



New to ringette?

Here is some general information...

The following information pertains exclusively to the Southwest Winnipeg Ringette Association (SWRA). This catchment includes all residences with an R3T, R3Y, R3P, R3R, R3N, R3M, and R3L postal code (Wolseley south of Portage Avenue is also included). If you live in a different catchment, you would register with the ringette association in your own area (options are Bonivital, Macdonald, St. James, Transcona, North Winnipeg, River East, Interlake, Eastman or Portage la Prairie).

Here is some general information regarding registration within SWRA and what to expect during the ringette season:

Registration

Registration is open from July to September and can be done through our website at www.swra.ca. Mutual friend requests can be made during registration and we will do our best to honour them. We encourage participants to register as early as possible to allow us to project how many teams will be formed and give us time to recruit coaches.

Below indicates the registration costs from the 2024-25 season. **These fees will likely increase next season for U10 and up.** Registration fees cover ice used for games, major and minor officials, community centre fees, player/coach insurance, and any additional fees allocated by the Winnipeg Ringette League and Ringette Manitoba.

R4U (ages 3-7) - \$200 to register (covers entire season cost)

U10 (ages 8 & 9) - \$450 to register (plus team fees for practice ice, tournaments, team building, etc.)

U12 (ages 10 & 11) - \$500 to register (plus team fees for practice ice, tournaments, team building, etc.)

Additional team fees for U10 and older usually range from \$500-\$800 but they will vary based on roster size and the number of tournaments the team enters. The team manager will create a budget at the beginning of the season and collect additional fees in installments throughout the season to cover these costs.

***We offer a new player rebate of \$100 which is reimbursed in March when the season ends. We also offer significant rebates to any player who chooses to play as a goalie for 50% or more of the regular season.

R4U

Ringette 4 U (R4U) is an instructor-led ringette program focused on developing athletic abilities in children aged 3-8. It is a mixture of skill specific lessons and half-ice games that expand the skill level of its participants and encourage fun competition. Trained instructors will lead the ice times but parent volunteers are required to assist on the ice and the bench. Parents will be asked to declare if they are willing to volunteer at the time of registration.

Players with some ringette and/or skating experience can choose to register in U10 starting at age 7. These players would attend our assessments in September to determine whether they are ready to play in U10. Our evaluators will ultimately determine readiness and recommend if the child should remain in R4U for one more season or move up to U10.

Practices and Games

Ringette runs for about 6 months of the year and requires a considerable time commitment. Attendance is important to ensure ongoing skill development and team cohesion. If you know you cannot commit to 2-3 sessions per week, this may not be the sport for you.

Practices for all teams will begin in late September or early October with games beginning the first week of November for U10 and up.

R4U ice times have historically been Sunday mornings at River Heights Arena (1370 Grosvenor Ave) and Tuesday evenings at Charles A Barbour Arena (500 Nathaniel St). These ice times are not necessarily guaranteed year-to-year and are subject to change based on our ice contracts. Two ice times per week is the anticipated commitment.

U10 and U12 typically have three ice times per week – for example, 1 game and 1 practice on the weekend and 1 additional practice on a weeknight. Days and times will be confirmed once SWRA knows how many teams will be formed. You can expect to have an ice time on both Saturday and Sunday most weekends once games begin. These younger age groups typically get assigned morning ice times, but there is some variability.

U10 and U12 play in the Winnipeg Ringette League. This means they will play 16 league games plus playoffs between November and March. Half of those games will be at arenas within the SWRA catchment (Sam Southern, Eric Coy, Century, Richmond, Charles A Barbour). The away games will be throughout the city and may require some travel beyond the perimeter (e.g. Selkirk, Sanford, Steinbach) depending on where the home ice is for the other teams.

Playoffs

U10 and U12 teams will start playoffs at the end of February. R4U will continue playing into March with an end of season Jamboree taking place at the end of March or early April.

Equipment

All new R4U players will receive a free stick from Ringette Manitoba. Parents must obtain all the remaining equipment – see image on page 3 for what is required.

Ringette equipment is carried at Play it Again Sports (730 St Anne's Rd), Source for Sports (9-2077 Pembina Hwy), and Pro Hockey Life (860 St. James Street). Corydon Cycle & Sports (755 Corydon Ave) and Canadian Tire also carry some equipment. Facebook Marketplace will often have equipment for sale as well and for a fraction of the cost. (Note: SWRA will provide goalie equipment for any interested players).

Key Contacts

General questions can be sent to info@swra.ca.

You can also send specific questions at any time to the individuals below.

- Questions about R4U can be sent to r4u@swra.ca
- Questions about U10 can be sent to u10@swra.ca
- Questions about U12 can be sent to u12@swra.ca
- Questions about registration can be sent to the Registrar: registrar@swra.ca

All registered players will be contacted in September with additional information about the upcoming season.



Required Equipment

- 1 Hockey helmet and ringette face protector (both CSA certified)
- 2 Neck guard (BNQ approved)
- 3 Elbow pads
- 4 Jersey
- 5 Gloves
- 6 Girdle/pelvic protection
- 7 Ringette Pants
- 8 Shin pads
- 9 Skates
- 10 Ringette Stick

NOTE: Please consult provincial rules regarding the use of shoulder pads.

Équipement obligatoire

- 1 Casque de hockey et protecteur facial de ringette (les deux certifiés par l'ACN)
- 2 Protège-cou (approuvé par la BNQ)
- 3 Coudières
- 4 Maillot
- 5 Gants
- 6 Gaine / Protection pelvienne
- 7 Pantalon de ringette
- 8 Protège-tibias
- 9 Patins
- 10 Bâton de ringette

NOTA : Veuillez consulter les règlements provinciaux en ce qui concerne l'utilisation des épaulettes.

*Shoulder pads are also required.