



# FUN3 Staging Implementation

## Purpose:

Over the summer, a committee was put in place to implement a pilot in the FUN3 program that introduces the concept of Staging within the FUN3 age cohort. The goal of the pilot is to encourage and foster growth of FUN3 players at all skill levels across the region providing players additional opportunities for growth and player development.

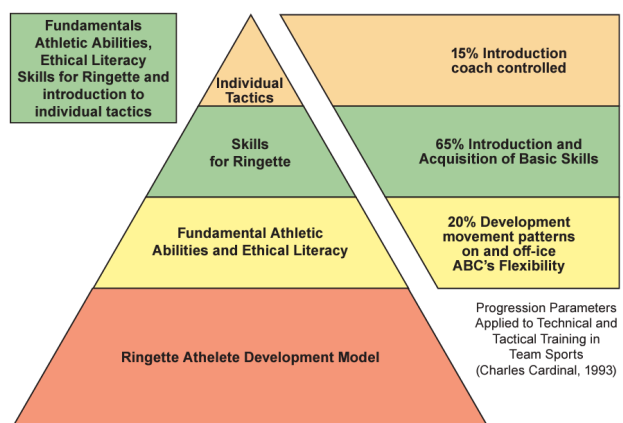
By implementing stages, players are able to focus on skill acquisition and refinement not only within their practices but within games and tournaments as well providing for a more well-rounded experience over the course of the season.

One of the primary goals of the Staged approach is to foster further ring touches (each player touches the ring more) and teamwork between players allowing for active gameplay to occur between teams.

## About the FUNdamentals FUN3 Program:

The FUN3 program is geared towards the transition to full-ice gameplay. Teams can expect to have one practice and game a week, players are aged 8 - 9 in this category. The FUN3 program is a great introduction to team sport by encouraging players to work together through practice, gameplay and social interaction while learning the sport of ringette.

Stage Goal: Program focuses on FUN on ice.



## About Stage 1

FUN3 Stage 1 is about skills acquisition and learning the game of ringette from an individual and team perspective. Players at Stage 1 are focused on learning the fundamental skills of ringette - ring skills, checking, possession - while introducing team concepts such as plays, breakouts and general teamwork. Learning gameplay and the rules of ringette start here.

## About Stage 2

FUN3 Stage 2 is for players who have demonstrated initial identification of skills within Stage 1 and are ready for further refinement of these skills.

**Evaluation Process:**

Similar to past seasons, the evaluation process will remain the same. West Ottawa has allocated additional ice to the FUN3 sort-out process this season to ensure every player receives proper evaluation.

As in past years, age, and number of years in FUN3 are not components included in the evaluation process - we only evaluate players at the on-ice sessions based on skills presented at those sessions.

Due to the nature of the staging evaluation process, **it is critical that every child attend sort-outs so they receive proper evaluation time.**

**Player Rotation:**

Similar to all other West Ottawa Regional teams (and Ringette Canada FUN3 guidelines), teams must rotate player positions. All FUN3 teams will continue to rotate players through the goalie position giving players an opportunity to try out different positions and learn different skills.

The West Ottawa Player Rotation Policy is available [here](#).

**Team Formation:**

Upon completion of sort-out evaluations, players, teams and coaches will be identified as Stage 1 or 2 teams.

The number and size of teams in each stage will not be determined until sort-out evaluations are completed.

# Frequently Asked Questions

## General

### Who was involved in the committee for the Staging Pilot?

All associations were involved in discussions of the pilot program, and a dedicated committee was formed that constructed the high-level framework.

This initiative is supported by Ringette Ontario and involves collaboration among NCRRL associations, ERRA, and Ringette Canada. Each association within the NCRRL will actively participate in implementing and evaluating the staged development approach.

### My child is in FUN2 should they now go into FUN3 Stage 1?

No, FUN3 Stage 1 is not intended to replace the FUN2 program. The FUN2 program has valuable goals and components that it seeks to accomplish within player development.

### How will the success of the staged development approach be monitored?

Once teams are formed, West Ottawa will be working with coaches to discuss the progress of their teams. Parents are encouraged to provide feedback on the program via West Ottawa's mid and end of year surveys and/or directly to the [Regional Director](#) throughout the season.

## Team Formation

### Do practices or ice times change between Stage 1 or 2 teams?

No, West Ottawa believes in the growth and development of both stages and will offer the same ice allocation to both stages. This is in concert with Ringette Canada LTAD principles.

<b>Fundamentals - Appropriate Training Ratios and Ranges adapted from Balyi and Cardinal</b>	<b>Fundamentals (6-8)</b>
Length of plan (weeks)	Up to 24 weeks
Length of Preparation Period	1 to 4 weeks
Length of Development Period	4 to 8 weeks
Development and Modified Regular Season	16 to 20 week
Practice to Game Ratio Development Phase	3:1
Practice to Game Ratio Regular Season Phase	2:1
Average training days/week	2 to 3 days/week
Average length of Practice (mins)	30 to 45 minutes
% days devoted to Competition	75%
% days devoted to Practice or Training	25%

### Do you know how many Stage 1 or 2 teams you will be forming?

No, we do not determine what stages of teams we will be forming until we view the players at sort-outs.

This is the same approach we take at all levels of team formation within our association.

**My player is new to the sport and I'd like them to play in Stage 1?**

We have many players that have come from other sports with skating skills and pick up the game very quickly.

If you have any concerns, please reach out to the [Regional Director](#), to discuss.

**Will players still have the opportunity to receive and accept friend requests under the staged development approach?**

In the event that both players are evaluated at the same Stage, the current Friend Policy is applied (whereby we attempt to group players together, however this is not guaranteed). In the event that one player is evaluated at Stage 2 and the other at Stage 1, the Regional Director will reach out to the families to discuss.

## League and Tournament Play

**How will Call-Ups in League games work this year?**

FUN3 Stage 2 teams will be allowed to call across from other FUN3 Stage 2 teams and call-up from Stage 1 teams.

FUN3 Stage 1 teams will only be allowed to call across from other FUN3 Stage 1 teams.

**How will NCRRL tournaments be structured under the staged development approach?**

NCRRL Associations hosting tournaments must clearly communicate which stages (Stage 1 and 2) are offered. Whenever possible, associations should provide pools for both Stage 1 and 2 to accommodate teams at varying skill levels. This ensures that all participating teams have appropriate competition and developmental opportunities aligned with their respective stages.

**Can teams from the NCRRL attend tournaments outside of the league?**

Yes, teams from the NCRRL are allowed to attend tournaments outside of the league (and it is very much encouraged). This provides opportunities for teams to gain exposure to different skills, approaches and environments, contributing to their overall development and experience in ringette.

## Additional Questions

For any additional questions, please reach out to the [Regional Director](#).