

ATHLETE DEVELOPMENT TABLE OF CONTENTS

ATHLETE DEVELOPMENT MANDATE	1
ATHLETE DEVELOPMENT SYSTEM MODEL	4
ATHLETE MODEL	5
ATHLETE RECRUITMENT.....	6
LET'S REACH OUT WITH OUTREACH.....	6
OUTREACH.....	6
OUTREACH CLINIC PACKAGE FOR NEW ASSOCIATIONS.....	7
OUTREACH PACKAGE FOR ALTERNATIVE RINGETTE™ PROGRAMS.....	7
OUTREACH PACKAGE FOR NEW INDIVIDUAL ATHLETES.....	7
OUTREACH PROGRAM - REGISTRATION PROCEDURES	8
OUTREACH PACKAGE FOR ELITE/PLAYER DEVELOPMENT	9
RINGETTE™ FOR LIFE OPPORTUNITIES.....	9
ATHLETE AWARDS.....	9
ATHLETE DEVELOPMENT.....	10
PROVINCIAL SKILL INSTRUCTOR PROGRAM (P.S.I.P.)	10
P.S.I.P. INSTRUCTOR LEVEL REQUIREMENTS AND QUALIFICATIONS	10
P.S.I.P. CLINIC INFORMATION	10
TECHNICAL SKILLS ON-ICE WORKSHOP SERIES.....	11
DEVELOPMENT SERVICES	11
RESIDENTIAL CAMP	11
DAY CAMPS.....	12
RINGETTE™ SCHOOLS	12
LEVEL 2 PLAYER CLINICS	12
LEVEL 1 PLAYER CLINICS	12
EXTRA TRAINING PROGRAMS	13
SKILL AWARD PROGRAM.....	13
PLAYER RESOURCE MATERIAL.....	13
SKILLS VIDEOS.....	13
GUIDELINES FOR DEVELOPMENTAL PLAY.....	13
SAMPLE U7 (BUNNY) PROGRAMS	14
U7 (BUNNY) MINOR GAME FORMAT	14
U7 (BUNNY) MAJOR GAME FORMAT	15
PROMOTIONAL ITEMS	16

ATHLETE NETWORKING	16
AIMS AND OBJECTIVES.....	16
ATHLETE ASSOCIATION REPRESENTATIVE	16
ATHLETE FORUMS	17
ATHLETE QUESTIONNAIRE	18
INTERNET COMMUNICATION.....	18
ONTARIO PROVINCIAL RINGETTE™ WEEK.....	18
EXPENDITURES	18



1. PROGRAM MANDATE

- i. Committee is to function on a Provincial basis developing content encouraging
 - Athlete Recruitment
 - Athlete Development
 - Athlete Networking
- ii. Geared for Recreational and Elite Athletes at the local association level
- iii. Regional Co-ordinators act as liaisons and advisors to the community associations to promote all aspects of athlete development

a. RESPONSIBILITIES

i. Athlete Recruitment

- Outreach
- Alternate Ringette™ Programs
- Ringette™ for Life Opportunities

ii. Athlete Development

- Provincial Skill Instructor Program (P.S.I.P.)
- Technical Skills
- Development Services (camps, schools, clinics)
- Skills Awards Program
- Athlete Resource Materials

iii. Athlete Networking

- Athlete Representatives
- Internet communication
- Forums

b. ATHLETE DEVELOPMENT COMMITTEE LIAISON FACTORS

The Athlete Development Committee will be liaison to all Technical and Administrative Committees to ensure the following:

