



# Welcome to the U10 2024/2025 Season!



Key Dates	
Parent Info Night for U10 Families	Tuesday, August 13 <sup>th</sup> 7:30 – Zoom Link will be provided
Friend Request forms Due	Tuesday, August 13 <sup>th</sup>
Knock the Rust Off Skates	August 10 <sup>th</sup> and August 15 <sup>th</sup> – Times TBA
Pre-Evaluation “Prep” skates	Sunday, August 25 <sup>th</sup> – Times TBA
Universal Athlete Assessment (Skill Evaluations)	Sunday, September 1 <sup>st</sup> – Times TBA
Game-Play/Scrimmage Evaluations	September 5 <sup>th</sup> and 9 <sup>th</sup> - Exact times TBA
Coaches Meeting (U10 Specific)	Tuesday, September 10 <sup>th</sup> – In Person - Tentative
SPRA-wide Coaches & Managers Meeting	September TBD – In Person
Team formation completed	Approx September 12-13 <sup>th</sup>
U10 First Ice Times	Approx week of September 16 <sup>th</sup>
SPRA Mini-Platinum Ring Jamboree (Step 1, 2, & 3)	January 31 <sup>st</sup> to Feb 2 <sup>nd</sup> , 2025 – Tentative
Year End U10 Championships	TBD – March 2025

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 every 1-2 weeks
- **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 U10 teams on Mondays – 6 sessions total in the first half of the season set up on a rotation. Times on Mondays will vary.

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" under the U10 section of our website.

## 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, Safe Sport eModule, 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** fill out the application here: <https://forms.gle/w6SnDfkXyBUg4fMy5>. All prospective coaches must complete the application.

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

## Player Friend Requests

Please see the U10 page for the **player request form** to be completed by both parties and emailed to: [U10director@sherwoodparkringette.ca](mailto:U10director@sherwoodparkringette.ca) by August 13<sup>th</sup> 2024.

## Contact

Paula Howard – U10 Director

Email: [U10director@sherwoodparkringette.ca](mailto:U10director@sherwoodparkringette.ca)

See you all at the parent info night in August!

