



2022/23 Season Info Session

# Active Start



# Welcome!

- Intros
- Meeting Agenda:
  - Brief History of Children's Ringette
  - Overview of Active Start 2022/23 Programming
  - How do we put groups together
  - What Equipment is Needed?
  - Special Events/Dates throughout the season
  - Potential tournaments and games
  - Beyond the Season – what to expected in the next division
  - Q&A

# History of Children's Ringette

- Originally: Ringette in Canada was organized around the structure of the adult game, using only chronological age as a guide for athlete grouping
- In 2009 Ringette Canada released its Long-Term Athlete Development Model which was then followed by a growing body of research in support of making adjustments to "Children's Ringette" (the Active start through U10 divisions)
- We now group children by stage using resources like the Ringette Essentials, rather than sticking to rigid chronological age groups, although age is a factor and used as a guide.
- Games will be cross-ice, half-ice or full-ice, based on the progress of the players, so the game fits them rather than them having to fit into the adult game. Net size is scaled and rules are scaled.
- Players will learn the fundamentals of the sport on a smaller surface that reflects their size (cross-ice or half-ice). Active Start are playing cross-ice/half ice games, while U10 Step 1 and Step 2 are playing half-ice games (or full ice depending on the association). U10 Step 3 are typically full ice.
- The ultimate goal of Children's Ringette is to eliminate progressing through age-based levels without regard to the players readiness (in groups below U12) and relying more on the Athlete Development Matrix which considers multiple elements of the athlete's readiness such as:
  - Skating and Ringette Skill (Includes UAAs)
  - Experience
  - Age, Maturity, Size
  - Readiness to learn
  - Friend Request Considerations
  - Team Balancing




# Active Start Groupings & Friend Requests

- How do we determine which group your child will be in?
  - No formal evals for Active Start however initial skate that gives us a rough idea
  - Active Start team grouping criteria is as follows:
    - Developmental Stage
    - Friend Requests
    - Coach Allocation
    - Team size/balancing
- There will be 3 Active Start teams this year
- Players will be grouped with friend requests and their parent coach
- I will be following up this week with those that have indicated friend requests to ensure I have captured all of them
- Majority of Active Start players are new to ringette however there are several with 1 year experience
- Team rosters will be communicated out to parents by October 3rd

# 2022/2023 Schedule

- First Skate: **Sept 30<sup>th</sup> @ 6:00 – MLP Chev**
- Regular Season Starts: **October 7<sup>th</sup> – Broadmoor Arena**
- Every Friday until early March (55 min)
  - 5:15 – Active Start 1
  - 6:20 or 7:30 – Active Start 2's Alternating
- **Team Snap** will be utilized for the schedule, to track attendance and as the main communication tool for the season
- Please watch your email for an invite to your team on Snap (often goes to junk mail)
- The full schedule will be entered into SNAP the week of Oct 3<sup>rd</sup>



# 2022/2023 Programming

- Season Goals:
  - 2 games per month against another local association (one on our Friday night ice time and one on theirs)
  - Potential for inter-squad games at any time
  - 2-3 local jamborees per season (one is our SPRA mini platinum ring) at coaches discretion
  - 1 monthly power staking session (to occur on our regular Friday night ice time)
- Outcome:
  - Improved skating skills over the season, lengthened stride, skating speed, stronger stops and starts, pivots, as well as improving backwards skating
  - Have age-appropriate understanding of fundamentals of game play (trying to score goals and trying to not get scored on)
  - Recognition of crease, “blue line”, passing and shooting
  - Confidence on the ice, comfort with being coached, and sense of being a team-mate
  - Readiness for U10 as appropriate

# Equipment Overview

**Helmet and Cage** - Chin should sit comfortably in the chin cup and no excess movement of the helmet. A ringette specific mask or cage must be used. Hockey masks are not safe for ringette. **Please ensure your child's name is displayed on the front of the helmet** (written on a strip of masking tape or a label).