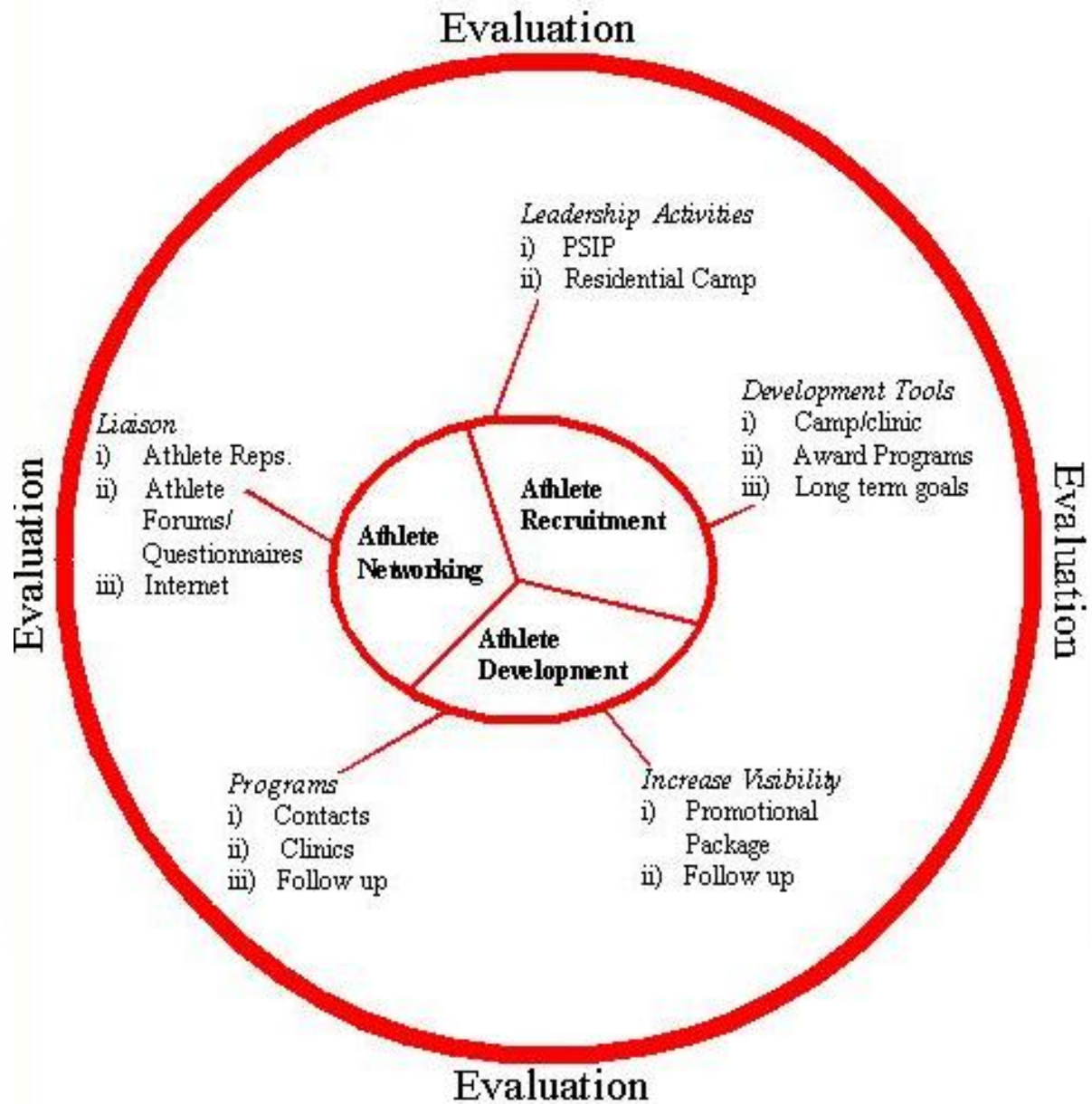
- i. Obtain technical people for recruiting purposes
- ii. Obtain list of activities and programs to publicize and promote
- iii. Obtain technical resource people for training camps and activities
- iv. Obtain articles of interest for member publications
- v. Obtain list of players for recognition purposes, and publications - media

c. REGIONAL CO-ORDINATOR LIAISON FACTORS

- i. Communicate at Regional Committee Meetings, explaining program mandate
- ii. Assist local associations in getting started on various projects
- iii. Communicate with local associations regularly regarding their progress on athlete development initiatives
- iv. Act as a sounding board for new initiatives and concerns from the local associations
- v. Share new initiatives and concerns with the Provincial Committee as requested
- vi. Communicate the need for the regions to submit their recommendations for the Athlete Development Awards.

