



Competitive Program Information / Expectations

The West Ottawa Ringette Association (WORA) competitive teams provide competition for those players who want to play ringette at a higher level and are willing to make the commitment.

The purpose of this document is to provide information to players and parents/guardians regarding team expectations, commitments and cost before deciding to try out and play at the competitive level.

Competitive players are expected to make ringette their primary activity during the season. Players are expected to attend all team activities including practices, league games, tournaments, play-offs, provincials, off-ice training sessions, fundraising opportunities and all other organized team events.

The occasional absence due to illness, injury or family event is unavoidable, but competitive players are expected to make ringette their extracurricular priority for the duration of the ringette season.

Competitive players are expected to attend Provincial Championships, Canadian Ringette Championships or Eastern Canadian Championships if their team qualifies.

AA Team Information

Tryouts for AA

- Tryouts for AA teams will be held in the spring– please monitor the website for the schedule.
- Parents/Guardians are expected to check the website for the tryout schedule and location. If you have any questions please do not hesitate to contact our Competitive Director at competitive@westottawaringette.com
- At the first WORA tryout you attend, the fee to participate must have been paid. For WORA, this fee is a one-time cost no matter how many tryout sessions you participate in. This fee must be purchased and paid for in advance on the registration system. For Out of Association players, the fee must also be paid prior to the first tryout.
- The teams will be selected and announced in the spring at the completion of tryouts.
- Players will be notified by email if they have been chosen for the team. Ideally, WORA prefers to have coaches set before the end of tryouts. WORA will announce the coach when it is known. In the instance the coach cannot be selected before the final tryout, players who are selected will be sent an email announcing the coach and offering a position on the team. The player has 24 hours to notify the competitive director if they decline the offer.
- The Competitive Commitment Survey is signed during the tryout registration process, but is also found on the [WORA website](#).
- Players not selected for a AA team may attend A tryouts which will follow the AA tryouts and begin in late spring – please monitor the website for the schedule.

Tryout Process for AA

- **If you intend to try out for AA please visit the Eastern Region website to indicate your intent.** Visit the ERRR webpage and complete the form indicating where you will be trying out. You need to do this even if you are a WORA player trying out only for a WORA team. In addition to WORA, you also indicate in what other associations you will be trying out as an Out of Association player, if applicable.
- When you register for tryouts with WORA, the Association is notified and will follow up with further instructions and information. This includes the following:
 - A link to register for WORA tryouts,
 - The link to WORA's Competitive Information document which contains all the information related to our competitive program
- Monitor the website for the schedule and location for tryouts.

Information and Expectations for AA

- All AA players must participate in the mandatory WORA sponsored power skating/dryland or other player development programs put in place by WORA or the team's coach. Goalies currently have separate mandatory training.
- The AA teams may compete in the LERQ (Quebec elite league) against teams from Quebec and the National Capital Region.
 - *Teams should expect to make 2 or 3 trips to Montreal or Quebec City to play double header games against the Quebec teams.*
- **The AA teams must participate in a minimum of 4 tournaments, at least 2 of which must be outside of region in two different regions. Additional tournaments may be entered. - TBD**
- The AA teams will compete in the AA Provincial Championships which are usually held early March.
- The U14 AA team may also have the potential to attend the Eastern Canadian Ringette Championships. A West Ottawa U14 AA team who wins Provincials must attend the Eastern Canadian Championships to represent Team Ontario. This is a 6 day event usually held mid-April.
- The U16 and U19 AA teams may also have the potential to attend the Canadian Ringette Championships. A West Ottawa U16 and U19 AA team who wins Provincials must attend Canadian Ringette Championships to represent Team Ontario. This is a 6 day event usually held at the beginning of April.
- When a team fills in the attempt to proceed to Canadian Ringette Championship and select to go no matter where they finish. They will be obligated to go at all costs.
- Beyond the normal game and practice per week, the AA teams participate in power skating, will purchase extra ice sessions as well as hold other dryland sessions designed to develop conditioning and strategy. This means that players may be involved in mandatory ringette activities three to five times per week.
- If a competitive player falls below an acceptable attendance level in any of the team activity areas of dryland, practices, power skating and/or games, that player may be removed from the team by the WORA Executive*.

Financial Commitment for AA

- With competitive teams there is a greater financial commitment.
- The costs of teamwear, tournaments, Provincials, extra ice, power skating and dryland training all add up. It means families can expect to pay anywhere from \$1000 - \$3000 per player above and beyond registration fees depending on the amount of fundraising the team does. This includes such costs as hotel rooms, gas, meals etc.

