



Greater Sudbury Ringette Association

AA Program

FAQ

1. What is AA ringette?

AA ringette is an opportunity for our athletes to compete at the highest level against the best players in the sport. It provides high level competition and training, outstanding coaching, a fun and supportive team environment, and promotes a healthy active lifestyle for athletes.

AA ringette is for athletes that want to pursue competitive ringette and:

- Have a growth mindset
- Want to work
- Want to learn
- Want to improve
- Want to compete!

2. Why should my player consider trying out for an AA ringette team?

If your player is the kind of athlete that wants to challenge herself and play against other top ringette athletes in Ontario and in Canada, then AA ringette is the choice for her. AA ringette offers the opportunity to:

- Play with like-minded athletes (dedicated to pursuit of excellence...)
- Receive high level coaching instruction
- Participate at the highest level available for her age group
- Learn and live valuable, transferable life skills, such as: responsibility, dependability, time management, etc.
- The potential to travel within Canada and play against other top ringette athletes



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3. What is the financial commitment?

There are some basic costs such as tournament registration fees, dryland training, and mandatory team apparel that are standard, but some other costs are team decisions. Variables that affect cost include:

- The number of tournaments, both home and away
- The additional type of training a team may wish to add to their own program (goalie instruction, power skating)
- Off-ice instruction (classroom sessions), additional team bonding functions or optional team apparel
- Coaching costs for non-parent coaches (apparel, travel, accommodations)
- Participation in post-Provincial play at the Canadian Ringette Championships (CRC) for U16AA (depending on host location/province)
- Amount of fundraising the team chooses to do in addition to the North Stars AA program requirements

The approximate team budget (excluding registration fees) for the U16AA - 2023-2024 season will be \$35,000 (which includes practice ice, exhibition games, team building, tournament entries, fitness training, Provincials costs, wind-up, admin fees, etc).

- Team fees can be offset in part or whole depending on the amount of money fundraised/sponsors received
- When a team qualifies through the Provincial playdowns by placing in a top position, they will be offered the chance to go to CRC (depending on how many teams are able to go from the province) - this cost will be in addition to the above



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4. What is the time commitment for AA ringette?

The time commitment will be approximately as follows which is what the budget is built on

- 2-3 hours of regular practice ice sessions per week. Coaches are required to follow Ringette Canada's Long-Term Athlete Development (LTAD) principles with respect to practice and playing time.
- 1 dryland session per week of 60 to 75 minutes
- Approximately 12 to 16 league games (to be finalized)
- Approximately 3 to 5 exhibition games
- Participation in 4 to 6 tournaments
- Athlete volunteerism – AA athletes are expected to give back to the sport of ringette and to the community (minimum of three hours per Standard Player Contract)
- Fundraising – athletes and families will participate in fundraising opportunities to offset the costs of AA ringette. AA ringette requires a strong commitment by both the athlete and the family. But not to worry, it takes a village, and GSRA AA ringette has a village of supportive families that work together to help each other.

5. What about fundraising?

Individual teams are encouraged to establish their own fundraising committees and initiatives (all fundraising must be approved by the GSRA Fundraising Coordinator. Examples of successful fundraising options are:

- 50/50 sales
- Silent auctions
- Raffle sales (cheer basket)
- Bottle drives
- Food sales fundraiser



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6. Are athletes permitted/encouraged to play other sports during the ringette season?

Greater Sudbury Ringette Association (GSRA) recognizes that athletes are required to balance many commitments. These commitments often include family, school and other sports. GSRA supports that family and school commitments take priority over ringette.

At the U16 level, GSRA encourages players to play other sports. The coach(es) will work with the family and the athlete to balance ringette with other sports, especially school sports.

Family and academics will always be the athlete's priority.

Please note that this is consistent with Ringette Canada's LTAD principles.