2. ATHLETE DEVELOPMENT SYSTEM MODEL

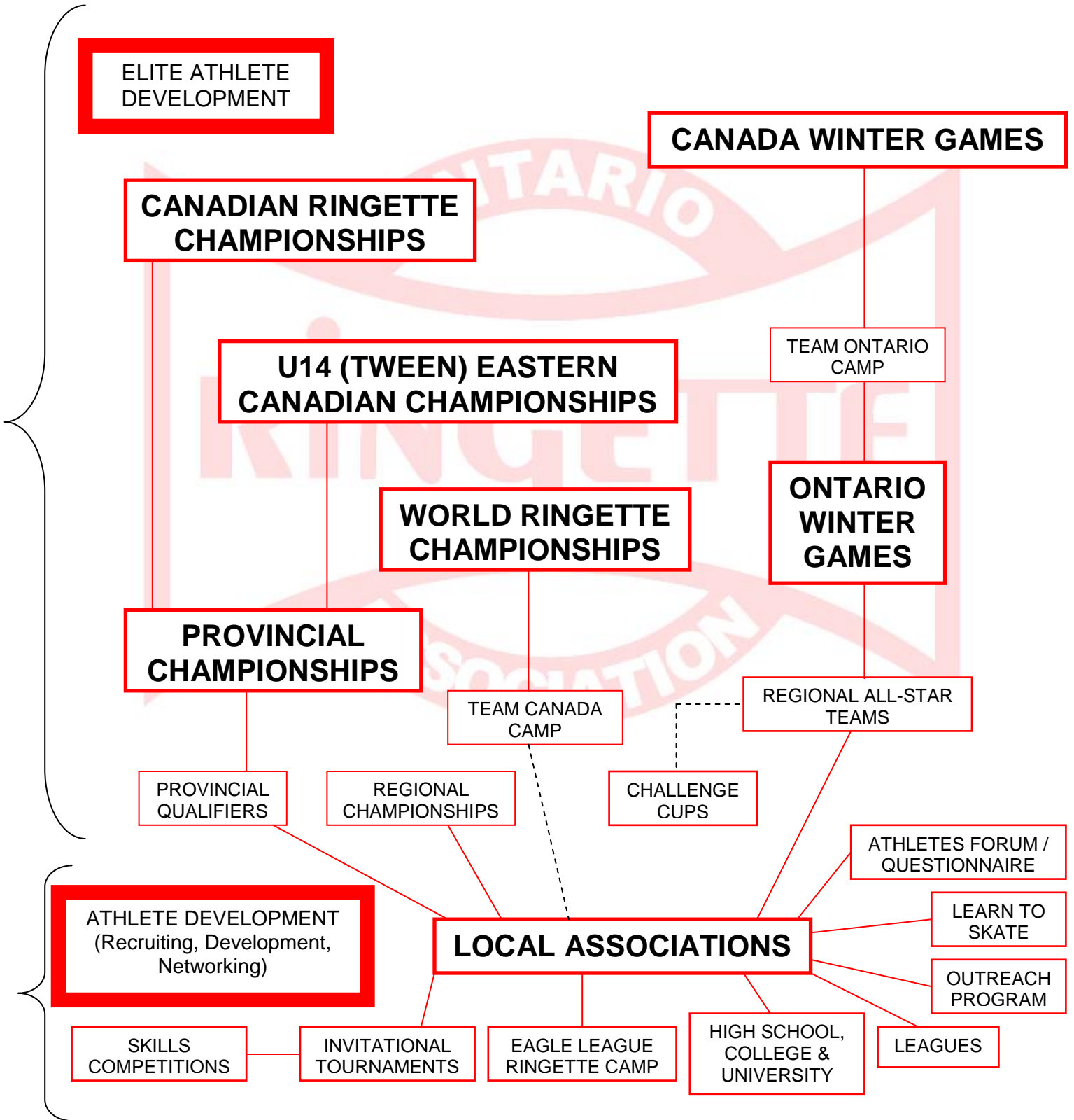
Athlete Development Systems Model is an ongoing cycle where recruited players develop their skills and then enter an athlete network, which in turn supports new athlete recruitment.