- If the team attends the Eastern Canadian Ringette Championships (U14 AA) or the Canadian Ringette Championships (U16 & U19 AA) then the financial commitment can increase dramatically by \$2000 - \$6000 per player due to increased travel and accommodation costs.
- Please see the Appendix A below for more details on what to expect in terms of financial commitment.

A Team Information

Tryouts for U14 A, U16 A and U19 A

- Tryouts for U19 A will be held in early June. Monitor the website for details, schedules and locations.
- Tryouts for U14 A and U16 A will be held in the spring. These will follow the tryouts for U14 AA and U16 AA. Please monitor the website for the schedule and location.
- At the first WORA tryout you attend, the fee to participate must have been paid. For WORA, this fee is a one-time cost no matter how many tryout sessions you participate in. This fee must be purchased and paid for in advance on the registration system. For Out of Association players, the fee must also be paid prior to the first tryout.
- Players will be notified by email if they have been chosen for the team. Ideally, WORA prefers to have coaches set before the end of tryouts. WORA will announce the coach when it is known. In the instance the coach cannot be selected before the final tryout, players who are selected will be sent an email announcing the coach and offering a position on the team. The player has 24 hours to notify the competitive director if they decline the offer.
- The Competitive Commitment Survey is signed during the tryout registration process, but is also found on the WORA website.
- Players not selected for the A tryouts will be asked to attend Regional tryouts for U14 B/C, U16 B/C or U19B in the fall.

Tryout Process for U14 A, U16 A and U19 A

- **If you intend to try out for A please visit the Eastern Region website to indicate you are trying out.** Visit the ERRR Webpage and complete the form indicating where you will be trying out. You need to do this even if you are a West Ottawa player trying out only in WORA. In addition to West Ottawa you also indicate in what other associations you will be trying out as an Out of Association player
- When you register for tryouts with West Ottawa the Association is notified and will follow up with further instructions and information. This includes the following:
 - A link to register for WORA tryouts,
 - The link to WORA's Competitive Information document which contains all the information related to our competitive program
- Monitor the website for the schedule and location for tryouts.

Information and Expectations for U14 A, U16 A & U19 A

- All U14 A and U16 A players must participate in the mandatory WORA sponsored power skating/dryland program or other player development programs put in place by WORA or the team's coach. Goalies currently have separate mandatory training.
- U19 A players may participate in weekly dryland training at the discretion of the coach
- The U14 A team plays in the National Capital Region Ringette League (NCRRL).

- The U16 A and U19 A teams might compete in the LRQ (Quebec league) against teams from Quebec and the National Capital Region.
 - *Teams should expect to make 2 or 3 trips to Montreal and/or Quebec City to play double header games against the Quebec teams.*
- All A teams must participate in at least one out-of-region tournament and one local tournament. Most choose to enter 2 out of region tournaments and 2 local tournaments or more. Tournament games are used for rankings towards qualifying for the A Provincial Championships. The top teams in the Province attend.
 - All A teams attempt to qualify for and are expected to participate in the A Provincial Championships which are typically held during/around March break.
 - U16 A and U19 A teams may also have the potential to attend the Eastern Canadian Ringette Championships. A West Ottawa team who wins Provincials in their age division is expected to attend the Eastern Championship to represent Team Ontario. This is a 6-day event usually held in mid-April.
- Beyond the normal game and practice per week, the U14 A and U16 A teams will participate in power skating, will purchase extra ice sessions as well as hold other dry land sessions designed to develop conditioning and strategy. This means that players may be involved in mandatory ringette activities three to five times per week.
- If a competitive player falls below an acceptable attendance level in any of the team activity areas of dryland, practices, power skating and/or games, that player may be removed from the team by the WORA Executive*.

Financial Commitment for U14 A, U16 A and U19 A

- With competitive teams there is a greater financial commitment.
- The costs of teamwear, tournaments, Provincials, extra ice, power skating and dryland training all add up. It means families can expect to pay anywhere from \$1000 - \$3000 per player above and beyond registration fees depending on the amount of fundraising the team does. This includes such costs as hotel rooms, gas, meals etc.
- If the team attends the Eastern Canadian Ringette Championships then the financial commitment can increase dramatically by \$2000 - \$6000 per player due to increased travel and accommodation costs.
- Please see the Appendix B below for more details on what to expect in terms of financial commitment.

Out Of Association

If you are attending a tryout as an Out of Association player you express your intent to tryout with WORA and register for WORA tryouts prior to the first session.

If an out of association player is offered a spot on a WORA team, they must complete the player release form. This form needs to be signed by the association president or delegate and may be found on the [Ringette Ontario website](#)

Questions or help?

If you have any questions about the WORA competitive program please contact our Competitive Director at competitive@westottawaringette.com.

