

WRRRA High Performance Report February 2021

Team Ontario Bench Staff Announced

Ringette Ontario is pleased to announce the bench staff of the 2023 U20 Team Ontario (Canada Winter Games) team. Congratulations to Head Coach Sheri Markle and Assistant Coaches Jessica Crouch, John Mezenberg, and Melanie Norris, in addition, Erin Markle will also be joining the team as an Apprentice Coach.

The staff has a strong Western component with Sheri, Melanie and Erin from the Waterloo Ringette Association and John Mezenberg from the Guelph Ringette Association.

We wish them luck on the road to the 2023 Canada Winter Games in PEI.

Athlete Webinar Series

Ringette Ontario has launched an engaging Athlete Webinar Series aimed at helping ringette players from all levels learn and develop their skills. The Athlete Webinar Series will provide participants with the opportunity to attend interactive webinars led by sports professionals and veteran ringette players. Workshops will cover topics such as mental health, communication and team building, nutrition and ringette pathways. There will also be sessions that get you moving with a focus on mobility basics and yoga!

High Performance Ringette Program

Ringette Ontario through it's The High Performance Ringette Program is working to provide our athletes with opportunities to work with coaches and specialist to learn and develop under a program geared towards preparing them to represent their association at the 2022 Ontario Winter Games, their province at 2023 Canada Winter Games, play in the National Ringette League (NRL) and represent Canada at the World Ringette Championships. The High-Performance Program will work to provide participants with the daily training environment that will support each athlete with attaining their personal success and individual goals. The HP Program will include a year-round commitment with training plans tailored to athletes and that align with a full season calendar for ringette. Ringette Ontario has created a program to focus the efforts of the program targets and objectives to align with the restrictions of COVID-19, the Return to Ringette Guidelines and the ongoing athlete development for players seeking a spot to compete at the Ontario Winter Games and Canada Winter Games. The program includes access to virtual training content. Sessions led by sport professionals including Sport Psychology, Mental Training, Nutrition and Physical Training. In addition the program will include in-person training camps (once permitted) and coaching from selected high-performance coaches.

2021-22 AAA Season and the Ontario Winter Games

Moving forward there will be a number of changes to the AAA program especially with regards to Team Formations, Try-outs, Challenge Cups and Training Camps. RO is working diligently to provide a Fantastic and Memorable AAA program for the 2021-22 season and will be announcing information about the program as it becomes available.

Much like everything else the AAA program has been affected by Covid and the current plans are to host team selections in the fall to allow players an opportunity to get on the ice before tryouts begin.

RO will be sending out an announcement with respect to AAA Coaching Applications in the near future so for those interested please keep an eye out for this.

The 2022 Ontario Winter games will be hosted by Refrew County, the date is still to be determined.

If you have any questions please do not hesitate to contact me.

John Mezenberg

Western Region High Performance Coordinator