3. ATHLETE MODEL

ATHLETE MOVEMENT ———

ATHLETE PARTICIPATION IN PROGRAM - - - - -



4. RECRUITING

a. “LET’S REACH OUT WITH OUTREACH!”

Introductory Outreach Clinics

This aspect of the program involves one to one contact between experienced Ringette™ people and the new group requiring assistance in starting Ringette™. Member associations have been called upon to speak to groups embarking upon a Ringette™ program. Current member associations have contributed greatly by taking a team of players into a new community and teaching the sport through demonstrations and presentations.

Through our experience with this program, it has become evident that because the goals of OUTREACH are shared universally among our members, Ringette™ people who REACH OUT to assist others with their Ringette™ programs facilitates its development.

b. Outreach

- i. Should you hear of a community or school in your area wishing to start a program, contact the Athlete Development Co-ordinator in your region so that an Outreach Clinic can be arranged or an Information Kit provided.
- ii. Gym Ringette™ Equipment sets are available to local associations, Schools, Community Activity Groups and other interested parties. Contact your Regional Athlete Development Co-ordinator to book a set of equipment today.
- iii. An outreach representative may call upon your association to assist a nearby community in starting a Ringette™ program. Your association’s assistance with such a clinic would be greatly appreciated.
- iv. Should an interested athlete approach a local association to join, this athlete could be directed to the local association. This local association representative could provide information package/registration and if in place direct the local athlete representative to speak to this potential recruit. The Regional Athlete Development Co-ordinator would be available to provide assistance as requested.
- v. If you need assistance in maintaining your Ringette™ program, perhaps Athlete Development can help you - please advise us of your situation.
- vi. Any Outreach Associations please consult with Membership Services.
- vii. The Outreach subsidy will be based entirely on final membership registration figures submitted in accordance with O.R.A. Registration Procedures. (Membership Services, Section 1-6).

- viii. Create an opportunity for association members to meet and interact with elite athletes. Please refer to the Outreach Package for ideas. Contact your Regional Athlete Development Co-ordinator for assistance.

c. OUTREACH PACKAGES

i. Outreach Clinic Package to New Associations

- Covering Letter
- Regional Co-ordinator contact numbers
- 1 Rule Book
- Event Posters and Promotional Posters
- Resource Order Form
- Promotional Brochures
- Membership Application Form - first year fee waived
- Waiver Form
- Gym Ringette™ Pamphlet and Information
- Ringette Canada Publicity and Media Relation Kit.

ii. Outreach Package for Alternative Ringette™ Programs

Proposals for Alternative Ringette™ Programs shall be accepted under the Outreach Program upon the recommendation of the Athlete Development Committee and subsequent Board of Directors approval. Alternative Ringette™ Programs are to be reviewed and approved annually for a maximum of 4-Year Outreach Program.

Examples of alternative Ringette™ programs include but are not limited to:

- Roller Ringette™
- Gym Ringette™
- Specialty Teams
- High School Ringette™
- Post Secondary Ringette™

iii. Outreach Package for New Individual Athletes

- Covering Letter
- Promotional Brochures
- Resource Material Order
- Membership Application Form
- Local Contact List

iv. Outreach Program - Registration Procedures

- New Association is part of the Outreach Program for a 4 year term. All Outreach Associations must follow the registration procedures applicable to all Ringette™ Associations in Ontario.

Registration documents must be completed in their entirety. These include as found in Membership Services, Section 1-6.

- Registrars Summary Sheet
- The Registration Summary Form

The Computer Registration Package should be returned to the O.R.A. office. The office will then produce and send you an invoice for the payment of all dues and fees.

