

WHAT IS THE TEAM ACTIVITY LOG?

The **Team Activity Log** is an easy to use electronic spreadsheet that calculates the skill/competition ratio automatically. One volunteer per team, for age divisions U19 and below enters all team activities throughout the year (social, practices, games, dry land training, everything the team does).

WHY WAS THE TEAM ACTIVITY LOG CREATED?

The **Team Activity Log** was created to provide tracking for all Ringette teams to ensure ratios for skill development versus competition are in line with Ringette Canada's commitment to LTAD and Sport for Life ratios.

WHAT IS THE VALUE?

Coaches:

The **Team Activity Log** is a tool that will assist coaches in tracking their on-going Competition/ Development RATIOS.

Ringette Associations:

The **Team Activity Log** provides documentation that tracks and ensures Skill/Competition ratios are in line with LTAD- Sport for Life expected ratios.

HOW DOES THE TEAM ACTIVITY LOG WORK?

As activities are entered on the electronic spreadsheet, the skill/competition ratio will automatically update. The goal is to provide an end of season record confirming a training/game ratio that is in line with LTAD – Sport for Life expected ratios.

WHERE CAN I FIND MORE INFORMATION ON SKILLS MATRIX, TEAM ACTIVITY LOG AND LTAD?

<http://www.ontario-ringette.com/SDev/ltad.php?sub=SDev>

WHO CAN I REFER TO FOR ASSISTANCE?

Regional Sport Development Coordinators



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RINGETTE DEVELOPMENT IN ONTARIO



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WHAT IS LTAD?

Long Term Athlete Development is based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage of LTAD reflects a different point in an athlete's development.

LTAD focuses on skill development and fun over competition at the younger ages to ensure that athletes do not over compete at the earlier stages and to provide more opportunities for competition at the later stages of LTAD.

LTAD looks at an athlete's training and skills development compared to those of similar size and ability not necessarily age. This allows for players new to the sport to play underage to give them the opportunity to learn the game before competing with others who have played before. It also allows those who may be bigger, stronger or have more advanced skills to play up in age division so that they are benefiting from the training and competition.

WHY IS THE ONTARIO RINGETTE ASSOCIATION FOLLOWING LTAD PRINCIPLES?

LTAD supports the four goals of the Canadian Sport Policy and reflects a commitment to contribute to the achievement of these goals:

- Enhanced participation
- Enhanced excellence
- Enhanced capacity
- Enhanced interaction

LTAD has been successfully adopted by numerous Canadian and international sport organizations. It is participant centred, coach-driven and administration, sport science and sponsor supported.

As athletes progress through the stages of **LTAD** they experience instruction, training and competition in programs that have been developed in consideration of their specific biological and developmental needs.

By following the principles of **LTAD**, the ORA can continue to receive the government funding necessary for Ringette in Ontario to succeed.

By following the principles of **LTAD**, the ORA is continuing to work towards the compliance expectations established by Ringette Canada in their LTAD Framework Document.

By implementing **LTAD** principles into our programs, we can help ensure athlete retention, particularly between the ages of 14-17.

WHAT IS THE SKILLS MATRIX?

The **Skills Matrix** is a tool that has been developed to assess and document individual player skill levels by rating them in individual skills on a scale of 1-4 at the beginning of the season, and again half way through the season.

Combined player scores for teams will provide a team composite score that will be submitted to the ORA on the top right hand corner of the Team Registration Form (TRF) in the same box as the team name. This number will be used in tournaments to place teams in pools of as similar a skill set as possible for tournament competition.

Teams at the U8, U9 and U10 level must have this number on their Team Registration Form (TRF) in order to participate in a tournament.

WHY WAS THE SKILLS MATRIX CREATED?

The **Skills Matrix** was created as a tool to assess individual player skills and thereby enable the creation of balanced teams.

It is also used to monitor skill development of individual players throughout the season.

WHAT IS THE VALUE?

Coaches:

The two valuations completed during the season will provide coaches an understanding of a player's skill development areas, and progress throughout the season. Combined scores of players supply a composite ranking for teams that will provide coaches with the best opportunity for competition. This creates a more fair and balanced experience for players.

Ringette Associations:

The **Skills Matrix** individual results will assist associations with the formation of teams that are balanced and in line with the non-tiering policy (link) outlined by the Ontario Ringette Association (ORA).

Templates for completing the **Skills Matrix** can be found at:

<http://www.ontario-ringette.com/SDev/Skills.php?sub=SDev>