**Neck Guard** – Must be padded and CSA approved.

**Elbow Pads** – should not impede the motion of the shoulder pad.

**Shoulder Pads** – Should be comfortable and not impede movement.

**Gloves** – Fingertips should be within 1/8" from the tip.

**Girdle** – Should not extend below the knees.

**Ringette Pants** – Any brand will do – if the ones you have are too big they can be taped at the bottom - ensure they are not hanging over the skate impeding movement.

**Shin Pads** – Should not interfere with the skate or skate tongue.

**Skates** - Skates should never hurt; there is no such thing as a "break in period". A good rule of thumb is having toes 1/8" away from the tip when the skates are tied and ensure a proper width. It is not recommended to purchase skates too large for the child as it will impact their skating ability. It may be worthwhile to consult with a skate fit expert to determine proper fit. (No Picks)

**Stick** – Ringette sticks are tapered with a reinforced tip. Sticks are best cut to fit under the arm pit without skates on. There are many benefits of a shorter stick.


**Water Bottle** – Labeled water bottle for your child.

**Hair Tied Back** – Please ensure hair is tied back, it can tend to migrate to the front of the eyes after a bit of time on the ice.

**Bag** – A bag that's fits all equipment.



\*\*\* A Jersey will be required for the initial skate  
\*\*\* Please ensure name is on front of helmet w/tape



# Special Events and Dates

- Halloween – Wear your costume to the arena – Oct 28<sup>th</sup>
- Photo Night – Typically first week in November
- Apparel Order – Likely Tyleen – TBD
- Christmas event – TBD – December 16<sup>th</sup>
- Christmas Break – Dec 17<sup>th</sup> to Jan 6<sup>th</sup>
- Valentines Event – Feb 10<sup>th</sup>
- SPRA Mini Platinum Ring Jamboree – March 4/5<sup>th</sup> (Tentative)
  - Volunteers Needed for the Committee
- Social/Team Building events as desired



# Tournaments and Scrimmages

- Potential Local Tournaments that have an Active Start Division:
  - Fort Saskatchewan Diamond Ring – Dec 2-4
  - Leduc Wild Thing – January TBD
  - Spruce Grove Sweetheart – Feb 17-20
  - SPRA Mini Platinum Ring – March 4-5
- Costs to register are 225.00-400.00 per team
- Some funds are available to cover but cash call may be required depending on how we want to proceed
- Scrimmages to be set up against:
  - Edmonton Ringette
  - St. Albert
  - Fort Saskatchewan
  - Spruce Grove/Stony Plain
  - Beaumont?

# Beyond the Season:

## Evaluation Process for U10 and Up

- For those players that are returning or will turn 7 next year after this season, U10 may be the natural next step next season.
- After registration, but before the start of the season, all U10 and up players will be subject to Universal Athlete Evaluations (UAAs) as required by Ringette Alberta.
- These evaluations (led by Competitive Thread), as well as game play evaluations (led by SPRA coaches), provide skill-based information to determine which stage-based grouping is the best fit for a player within U10 (Step 1, 2, or 3).
- First year U10s typically land in the Step 1 range but there are some exceptions.
- Throughout the season we will continue the conversation with families to help prepare the kids for these evals and to help everyone get a solid understanding of the process.

# Recap: What do I need to know right now?

- First Skate: **September 30<sup>th</sup> @ 6:00 – MLP Chev**
- Ensure your child has the **required equipment** in time for Sept 30<sup>th</sup>:
  - Including their **name marked** on the front of their helmet
  - A jersey
- Season begins at **Broadmoor Rink October 7<sup>th</sup>** – Time TBD (Either 5:15, 6:20 or 7:30)
- Jerseys will be handed out Oct 7<sup>th</sup>
- Bring a 50.00 post-dated (March 10<sup>th</sup> 2023) cheque to the Oct 7<sup>th</sup> ice time for a jersey deposit payable to **“Sherwood Park Ringette Association”**
- The full season schedule will be coming out on approx. October 3<sup>rd</sup> and you will receive an invite to **TeamSnap**



# Questions?

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