The Registration deadline is **NOVEMBER 15th**.

The Ontario Ringette Association will subsidize all Outreach Associations for each registered player, official, volunteer and bench staff member in the following manner:

Year 1 -	100% subsidy
Year 2 -	100% subsidy
Year 3 -	All except indemnification and insurance
Year 4 -	All except indemnification and insurance

The Outreach subsidy will be based entirely on final membership registration figures submitted in accordance with O.R.A. Registration Procedures. (Membership Services, Section 1-6).

In addition to the above procedures and subsidies, outreach associations are also governed by the following:

- **First Year:** the Annual Association Membership Fee of \$75.00 is waived. The association is restricted to operating within its own Regions boundaries. Bench Staff qualifications are usually waived by the Region.
- **Second Year:** pay the Annual \$75.00 Association Membership Fee, thus giving the association voting rights at the Annual General Meeting. May participate outside their own Region, but qualifications of applicable bench staff may have to be met.

- **Third and Fourth Year:** similar to second year associations, pertaining to payment of the Annual Association Membership Fee, voting rights and participating outside their own Region. Proper qualification of Bench Staff, Referees, etc. will be required.
- **Fifth Year:** become full members of the Ontario Ringette Association and governed by all rules and procedures accordingly. Outreach Program subsidies will no longer apply.

New Adult Associations are also governed by the above requirements.

v. Outreach Package for Elite/Player Development

Elite athletes may be contacted to complete, but not limited to, the following:

- hand out medals at tournaments
- skate with kids
- speak/attend opening and closing ceremonies or banquets
- autograph/photograph sessions
- other outreach activities may include skills competitions and awards.

d. Ringette™ for Life Opportunities

Athlete Development Committee will provide resources and support for athletes to move into new roles including:

- Officiating
- Coaching
- Administrator

e. Athlete Awards

Awards will be given annually in the following categories to both the Provincial level athletes (A, AA, AAA) and the Recreational/Community level athletes (B, C, HOUSE) for a total of 6 awards given out annually.

- i. Offensive Player of the Year Awards**
- Defensive Player of the Year Awards**
- Goaltender of the Year Awards**

For the criteria and nominating procedures see Membership Services - Section 13 Volunteer Recognition Program and Section 13 g and h Player Recognition Awards. (For Nomination Form see Appendix - Membership Services - M-F-16).

5. ATHLETE DEVELOPMENT

Your association can provide your players with the best opportunities to improve their skills through Certified Athlete Development Programs. Please inform your Regional Co-ordinator of any programs you are operating.

Through certifying your program you will receive the assistance of your Regional Co-ordinator, Athlete Development Chair and O.R.A. office in the administration of your program. This may include finding a central location with available ice, drawing up a budget, advertising the clinic, operating registration, evaluating the program and doing any other follow-up work. In addition you will receive assistance in the recruitment of instructors. These instructors will be professionally trained through the O.R.A. Athlete Development Program.

a. **Provincial Skill Instructor Program (P.S.I.P.)**

To provide experienced Ringette™ players, coaches and other interested people the opportunity to learn how to teach the technical skills involved with playing the game of Ringette™ skating, ring skills and goal keeping.

b. **P.S.I.P. Instructor Level Requirements and Qualifications**

Level 3 - Master Course Conductor: It is a 25-hour clinic spread over a full three (3) day weekend. Of the 25 hours, 7 1/2 are on-ice practical training. Participants must be a minimum of 21 years of age and have participated in a P.S.I.P., have excellent technical skills in ringette™/skating skills or goaltending/skating skills, and have the desire to teach the P.S.I.P. program. Level 3 Master Course Conductor course designed to train people to teach the P.S.I.P. Master Course Conductor honoraria fee is \$200.00 per day plus expenses.

Level 2 - Instructor Trainers: Participants must be minimum 18 years of age with completed certification, submission of a ringette™ resume playing, instructing, coaching or officiating sport experience. Training for this part of the program is held when needed.