7. What are the AA season timelines?

Timelines vary from season to season depending on a number of factors. Typically:

- Evaluations and team selection for AA are before other GSRA evaluations, typically begin in mid-April, and depend on ice availability
- Some "off season" team building activities (to be determined)
- September to mid-March – regular season practices, games and tournaments
- End of Feb to mid-March – Provincials*
- Early April – Canadian Ringette Championships (CRC)*

**It is expected that teams will strive to attain a berth and compete in post season play. I.e. Provincials and CRC. Commitments to these events must be confirmed by December 15th of the current season.*

Locations and dates for post season competition will be announced by December of the current season or earlier if known. Note: Given the size of CRCs dates and location are generally known a year in advance – please see the Ringette Canada website for information.



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8. How can I be considered for an AA team?

Tryouts are organised by the GSRA President and Player Development Coordinator (PDC) in consultation with the GSRA Board of Directors.

Athletes wishing to pursue the competitive stream will register and participate in AA tryouts during the GSRA evaluations, to ensure they meet all the criteria for AA ringette (commitment, skill level, desire...).

Every position on the team is open, regardless of where you played last season, you must prove yourself at the tryouts. Team selection will be based on ringette and skating skill, attitude, team play, commitment and enthusiasm.

Independent evaluators with experience and knowledge about competitive ringette will assess the AA hopefuls. Where possible, AA evaluations will include skill, speed and scrimmage assessment. This may vary each season and level depending on a number of factors. Goaltenders will be evaluated at the same time.

During the registration process GSRA requires a firm commitment as to what the player's intentions are. I.e.; Playing AA or are you there for extra ice.

Additional information on [GSRA competitive Tryout](#) process and policies can be found on the GSRA website.



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9. What is the team selection process for AA?

Team size will be consistent with Ringette Ontario policies (depending on association registration numbers and is also at the Head/Co-Coaches discretion).

Athletes will be evaluated on multiple criteria by both independent evaluators and Head/Co-Coaches (refer to Evaluation Criteria sheet on GSRA website).

There are a total of three skates, the format of the three skates will be determined by the GSRA President and Player Development Coordinator.

Subsequent releases and final team roster will be selected by Head Coach/Co-Coaches with oversight from the Independent Evaluation Committee based on evaluation criteria.

Successful players will be provided notification via email offering them a position on the GSRA U16AA Roster within 48 hours following the final evaluation skate.

The GSRA President, Player Development Coordinator and team coaching staff will work with each family to eliminate barriers for any athlete that wants to play competitive ringette.

Non-resident players at all levels will be considered, depending on the availability of GSRA resident athletes eligible to play at that level. Preference will be given to GSRA athletes that can compete at the AA level (has the skill, commitment, desire), bearing in mind the program's need to create competitive AA teams.

10. Is there special teamwear for GSRA North Stars AA ringette players?

Teamwear and equipment will be decided on by individual teams, in conjunction with the coaches/team staff. Mandatory equipment includes GSRA ringette pants, black gloves and black helmet. The teamwear that the individual teams determine to be required will be mandatory at all team events.



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11. When is AA registration and how do I indicate my player's intent to play at the competitive level?

All interested athletes will register via the GSRA website or Facebook posting through Google Forms at the same time regular registration occurs. Registration deadline for AA is April 6th.

There is a \$55 nonrefundable evaluation fee.

During the registration process, GSRA requires a firm commitment as to what the player's intentions are.

I.e. Playing AA or are you there for extra ice?

12. How are the coaches selected for AA teams?

All coaches wishing to coach at the AA level must apply via the Google form sent out/provided on the GSRA website or Facebook site. Coaches must have the required certifications at the time of application or by the certification deadline (December 15 of the current season).

After the application deadline, the Coach Selection Committee will convene for coach selection. The athletes' best interests are always the primary focus of the coach selection process.

Coaches at each AA division will be selected and announced before March 31 of the upcoming season.

Additional information about the coach selection process can be found in the Guidelines and Procedures Manual on the GSRA website.



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13. Can interested players from other associations tryout for GSRA AA?

Yes, players from any association can try out for GSRA AA, but we require that you follow the Ringette Ontario Residency Policy for nonresident players along with the [GSRA Out-of-Association policy](#). Please visit the Ringette Ontario/GSRA website to ensure you are aware of the policy prior to trying out.

14. Who do I contact for more information about AA ringette?

For more information, or if you have any questions please email GSRingette@gmail.com