

Hello U16 Athletes and Families,

Welcome to U16 Ringette! This year marks our 50th anniversary and we are excited to have you as part of this organization. My name is Amy Birkbeck and I will be your U16 Director for the 2025-2026 Season. I look forward to starting the season and getting to know you better.

### **Division Communication**

All communication to and from me will go through [u16director@sherwoodparkringette.ca](mailto:u16director@sherwoodparkringette.ca). You can also look for updates on the [U16 HomePage](#). Additionally, if your Athlete is also involved in the Power U14AA Tryout process, please check out the [Power AA Homepage](#). It is a good idea to keep tabs on the happenings on the U16 Page, as well as the [Evaluation Tab](#) on the Park Ringette Page. I also wanted to highlight the [Code of Conduct](#), as we head into the Evaluation portion of the year.

**Please note:** the rest of this email will not be in regards to Power AA Tryout Process. Any questions surrounding the Power AA Tryouts should be directed to Bob Dul at [AADirector@SherwoodParkRingette.ca](mailto:AADirector@SherwoodParkRingette.ca)

### **Equipment Rules:**

Starting this season, all athletes in U19 and younger divisions must wear protective shoulder pads during games and practices.

Here's what you need to know:

- Shoulder pads/gloves must be specifically designed for ringette or hockey (lacrosse equipment is NOT acceptable)
- They must fully protect the collarbone, sternum, shoulder blades, and shoulders
- Proper fit and adequate padding are required for safety
- Padded t-shirts are NOT acceptable, they don't offer enough coverage or cushioning

### **Evaluation**

Evaluations will consist of a Ringette Skills Evaluation, as well as two game play evaluations. There will also be 2 optional pre-skates that athletes can sign up for, to prepare themselves for the skills evaluation process. You will get clear and concise information about what evaluation skates your athletes are scheduled to attend (ie. what Group they are in) once the full schedule is finalized.

### **Missing Evaluations:**

If your athlete is not able to attend any of the skates, please let me know as soon as possible. Advance notification of missing a portion of or the entirety of the evaluation process is required; no-show athletes will be given a blank score, and will be designated to a team accordingly.

### **Team Formation:**

During evaluations, communication will be provided as quickly as possible, but this will likely be late at night and at short notice for the next skate. Please be diligent in checking emails. Once the evaluation process has completed, the team selection committee will meet. Teams will be announced via email and practices will be set to start ASAP.

### **Volunteers**

Parent volunteers will be required during the evaluation skates to run benches, penalty doors, timeclock, shot clock and sign-in desk. I will send out sign up links as we approach the ice times. Please sign up to help where and when you can. Parents cannot volunteer to be on the same bench as their athlete, and should refrain from communicating with any athlete during the evaluation process while on the bench.

## EVALUATION SCHEDULE(Tentative and Subject to Change):

**Skills Pre-Skates - Optional:** Pre-Skates are not mandatory but are highly encouraged. These skates will NOT be just shinny style as they have been in the past, they will concentrate on familiarizing the players with the drills that will be used in the skills evaluation. You are eligible to sign up for one pre-evaluation skate session. The option to add a second skate may be made available if the sessions are not filled. Signing up for two skates will result in being removed from one of the skates.

Location	Date	Start	End	Div	Description
Millennium Place - CHEVROLET	17-Aug-25	11:45 AM	1:00 PM	14/16/19	GOALIE PRE-SKATE - SKILLS
Glen Allen Recreation Complex	24-Aug-25	12:45 PM	2:00 PM	U16	PRE-SKATE - SKILLS - 1
Strathcona Olympiette Centre	2-Sep-25	7:00 PM	8:00 PM	U16	PRE-SKATE - SKILLS - 2

## Goalie Skills and Ringette Skills Evaluations - Mandatory:

Goalie Skills evaluations are required as part of the overall evaluation process. These evaluations are completed by a third-party company – True North Goaltending. Part time goalies should also attend the Goalie Skills evaluations.

**NEW-Ringette Skills Evaluation:** During this session, your athletes will cycle through a series of Ringette-specific skills, to assess their awareness of the offensive and defensive sides of the sport, skills such as shooting, passing, and field of play awareness will be assessed, and will provide knowledge of athlete's awareness of the sport. More information on this evaluation to be provided, including specific skills being assessed and video demonstrations.

Sherwood Park Arena	23-Aug-25	7:30 PM	8:45 PM	EVAL GOALIE SKILLS
Millennium Place - POWERADE	6-Sep-25	11:30 AM	12:30 PM	EVAL SKATE 1 - SKILLS - group 1
Millennium Place - CHEVROLET	6-Sep-25	12:30 PM	1:45 PM	EVAL SKATE 1 - SKILLS - group 2

## Game Play Evaluation - Mandatory:

Please keep an eye on your emails during this time to ensure your player is attending the correct skate time. Goalies will be assigned to a gameplay evaluation.

There will be 2 Game Play Evaluation skates.

Millennium Place - CHEVROLET	9-Sep-25	6:00 PM	7:15 PM	GAME PLAY 1 - group 1
Millennium Place - CHEVROLET	9-Sep-25	7:30 PM	8:30 PM	GAME PLAY 1 - group 2
Millennium Place - POWERADE	14-Sep-25	10:00 AM	11:00 AM	GAME PLAY 2 - group 1
Millennium Place - POWERADE	14-Sep-25	11:15 AM	12:30 PM	GAME PLAY 2 - group 2

If you have any questions, please do not hesitate to reach out. I look forward to seeing you at the rink!

**Amy Birkbeck**  
**Park Ringette U16 Director**  
[u16director@sherwoodparkringette.ca](mailto:u16director@sherwoodparkringette.ca)