Level 1 - Player Development Instructors: Participants at least 15 years of age as of December 31st of current year. The Level 1 Player Development Instructor course requires 8 hours to complete, plus a post course assignment. Level 1 instructors will provide participants with a general knowledge of instructing techniques, plus the basics of skill progression and error detection.

c. **P.S.I.P. Clinic Information**

To operate your own clinic, the O.R.A. office may be contacted for a copy of the P.S.I.P. Administration Manual. Listing of qualified Player Development Instructors will be made available to associations upon request.

Fees are set at \$100.00 per day for the Level 1 Skill Instructor and \$150.00 per day for the Level 2 Instructor Trainers, plus expenses.

Player Development Instructor Level 1 fee for running clinics less than 8 hours will be agreed upon between the association and the Athlete Development Co-ordinator.

d. Technical Skills on Ice Workshop Series

There are a total of four (4) workshops available:

- i) Technical Instructing and Evaluating Player Performance
- ii) Ringette™ Skills - Theory and Practice
- iii) Skating Skills - Theory and Practice
- iv) Goaltending Skills - Theory and Practice

A person may qualify him/herself in any of the three major skill areas. To be deemed “qualified” in a particular skill area a person must complete workshops i) and the skill area workshop they wish to specialize in. (i.e. workshops i) and iv) certifies that person as a Goaltending Instructor).

e. Developmental Services

All such programs registered with the O.R.A. will be advertised by the Athlete Development Committee. Information should be supplied to the Regional Athlete Development Co-ordinator at least two (2) months prior to the program date. The program will be advertised to the player representatives, Regional Committees and if timing is right it will appear in O.R.A. mailings.

i. Residential Camp

A Residential Camp is a program offering a combination of 2 hours minimum of on-ice instruction for skating, ring skills and specialized instruction for goaltenders. Classroom sessions and instruction in other activities are offered. This program is presented in a camp-like environment with meals and lodging included.

EAGLE LAKE RINGETTE CAMP!

Brought to you by the Ontario Ringette Association and the Athlete Development Program (held on the Hockey Opportunity Camp grounds in Sundridge, Ontario).

Ringette™ program highlights include Daily On-Ice Instruction by our trained Instructors, Classroom Sessions that deal with Ringette™ the way it is played

today, Specialized Instruction for Goaltenders, plus sessions on shooting, checking, strategy and team play. Each player will participate in an intrasquad game on Saturday morning and campers will receive a written evaluation of their on-ice strengths and weaknesses.

While at camp the excellent program staff offer instruction on Water Skiing, Kayaking, Windsurfing, Canoeing, Snorkeling, Swimming and Archery. Other camp activities include Outdoor Adventure, Sports and Fitness, Hiking, Mountain Biking, Campfires and Field Games.

ii. **Day Camps**

A day camp is a combination of ringette™ and extra curricular activities. The participants have a minimum 2 hours on ice and 1 hour in the class each day. The day camp runs for a minimum of four (4) days; each day operating a 9:00 a.m. to 5:00 p.m. schedule.

O.R.A. Administration Fee: \$15.00 (plus correspondence/telephone expenses incurred by Regional Co-ordinator).

iii. **Ringette™ Schools**

A ringette™ school is strictly on-ice instruction and ringette™ classroom sessions. The participants have a minimum 2 hours on-ice and 1 hour in the class each day. The school runs for a minimum of four (4) days; usually afternoons or evenings.

O.R.A. Administration Fee: \$15.00 (plus correspondence/telephone expenses incurred by Regional Co-ordinator).

iv. **Level 2 Player Clinics**

The Level 2 player clinic is comprised of 4 hours on-ice instruction and 2 hours in the classroom total. The clinic can be operated over one (1) or two (2) days: 9:00 a.m. to 5:00 p.m.

O.R.A. Administration Fee: \$15.00 (plus correspondence/telephone expenses incurred by Regional Co-ordinator).

v. **Level 1 Player Clinics**

The Level 1 player clinic is comprised of 2 hours on-ice instruction and 1 hour in the classroom, total. This is usually a specialty clinic (i.e. goaltending) operated in one afternoon or evening.