** Coaches may apply discipline as deemed appropriate. For example: If a player falls below an acceptable attendance level they will miss 10 minutes of the next game. If it happens again she will miss the next game but must attend. The 3rd time she will be removed from the team.*

Reviewed and approved July 2022.

Appendix A
Example of a Competitive Player Contract

As a member of a West Ottawa Ringette Association (WORA) competitive team, I understand that the following are my responsibilities:

- To arrive prepared and on time for practices.
- To arrive prepared and on time for game warm-ups and games.
- To arrive prepared and on time for tournament warm-ups and games.
- To practice and play to the best of my ability.
- To notify the Coach in advance when I am unable to participate in any team activity.
- To ensure a healthy diet, proper hydration and sufficient rest.
- To participate in the regular physical training sessions as I continue to increase my strength and endurance.
- To participate in the regular physical training sessions as I continue to improve my skills.
- To listen attentively to the Coach, Assistant Coach(es), Trainer, and Team Manager.
- To respect players as they listen to the bench staff.
- To respect and encourage my Team mates both on and off the ice.
- To abide by the Player Code of Conduct and conduct myself as an ambassador for WORA at games and tournaments.

Should I not be able to meet my responsibilities as outlined above, I understand the consequences may include being asked to leave a practice, to leave a game, being required to sit on the Player bench for part of a practice or game, being required to sit on a Player bench for an entire game.

If attendance falls below an acceptable level (as determined by my coach) due to reasons other than illness or injury in any of the team activity areas of dryland, practices, power skating and/or games, I understand that I may be removed from the team by the WORA Executive.

Name: _____

Signature: _____

Phone Number: _____

Date: _____

Appendix B

Example Details on the Costs of Playing Competitive Ringette

Additional Cost Estimate to Play U14 A, U16 A, U19 A

	<u>Team Cost</u>	<u>Per Player</u> 13	players per team assumed
Try Out Fee		\$75	(\$75 flat rate covers any tryouts for teams)
Tournament Registrations			
Oshawa	\$795	\$61	
Nepean	\$775	\$60	
Cambridge	\$725	\$56	
Gloucester	\$775	\$60	
West Ottawa	\$700	\$54	
A Provincial Championships	\$1,460	\$112	

Tournament/Away Accommodation		
Oshawa	\$450	Assumes 1 player and 1 adult for a 3 night hotel stay at \$150/night
Cambridge	\$450	Assumes 1 player and 1 adult for a 3 night hotel stay at \$150/night
Montreal/Quebec City Away (JA & BA)	\$150	Assumes 1 player and 1 adult for a 1 night hotel stay at \$150/night
A Provincial Championships	\$600	Assumes 1 player and 1 adult for a 4 night hotel stay at \$150/night

Other Costs			
Additional Ice	\$3,250	\$250	
Power Skating / Dryland		\$325	
Team Wear		\$240	(if all items are needed)

Team Building Events	\$400	\$31	
Bus to Montreal	\$2,200	\$169	

Total Additional Cost Estimate \$2,923

Important Notes

- For out of town tournaments please also factor in fuel, food and any other travel expenses.
- This estimate excludes any team sponsorships or fundraising.
- Tournaments listed are examples only, the actual tournaments may differ but at least 2 will be out of town.

Additional Cost Estimate to Play U14 AA and U16 AA

	Team Cost	Per Player	
		13	players per team assumed
Try Out Fee		\$75	(\$75 flat rate covers any tryouts for teams)
Tournament Registrations			
Oshawa	\$795	\$61	
Nepean	\$775	\$60	
Cambridge	\$725	\$56	
Gloucester	\$775	\$60	
Ottawa	\$700	\$54	
AA Provincial Championship	\$1,575	\$121	

Tournament/ Away Accommodation		
Oshawa	\$450	Assumes 1 player and 1 adult for a 3 night hotel stay at \$150/night
Cambridge	\$450	Assumes 1 player and 1 adult for a 3 night hotel stay at \$150/night
Montreal/Quebec City Away	\$150	Assumes 1 player and 1 adult for a 1 night hotel stay at \$150/night
AA Provincial Championships	\$600	Assumes 1 player and 1 adult for a 4 night hotel stay at \$150/night

Other Costs		
Additional Ice	\$3,250	\$250
Power Skating / Dryland		\$325
Team Wear		\$240 (if all items are needed)
Team Building Events	\$400	\$31
Bus to Montreal	\$2,200	\$169

Total Additional Cost Estimate \$2,932

Important Notes

- For out of town tournaments please also factor in fuel, food and any other travel expenses.
- This estimate excludes any team sponsorships or fundraising.
- Tournaments listed are examples only, the actual tournaments may differ but at least 2 will be out of town.

Reviewed and revised June 2022