teams.

Import Policy:

- U14, imports must evaluate within the top 50% of the team to a maximum of three players,
- U16, imports must evaluate within the top 50% of the team to a maximum of 3 players,
- U19 – import policy is open

#### **10. Is there special teamwear for SPRA Power AA ringette players?**

Teamwear will be decided on by individual teams, in conjunction with the coaches/team staff.

#### **11. When is AA registration and how do I indicate my daughter's intent to play at the competitive level?**

All interested athletes will register via the SPRA website through Ramp. This typically occurs early to mid July.

There is a \$100 nonrefundable evaluation fee.

During the registration process, SPRA requires a firm commitment as to what the player's intentions are. I.e. Playing AA or are you there for extra ice?

#### **12. How are the coaches selected for AA teams?**

All coaches wishing to coach at the AA level must apply via the form provided on the SPRA website. Coaches must have the required certifications at the time of application or by the certification deadline (December 15 of the current season).

After all applications are received at deadline of June 25, 2021, the Selection Committee will convene for coach selection. The athletes' best interests are always the primary focus of the coach selection process.

Coaches at each AA division will be selected and announced before June 30<sup>th</sup> of the upcoming season.



Additional information about the coach selection process can be found in the Guidelines and Procedures Manual on the SPRA website.

**13. Can interested players from other associations tryout for SPRA AA?**

Yes, players from any association can try out for SPRA AA, but we require that you follow the Ringette Alberta Residency Policy for nonresident players. Please visit the Ringette Alberta website to ensure you are following the correct procedure.

**14. Who do I contact for more information about AA ringette?**

Please contact the AA Director for additional information at: [AAdirector@sherwoodparkringette.ca](mailto:AAdirector@sherwoodparkringette.ca)