O.R.A. Administration Fee: \$15.00 (plus correspondence/telephone expenses incurred by Regional Co-ordinator).

vi. **Extra Training Programs**

Extra training programs can be comprised of a minimum 1 hour of on-ice instruction for a minimum of four (4) weeks. Instruction can be specialized (goaltending or specific ringette™ skills) or instruction can be general - one half skating and one half ringette™ skills.

No O.R.A. Administration Fee.

f. **Ringette™ Store Skill Award Program**

Offer your players the challenge of participating in a fun and challenging program. The Skill Course is available from the O.R.A. office. All you need is 1 hour of ice for less than fifty (50) players, 2 hours for one hundred (100) players, etc. Players can achieve bronze, silver and gold ribbons.

g. **Player Resource Material**

i. **Skills Videos**

A series of three skills segments on VHS video are available for use by associations in either English or French. Topics include:

- Skating Skills
- Ringette™ Skills
- Goaltending Skills

They are useful in Ringette™ camps/clinics to show players the proper skill's execution to re-enforce on-ice instruction. Rental of the videos is \$15.00/wk + postage and handling, plus 7% G.S.T. and can be booked through the O.R.A. office.

Other resources produced by Ringette Canada that are available through Ontario Ringette include:

Goaltending	Ringette™ Sport Perspective
Individual and Team Strategy	Drill Handbook
Ringette™ for Schools Manual	

Note: All resource requests must be made using the appropriate Resource Order Form available from the O.R.A. office or on our website www.ontario-ringette.com.

h. **Guidelines for Developmental Play**

Guidelines for development play are intended for participation for all players, while making the rule easier to understand.

The use of these guidelines is optional and is intended for use in development play only. The guidelines are supplement to the official's rules of Ringette™ and must be read in conjunction with the relative sections of the rulebook. These guidelines include:

- i. Minor penalties are reduced to 1 minute.
- ii. Penalty shots removed.
- iii. Goal keeper rotation throughout the game.
- iv. Goalies can hold ring for 10 seconds.
- v. If intent to pass over blue line is demonstrated stoppage of play does not occur.

i. Sample U7 (Bunny) Programs

i. U7 (Bunny) Minor Game Format

- Two 15 minute periods (running time)
- Three minute buzzer for shift changes (clock stops for shift change)
- Mandatory rotation for U7 (Bunny) Minors, no double shifting (including last shift)

When short players, double shifting to ice 5 skaters is allowed providing each player, regardless of ability is sequenced into the play equally.

For example: A team with nine skaters and a goalie 1st buzzer - player #1 double shifts 2nd buzzer - player #2 double shifts 3rd buzzer - player #3 double shifts.

- During games the score should not exceed a five goal spread
- All on ice coaches must wear a helmet.

ii. U7 (Bunny) Major Game Format

- 1st period 16 minutes, 2nd period 14 minutes. Both stop time with a two-minute buzzer. Coaches are expected to make line changes quickly.
- Mandatory rotation for U7 (Bunny) Majors, no double shifting (including last shift)

When short players, double shifting to ice 5 skaters is allowed providing each player, regardless of ability is sequenced into the play equally.

For example: A team with nine skaters and a goalie 1st buzzer - player #1 double shifts 2nd buzzer - player #2 double shifts 3rd buzzer - player #3 double shifts....

- During games the score should not exceed a five goal spread
- All on ice coaches must wear a helmet
- No on-ice coaches after December 25th

NOTE:

Double shifting of any players is not allowed.

Any team caught double shifting will be assessed a penalty for delay of game.

The player who has been double shifted will serve the penalty.

U 7 (Bunny) games will be monitored for this infraction throughout the year.

Players assessed penalties will serve their penalty at the team bench and not in the penalty box. The penalty assessed will end at the completion of the player's shift.

