



A few simple tips to help you start the season right!

- **Make sure all players have their own water bottles!**
 - Over the past few seasons there has been concern that sharing bottles can be a potential health risk to players, officials, coaches and other participants, by grabbing their own bottle they are sure to keep hydrated and safe.
- **Make sure all players have on the required equipment in the appropriate size for proper fit and for the player's safety**
 - Check helmet to make sure all screws are tight, check pants straps to make sure they are not too long and don't forget to check sticks to ensure the tips aren't loose and no wood chips are sticking out! OUCH!
- **Plan your trips to the rink ahead of time! www.arenamaps.com is a great resource to make sure you know exactly where all the rinks are**
 - The worse thing for a player is to get to a game late; players need time to stretch and warm-up before they dress and to get focused for the game, most coaches want players at the rink at least 30 minutes before game time to get properly prepared.
- **Prepare a phone/email list for your players and parents**
 - If you cannot make an ice time, are lost or running late or if someone needs a ride they have contact information available to them. Coaches plan practices and their line up before they get on the ice so they need to know where who is attending, this way no excuses!
- **Ringette is not just about winning but about having fun!**
 - Team bonding is a big part of the game, early in the season get all the players, coaches and parents together for a team dinner or outing so everyone gets to know one another, this will help the team gel better on the ice as well.

GOOD LUCK!