

Welcome to the U10 2023/2024 Season!



Key Dates	
Parent Info Night for U10 Families	Wed, August 9 th 7:30 – Zoom Link will be Sent Out
Friend Request forms Due	August 9 th
Knock the Rust Off Skates	Saturday, August 12 th (Morning) – Times TBA
Pre-Evaluation “Prep” skates	Sunday, August 27 th – Times TBA
Universal Athlete Assessment (Skill Evaluations)	Saturday, September 3 rd – Times TBA
Game-Play/Scrimmage Evaluations	September 7, 9, and/or 10 th - Exact times TBA
Team formation completed	Mid-September
Coaches Meeting	TBD – In Person
U10 First Ice Times	Starting September 28 th
SPRA Mini-Platinum Ring Jamboree	TENTATIVE – January 19 th – 21 st , 2024
Year End U10 Championships	TBD – March 2024

Hello Families – My name is Paula Howard, and I am the SPRA U10 Director. I want to welcome everyone who is new to the sport as well as those who are returning from previous years. You can expect a season full of fun, learning and teamwork for your child. The SPRA U10 Division is guided by the Ringette Alberta [Children's Ringette Guidelines](#) where the focus is on fun, building confidence, and opportunities for maximum participation.

Ice surfaces, net sizes and rules are scaled to allow each player more ring time and opportunities to hone ring control, passing and shooting skills, as well as fundamental skating skills. U10 Players will have the opportunity to play in the [Black Gold Ringette League](#) against other teams from the greater Edmonton area.

The ringette season runs from September to March and ice is structured as follows:

- **U10 Step 1** – Half Ice - One Weekday Practice – 4:00 PM – one game every 1-2 weeks
- **U10 Step 2** – Half Ice - One Weekday Practice – 4:00 PM – one game approx. once per week
- **U10 Step 3** – Full Ice - 1-2 Weekly Practices – Times TBD – Games as Scheduled

*Power skating sessions offered in addition to these ice times for all

Guidance on how a Children's Ringette program should be structured can be found here: [Ringette Alberta Children's Ringette Guide](#)

Evaluations

At the U10 level, players will undergo evaluations prior to the start of the season (typically September Long weekend and the week after).

Ringette Alberta Children's Ringette Guidelines govern the foundation of how evaluations are conducted at the U10 level. The outcome is to ensure that every athlete is placed at an appropriate step, based on the athlete's current skill level, ringette experience and physical and emotional maturity. Evaluations at the U10 level are not tryouts (teams are not tiered) but rather opportunities for athletes to showcase themselves and this approach has been deemed by Ringette Alberta to be optimal for long-term athlete development.

Detailed information about U10 evaluations can be found on the U10 page in the **"SPRA U10 Evaluation Guide"**.

Coaching

All teams need a head coach and several assistant coaches in order to function best – all of which need to complete the appropriate certification for the U10 Level (*Current Criminal Record Check, Coach Initiation in Sport (CIS) eModule, Making Ethical Decisions Course, Making Ethical Decisions Evaluation, and Ringette Specific Community Sport Initiation Clinic*).

If you are interested in coaching please contact me via email to indicate your expression of interest and I will provide you with detailed instructions to get your certifications in place.

Note: Ringette requires at least one certified female coach to be on the bench or ice at all times.

Player Friend Requests

Please let us know if your child is requesting to be on the same team as a friend. Please see the U10 page for the **player request form** to be completed by both parties and emailed to:

U10director@sherwoodparkringette.ca by August 9th 2023.

Contact

Paula Howard – U10 Director

Email: U10director@sherwoodparkringette.ca

Phone: 780-920-2059

See you all at the parent info night in August!

Paula Howard