The purpose of this is to help the players better understand the rules without having a major impact on their ice-time or enjoyment of the game.

For further resource see Developmental U7 (Bunny) Program Handbook (Ringette Canada) and O.R.A. Sample Weekly U7 (Bunny) Program. Contact O.R.A. office for a copy.

j. Promotional Items

The Athlete Development Committee has access to promotional materials for any community events in your association; these materials are available at the O.R.A. office.

6. ATHLETE NETWORKING

a. Aims and Objectives

- i. To establish a strong network of athletes throughout the Province, working toward both good internal and external Athlete Development.
- ii. To involve every Ringette™ Association in activities during Ringette™ Week, to show the public what Ringette™ is and to increase the visibility of the many positive aspects of the sport.
- iii. To distribute promotional resources, and make them readily available.
- iv. To work in conjunction with all program areas in promoting and publicizing projects in the community, region and province.

b. Association Athlete Representatives

The athlete representatives will be available to support network activities of the Regional Athlete Development Co-ordinator.

This would include:

- working the Ringette™ for Life opportunities
- the establishment of forums/questionnaires for all levels of play
- to record and summarize the results of the Athlete Forum and direct this information to the Regional Co-ordinator who will in-turn forward this information to the O.R.A. office for distribution to the Committee and Chair.

i. Purpose

The purpose of having an athlete representative is to ensure that athletes' views and interests are represented and promoted at all levels of the Ontario Ringette Association on all issues which, directly or indirectly, affect any Ringette™ player.

ii. Eligibility for Appointment

The position of association athlete representative is open to any Ringette™ athlete over the age of sixteen (16) whether active or retired from competition for less than one (1) year, or at the discretion of the Regional Athlete Development Co-ordinator.

iii. Appointment of Association Athlete Representatives

Nominations for the position of Association Athlete Representative should take into consideration the athlete's record of involvement as follows:

- number of years as a player
 - level of participation, i.e. regional, provincial, national
 - participation as a Ringette™ volunteer.
- iv. Responsibilities of Association Athlete Representatives:

The duties of the Association Athlete Representative are as follows:

- Represent athletes at Regional or Association level
- Report to the athletes at regular intervals during the year
- Provide a mechanism for athletes to point out confidential concerns and keep them confidential
- Communicate with the Regional Athlete Development Co-ordinator
- Direct athletes' concerns and views to responsible bodies
- Promote team unity through positive actions
- Advise her/his successor of all procedures, contacts and activities that have occurred during her/his term, and facilitate her/his integration into the position
- Chair the Regional/Association Athletes' Forum which may be held annually
- Where possible, assist with promotional activities of the Region, especially where player participation is the focus.
- Promote Athlete Development Awards to their associations
- Encourage athletes to complete the Athlete Development Questionnaire
- Collect the results of the Athlete Questionnaire and direct these to the Regional Athlete Development Co-ordinator.

c. Athlete Forums

Provide an annual meeting for discussion and information exchange among athletes. Athlete Forums may be organized and facilitated by the association athlete representative and the information will be recorded and sent to the Regional Athlete Development Co-ordinator who will in-turn forward this information to the O.R.A.

Should questionnaires be distributed to Forum attendees, the questionnaires must be approved by the Athlete Development Chair. Sample Questionnaire (Appendix Ath-F-01).

A summary of the questionnaires will be available on the O.R.A. webpage. All athletes are encouraged to participate.

d. Internet Communication

Expand the utilization of the O.R.A. website as a tool to increase athlete networking.

e. National Provincial Ringette™ Week

Beginning the second Sunday of every November there is an opportunity for the O.R.A. and its member associations throughout the province to promote Ringette™. It is one of the major promotional vehicles and is a week long series of provincial, regional and local Ringette™ activities designed to give our sport so much, needed special attention.

7. Expenditures

Any costs incurred by the members of the Athlete Development Committee or by the Finance Committee must be included in the budget presented to the Vice President Finance each year. Expenditures beyond those included in the budgets will be the responsibility of the member incurring the expense.