

Dear WORA Tryout Participants and Families,

Welcome to the 2025 WORA competitive tryouts for U14 and U16 AA and A divisions! Please carefully review the information below to ensure your player is fully prepared and eligible to participate in this year's tryouts.

This message will also be available on our [Tryout Information Page](#).



Tryout Schedules

Tryout schedules for each division can be accessed at the links below:

- [U14AA Schedule](#)
- [U16AA Schedule](#)
- [U14A Schedule](#)
- [U16A Schedule](#)

Note for U16A:

A tentative exhibition game is scheduled against Metcalfe. This will only proceed if Arnprior is unable to attend. Families will be notified as soon as possible if this game is confirmed.



Registration & ERRA Intent Form (Required)

Players will not be permitted on the ice unless both of the following are completed before their first tryout session:

1. Register for WORA tryouts through [RAMP](#).
2. Purchase a WORA tryout jersey set if you do not already own one.
 - a. Jerseys must be worn at all tryout sessions.
 - b. Jersey sets can be purchased during the registration process.
3. Complete the [ERRA Intent to Try Out Form](#).

For more details on registration, please contact [WORA registrar](#).



How to Prepare for Tryouts

CORA has put together a great video for both players and goalies on how to get ready for tryouts. WORA takes a very similar approach during our evaluations, so we highly encourage all participants to watch the videos in advance.

- [Watch the Player Tryout Prep Video](#)
- Watch the Goalie Tryout Prep Video



Tryout Format

Tryouts 1 & 2 – Skills & Drills

Evaluations will focus on:

- Skating: forward, backward, crossovers, agility, overall
- Ring Control: passing, stabbing, deking, possession, overall
- Defensive* Play: checking, coverage, positioning, overall
- Offensive* Play: shooting, scoring, positioning, overall

*Note: Evaluation of defense/offense is based on how players perform in those situations, not based on registered position.

Sample drills may include:

- Warm-up drills (tight turns, circles, etc.)
- The Finland
- The Raven
- 1-on-1, 2-on-2, 3-on-2, 3-on-3

Drill lengths may vary depending on evaluator readiness.

Tryout 3 – Intrasquad Game

Players will be assigned to the position listed on their registration form. Please ensure your player is registered under the position they wish to play and be evaluated at.

Evaluation Focus:

- Game pace and awareness
- Decision-making and adaptability
- Overall performance

Tryouts 4 & 5 – Exhibition Games

These games are played against teams from other associations. Evaluators will focus on similar criteria as Tryout 3 and will use these sessions to provide detailed feedback to support final team decisions.

Note: Ice time during intra-squad and exhibition games may vary. Evaluators may request more time with certain players. Rest assured, players will not receive less ice unless evaluators already have sufficient data for their assessment.



Player Releases

- AA Tryouts: Releases may begin after Tryout 1, depending on registration numbers.
- AA & A Tryouts: Releases will occur after each session starting after Tryout 2.
- Final team selections will be made following the last exhibition game.

Timing of Release Emails:

When sessions are back-to-back, emails may go out late at night or early morning. If there's a break between sessions, releases will be sent the following afternoon.



Locked Players

At a certain point in the tryouts, players locked on a WORA team may be asked to sit out of sessions. This allows evaluators to focus on other players still under consideration. Players may be notified in advance.



Out-of-Association (OOA) Players

WORA welcomes OOA players at tryouts.

Review the full [OOA Player Policy](#)

- If two players rank equally, preference will go to the WORA player.

Conflicts with Other Associations

We are aware of tryout conflicts for OOA players who listed WORA as their second choice. WORA will be sending an evaluator to Nepean AA tryouts where applicable. We are also actively coordinating with other association competitive directors to ensure fair evaluations.



Communication During Tryouts

If you have questions during tryouts, the fastest way to get an answer is to speak to the competitive director, Barry Gorham, in person at the rink. You can also email competitive@westottawaringette.com, but responses may be delayed due to the busy schedule.

Thank you for your attention to all the details above. We're looking forward to a great tryout season and appreciate your cooperation and support!