



West Ottawa Ringette Association Program Information

FUNDamentals - FUN1, FUN2, and FUN3

The FUNDamentals program focuses on developing skating ability, introducing ringette skills and having fun. There are three progressive age categories in FUNDamentals - FUN1, FUN2, and FUN3. Many players start with some basic skating skills, but that is not a requirement at this age. Ringette is a great way to learn to skate while having fun!

FUN1 is for children, usually ages 4-6, who are new to ringette or skating, learning basic game structure, and still developing basic skills. This group rotates through different stations and the ice is broken into three sections. FUN1 has one ice time per week and is usually on Saturday mornings.

FUN2 is for children, usually ages 6-8, who are learning to lengthen their stride, ready to learn more rules of ringette, and have developed some basic skills. This group plays "Mini Ringette" against other association teams. "Mini Ringette" is half-ice games that are divided at center ice. FUN2 has two ice times per week, generally one practice during the week and a game during the weekend.

FUN3 is for children, usually 8-9, who demonstrate that they have acquired the physical, cognitive, and social readiness for more challenging play. This group plays full-ice ringette. FUN3 has two ice times per week, generally one practice during the week and a game during the weekend.

More information about the FUNDamentals program can be found on our website, at this link:

<https://westottawaringette.com/content/fundamentals>

Registration

Registration is available through our online registration system (RAMP). Registration fees cover both the ringette sessions and the learn-to-skate program. If this is your first time using the RAMP registration system, you will need to set up an account by clicking on "Create one here." Registration fees must be paid on-line at time of registration or off-line via e-transfer or cheque within 2 weeks of registration. More information about registration fees can be found at <https://westottawaringette.com/content/2022-23-registration>.

In addition to WORA's registration fees, players are also required to pay membership, dues, and insurance fees to Ringette Ontario (RO), ranging from \$40.00 to \$60.00 per season depending on level of play. These fees are non-refundable.

WORA and RO registration fees do not cover team fees. Team fees apply to FUN2 - U19 and cover costs related to tournaments, power skating, dryland, team wear, and team building events. It should be noted that, for Regional level, power skating and dryland are optional. Teams often engage in various fundraising activities to help offset these costs.

Communications

Most of our communication is done through email and our website. If you have any questions about the Fundamental program, please contact our Regional Director at regional@westottawaringette.com. Also, check the WORA website at <http://www.westottawaringette.com> throughout the season for more information.

Ice Time

All FUN1 ice times will be at CRC A at either 8am or 9am; your time will alternate each week. The Goulbourn Skating Club runs the 8am ice time and will focus on skating, while WORA runs the 9am ice time and focuses on ringette skills. A few times throughout the season, our FUN1 players may have the opportunity to play a game with another Ottawa-area FUN1 Team, which may be at a different time and location. These games are purely for fun and are often a highlight of the season.

FUN2 and FUN3 will have an average of one practice and one game each week. Practices and home games are all in the west end (most often at Stittsville, Richmond, Kanata, or Carp arenas). Away game locations will depend on the association.

Volunteers

We have always run a successful FUNDamentals program because of the great volunteers we have. Please consider being part of our team. You don't need to know a lot of drills; we will provide them for our volunteers. Here are some of the positions we are looking for:

Coaches – we will have 3-4 groups, each needing 1-2 coaches who can lead/demonstrate drills and give feedback. No experience or certification necessary.

Helpers – we always need extra parents to help on the ice. If you are not comfortable leading, but would like to help, we can use you. We need more of these types of volunteers with the younger kids.

Teen helpers - we give community service hours. If you know of someone who would be interested in helping us out, please let us know.

Equipment

All WORA players, regardless of age or level of play, must wear full ringette equipment as follows:

- CSA approved helmet with a ringette mask (hockey masks do not stop ringette sticks from getting through)
- ringette stick (actual ringette sticks are better than cut off hockey sticks because they are tapered on the end)
- neck guard
- shoulder pads
- elbow pads
- shin pads
- gloves
- skates
- ****practice jersey****
- ringette pants and girdle OR hockey pants and jill (female jock) and socks
- mouth guard (optional)

****Players will be given a game jersey to wear for the season, which is to be worn for games only.****

U12-U19 Programs

Regional (recreational) teams are formed in September during sortouts. U12 teams are tiered A, B, and C. For U14 through U19, the teams are tiered in ability and play against teams of similar ability from other associations. If there is more than one team at a level, for example two U12B teams, both teams will be balanced.

Regional teams have an average of one practice and one game each week, as well as enter tournaments as determined by the individual teams and coaches. As mentioned above, power skating and dryland are optional.

If you have any questions related to Regional play, please contact regional@westottawaringette.com.

Competitive evaluations for U12 are usually held in September, whereas U14-U19 tryouts are held in the spring. Teams are formed shortly after and are tiered. Competitive teams have an average of two practices each week and one game, as well as mandatory power skating sessions (additional cost). Most Competitive teams also participate in weekly dryland sessions (additional cost). Teams enter tournaments, which are partially determined by RO and the divisions accepted by each event.

Competitive program information and expectations can be found here:
<https://www.westottawaringette.com/content/players>.

If you have any questions related to Competitive play, please contact competitive@westottawaringette.com.

We Need Your Help!

As an association that is solely run by volunteers, it is essential that everyone plays a part. Consider joining our team in areas of administration, social media, fundraising, and more. You do not need experience for any of these roles. In addition, we have a great support system through current volunteers who you can reach out to throughout the season if you have any questions.

We are also looking for event helpers, administration help, on-ice helpers, and so much more. For more information, please email executive@westottawaringette.com.

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