

# **Western Region Ringette Association**

## **High Performance Report**

### **Annual General Meeting**

**July 22, 2021**

#### **Western Region Coaches selected to Team Ontario for the 2023 Canada Winter Games**

Congratulations to:

Sheri Markle (Waterloo Ringette Association) who was named as the Head Coach

Melanie Norris (Waterloo Ringette Association) who was named as an Assistant Coach

John Mezenberg (Guelph Ringette Association) who was name as an Assistant Coach

#### **AAA for the 2021/22 season**

The Ringette Ontario High-Performance AAA Program is a competitive program that provides players with exposure to high level development opportunities as well as the best high-performance coaching in Ontario. The HP AAA Program allows Ringette Ontario selected coaches, including the Team Ontario bench staff, to identify and develop Ontario's most gifted young ringette players, to encourage and motivate them to play for their province and to provide them with the opportunities to measure and refine their skills at the top-level competitions. These competitions may include the Ontario Winter Games (U19) and Canada Winter Games (U20), as well as potential future opportunities within the NRL, the Junior National Team and Senior National Team Programs.

Ringette will again be part of the Ontario Winter Games this coming season and will be played in Renfrew County in late February, early March 2022.

There are a number of changes to the AAA program this time around, the biggest change being that Regions will no longer host a team themselves put instead the program will be overseen by Ringette Ontario in it's entirety.

Ringette Ontario will fully operate the High-Performance Ringette program in Ontario and will be responsible for ensuring that coaches and athletes are executing the HP Program according to the outlined set standards, select Coaching staff and evaluate and select athletes for up to six (6) teams of eighteen (18) athletes that will compete at the 2022 Ontario Winter Games (OWG)

and up to five (5) development teams that will attend the High-Performance Development Camps. The HP Program development and administration will be led by the Ringette Ontario Technical Director and supported by additional part time staff, hired by Ringette Ontario as well as the Team Ontario Staff.

All Selected Athletes will receive Coaching from selected high-performance coaches, 2-3 in-person Development/Challenge Cup camps, access to virtual training content, sessions led by sport professionals including Sport Psychology, Mental Training, Nutrition, Physical Training and Skills and Tactical Training.

The High-Performance AAA Program is open to athletes from across Ontario born between 2003 and 2007 and based on registration Western Region is well represented.

Athletes from the High-Performance Program will be selected to attend Team Ontario tryouts in May of 2022. Athletes selected for Team Ontario will compete in the Canada Winter Games in 2023 in PEI.

### **Western Region Support for our HP Athletes**

Western Region is working with a number of associations to arrange on ice training opportunities to help prepare for the selection camp in October. As information becomes available about ice times and locations, they will be shared with the athletes that have registered for the program.

We wish everyone Good Luck!