Dayna Bond [u10director@sherwoodparkringette.ca](mailto:u10director@sherwoodparkringette.ca)

Jen Rogers [ActiveStart@SherwoodParkRingette.ca](mailto:ActiveStart@SherwoodParkRingette.ca)

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**WELCOME to Active Start and U10 2021-2022!**



My name is Dayna and I am the SPRA U10 Director. Jen Rogers is our amazing Active Start Coordinator. This is a note to give you a heads up on what to expect.

**We don’t know yet what our evaluation process and schedule will look like yet. We will keep you apprised as the season gets closer.**

We are currently working through planning for the upcoming 2021/2022 season including various contingencies for our player team formation process. We will be reviewing Return to Ringette guidelines and working with our fellow local associations to finalize plans. We appreciate your patience and understanding as we navigate through this!

The focus for [Children’s Ringette](https://yourringette.ca/children/) is on fun and maximum participation! For Active Start and some of U10, play will occur on a smaller surface (cross-ice or half-ice) with appropriately sized nets to allow each player more ring time and opportunities to hone ring control, passing and shooting skills, as well as fundamental skating skills.

For the 2021-22 season:

* Active Start will play 3 vs 3 plus goalies, cross-ice games, when games are played.
* U10 Step 1 will play 3 vs 3 plus goalies, half-ice games
* U10 Step 2 will play 3 vs 3 plus goalies, half-ice games
* U10 Step 3 and U12 will remain on full ice
* Officials may not be used for U10 Step 1 and Step 2 games (Coaches will participate on ice with a whistle and call the game).

*\*NOTE: any updated information will be posted on the SPRA website as it becomes available.*

**LEAGUE**

Sherwood Park (and surrounding areas) play in the Black Gold League (BGL). Please see the website here: [http://www.blackgoldleague.com](http://www.blackgoldleague.com/). The BGL operates in accordance with the rules, regulations, procedures and by-laws of [Zone 5 Ringette](http://cloud.rampinteractive.com/blackgoldleague/files/Bylaws%20and%20Operations/zone%205%20ringette%20association%20bylaws%2020040325.pdf), [Ringette Canada](https://www.ringette.ca/) and [Ringette Alberta](https://ringettealberta.com/) (RAB).

RAB has a great resource for CHILDREN’s RINGETTE: <https://yourringette.ca/children/>

**COACHING**

Every team needs to have a coach and at least one assistant coach. Ringette requires *at least* one certified female to be on the bench or ice at all times. All coaches/bench staff need the appropriate certification based on the division/level they are coaching and their role.

The cost of coaching clinics is reimbursed by SPRA. U10 Coaches need their certification in CSI and the MED (Making Ethical Decisions). Check the website for upcoming courses and get certified! <http://www.coachingringette.ca/c/> Please contact Kari Sadoway, Director of Coach Development at [Coach@SherwoodParkRingette.ca](mailto:coach@sherwoodparkringette.ca) if you have any questions.

It’s an experience I promise you won’t regret. Your child loves having you on the ice! Even if you know nothing about ringette, we not only have the resources to help you flourish, but we all fully support you and will help to ensure you have fun and are successful!

**SPRA GAME PANTS**

U10’s are NOT required to have game pants! (Not until U12+!). If you are still interested in purchasing SPRA pants, please contact Mike at [Sin Bin Sports](https://sin-bin-sports.shoplightspeed.com/).

**PLAYER REQUESTS**

Please review the following documents regarding the request for players to be placed on a specific team or paired with another player. Send your completed form (must be signed by BOTH player families) to [u10director@sherwoodparkringette.ca](mailto:u10director@sherwoodparkringette.ca)

* [Player Request Documentation](https://sherwoodparkringette.ca/wp-content/uploads/2015/05/preqdoc.pdf)
* [Player Request Form](https://sherwoodparkringette.ca/wp-content/uploads/2015/05/player-request-form.pdf)

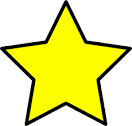
Information regarding registration, equipment, etc: <http://sherwoodparkringette.ca/registration/> (scroll down!)

**ACTIVE START (AS)**

Our Active Start program focuses on skill development (skating and ringette skills) as well as cross ice games.  Start date is usually in October. Ice times are once per week – usually Saturdays.

An annual year end Jamboree with other associations is often our end of season wrap-up. This will be dependent upon RAB Covid Policies. We will let you know closer to the end of the season!

More information will be posted to the SPRA website as information and details are confirmed.

 **IMPORTANT TO READ!**

**ALSO CHECK OUT the SPRA Parent Handbook**:

<http://sherwoodparkringette.ca/wp-content/uploads/2016/07/SPRAParentHandbook.pdf>

PLEASE ensure you read the Parent Handbook as noted above as it outlines and answers many questions you may have. If you still have questions or concerns, please don’t hesitate to contact us.

Looking forward to another fun season! See you at the rink!