

Welcome to the 2022-2023 Ringette Season!



My name is Michelle Viegas-Fleck and I am the U19 Director for the upcoming season.

The season is quickly approaching, and I just wanted to update everyone on the current plan we have going forward. We anticipate a full return to play with a tiered U19 division that will include a U19AA team. Registrations are open until August 20th so we encourage you to REGISTER NOW at <https://sherwoodparkringette.ca/content/registration>.

U19 Birth Years 2004 - 2006: \$150 Fundraising fee + \$725 + \$61 (Ringette Alberta fee) = \$936

Warm-up Skates for all U19 athletes

August 14, 2022 7:30-8:30pm @GARC

August 16, 2022 8:30-9:30pm @ MLNM-SP

Registration will be done through the website at \$20 per session.

Evaluations

There will be two evaluation skates. For the process to be effective, players **MUST** attend **ALL** evaluation ice times assigned to them.

For game play evaluations please arrive no later than **30 mins** before your ice time to check in and receive your pinnie. If a player is unable to attend their designated ice time(s) please contact the Division Director. This may have an impact on their final placement.

Skate 1

- Group 1 September 4, 2022 4:15-5:15pm @ SOC
- Group 2 September 4, 2022 5:30-6:30pm @ SOC

Skate 2/Final Skate (There will be movement between group 1 and 2 so please don't assume you will always be in the same group.)

- Group 1 September 11, 2022 6:00-7:00pm @ GARC
- Group 2 September 11, 2022 7:15-8:15pm @ GARC

Please note that ice times are subject to change.

All players released from the "AA" tryouts will need to participate in the evaluation skates. In addition there will be no self-declaring this year as we fully expect to have a regular evaluation process.

Volunteers

To accommodate the evaluation process, we will need volunteers for the Evaluation Skates. If you would like to volunteer for a spot, please let me know.

Volunteers needed:

- Welcome Desk -2
- Bench Help - 4 (parents are not permitted to be on the same bench as their player)
- Time/Shot Clock-2

Coaching

We are always in need of coaches. Each team requires at least one head coach and one assistant coach. Ringette requires at least one certified female to be on the bench or ice at all times. All coaches and bench helpers are required to have the appropriate certification based on the division/level they are coaching and their role.

The cost of coaching clinics is reimbursed by SPRA. If you have any questions, please reach out to the coaching director Angela Kotyk coach@sherwoodparkringette.ca

ALSO CHECK OUT the SPRA Parent [Handbook](#) for important information. If you have any questions or concerns feel free to contact me.

Let's have a great U19 season!



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