

WELCOME TO U10!



My name is Nicole and I am the SPRA U10 Director. I am very excited for the upcoming season and please if you have any questions or concerns reach out! This is a note to give you a heads up on what to expect.

Our evaluation process and schedule will look similar previous years.

We are currently working through planning for the upcoming 2022/23 season including various contingencies for our player team formation process. We are 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](#) is on fun and maximum participation! U10 step 1/2, 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 2022-23 season:

- 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 will 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.*

[UAA](#) (Universal Athlete Assessment = timed skating drills) testing for U10 – U14 will be the same as previous years. Please check back to the website for further updates and details on our [Evaluations](#) for the 2022/23 season.

We anticipate that teams will be selected, and our season will begin with practices on or before Mid September.

LEAGUE

Sherwood Park (and surrounding areas) play in the Black Gold League (BGL). Please see the website here: <http://www.blackgoldleague.com>. The BGL operates in accordance with the rules,

regulations, procedures and by-laws of [Zone 5 Ringette](#), [Ringette Canada](#) and [Ringette Alberta](#) (RAB).

RAB has a great outline for Return to Ringette, please have a read! https://ringettealberta.com/wp-content/uploads/2020/03/Return_to_RIngette_2020_Alberta_Final.pdf

RAB also 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/>

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!

You can find the SPRA Coaches Application [HERE](#) 

SEASON STRUCTURE

Please take a look at detailed information on the season structure for AS, u10 step 1&2.

<https://cloud.rampinteractive.com/sherwoodparkringette/files/U10%20home%20page/Season-Structure-AS-U10-Updated-July-13-2020.pdf>

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

- [Player Request Form https://cloud.rampinteractive.com/sherwoodparkringette/files/U10%20home%20page/Player%20Request%20-%20SPRA%20Form.rev.pdf](https://cloud.rampinteractive.com/sherwoodparkringette/files/U10%20home%20page/Player%20Request%20-%20SPRA%20Form.rev.pdf)

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

ALSO CHECK OUT the SPRA Parent Handbook: **IMPORTANT TO READ!**
<https://cloud.rampinteractive.com/sherwoodparkringette/files/Misc.%20Files/SPRAParentHandbook%285%29.pdf>

ICE TIMES

We anticipate ice times to be as follows – please note this is still subject to change!

- U10S1 - Mondays 4:00-5:00 pm at MP & will have ice/games on some weekends.
- U10S2 - Thursdays 4:00-5:00 pm at MP & one slot on the weekends (game/practice).
- U10S3 - Alternating Wednesdays and Fridays 4:00-5:00pm & at least one full ice practice on weekends (sometimes may get 2 slots on the weekends being either 2 practices or a game and a practice).

Power skating will take place every other Monday.

TOURNAMENTS

We anticipate the following tournaments for u10 this season:

- Step 1 - 2 tournaments - SPRA Step 1 tournament, one other local tournament
- Step 2 - 2-3 tournaments - SPRA Platinum Ring, one local tournament, one away tournament
- Step 3 - 2-3 tournaments - SPRA Platinum Ring, one local tournament, one away tournament

OTHER NOTES

We are anticipating this to be a regular season!

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 either of us.

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



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