



Welcome to the U10 2025/2026 Season!



Key Dates	
Parent Info Night for U10 Families	Monday, August 11 th 7:30 – Zoom Link will be provided
Friend Request forms Due	August 22 nd
Pre-Evaluation UAA “Prep” skates	August 14 th or 16 th – Wait for Skater Group Assignment
Universal Athlete Assessment (Skill Evaluations)	TBD Pending RAB Policy Change - Aug 23 rd or Sept 1 st
Game-Play/Scrimmage Evaluations (Step 2 and 3 only)	September 7 th or 8 th – Wait for Skater Group Assignment
Coaches Meeting (U10 Specific)	September 7 th – 10:30 AM – GARC (Tentative)
SPRA-wide Coaches & Managers Meeting	September TBD – In Person
Team formation completed	By September 12 th
U10 First Ice Times	Approx week of September 15 th
SPRA Mini-Platinum Ring Jamboree (Step 1, 2, & 3)	January 30 th to Feb 1 st , 2026 – Tentative
Year End U10 Championships	TBD – March 2025 – Various Locations

***Please note dates may be subject to change

Hello Families – My name is Heather Jensen, 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 in Session 1, Full Ice in Session 2 - One Weekday Practice – 4:00 PM – one game every 1-2 weeks
- **U10 Step 3** – Full Ice - 1-2 Weekly Practices – 4:00 PM – Games as Scheduled

*Power skating sessions offered in addition to these ice times for all U10 teams once per week – 6 sessions total from September to mid-December set up on a rotation. Each session will be on the same day of the week, each week but ice times will vary.



Evaluations

At the U10 level, players will undergo evaluations prior to the start of the season.

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, physical and emotional maturity and overall competition readiness. 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. However, many factors in addition to evaluation scores go into player placement each season including coach feedback from previous season.

Detailed information about how U10 evaluations are structured can be found on the U10 page in the **U10 Evaluation Guidelines Document** under the U10 section of our website.

Coaching

All teams need a head coach and several assistant coaches 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 on the coaching page here: <https://sherwoodparkringette.ca/content/coach-applications>

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 for Step 1 and Step 2 players to be completed and emailed to the email below.

Please note that going forward, **Sherwood Park Ringette will no longer be accepting friend requests for Step 3 players** in order to maintain our continued focus on skill balancing, optimal player development, and overall team parity.

Contact

Heather Jensen – U10 Director

Email: U10director@sherwoodparkringette.ca

See you all at the parent info night in August!

