



**Standing Committee Meeting  
January 9-10, 2010  
Iroquois Park Sports Centre, Whitby  
LTAD Committee**



**Present:** Kevin Hanlon, Byron Johnson, Yvette Kramer, Ken Tanghe, Kevin Sweeney (Central Athlete Development Coordinator), Kim Noxon (Eastern Athlete Development Coordinator), Ellorie Hanson – Chair, Carolyn Mountjoy – VP Communications

**Absent:** Leslie Cichutteck, Debbie Jo Linklater

Agenda Items	Discussion	Action	Status-Contact Person
Roll Call			
Adoption of Agenda			
2010-2011 Commitments	Formalize commitments for 2010-2011 <ul style="list-style-type: none"> <li>• U7 support - help in general: volunteers; coaching; etc.</li> <li>• U9/U10 tiering</li> <li>• Long Term Coaching Development</li> <li>• need positive communication at the grassroots level</li> <li>• tiering of teams into the proper competitive level</li> </ul>		
2010-2011 Action Plan	<ul style="list-style-type: none"> <li>• purpose of this meeting is to come up with a formal plan that we can take to the Board – where are we going, how do we get there – short and long term objectives and timelines</li> <li>• Kevin Hanlon reviewed the CanPowerSkate program run in Wellington North – see email sent in October (attachment #1). Ratios allow for 1:8 but are about 1:5. This program can be offered for any age. Badges are earned.</li> <li>• Consider using the program - would it work if ORA put in a program where coaches would help with the CanPowerSkate program? CanSkate Instructors and experienced coaches would help with new coaches. Experienced coaches are valuable resources. If ORA put in time and resources, could we put a group of experienced coaches together and help mentor and train the new coaches?</li> <li>• Kevin Sweeney reviewed the Learn to Skate program that has been running out of Pickering this season. They have a qualified instructor. A fall program and a winter program were offered. Kids signed up for the program. Registration ran in conjunction with Come Try Ringette. Kids could sign up for one or the other or both. Pickering received a Trillium Grant and made it open to the public (5:00 Tues –</li> </ul>	<ul style="list-style-type: none"> <li>• one-year plan</li> <li>• three-year plan</li> <li>• revised compliance chart</li> <li>• revised recommendations from May 2009 working group</li> <li>• U10 (U9, U7) methodology</li> <li>• Coaching Workshop in May in Toronto (LTCD)</li> <li>• Regional working group meetings (April 1-15)</li> <li>• Athlete Workshop in May in Toronto (LTAD) – second annual meeting</li> <li>• Budget</li> </ul>	



**Standing Committee Meeting  
January 9-10, 2010  
Iroquois Park Sports Centre, Whitby  
LTAD Committee**



	<p>Sept-Dec).</p> <ul style="list-style-type: none"> <li>• U9/U10 tiering – the application for this age group is varied and needs to be standardized. U9 in Eastern is Novice Rec and they play with no scores and no finals in tournaments. U9 in Southern has a few organized teams who play some games with no scores posted. There is no consistency between the regions. Some regions call U7 Learn to Skate while other regions call U7 Bunnies. Some regions call the U9 Bunnies. Some use major and minor bunnies. Southern Region runs HL and select teams due to geography.</li> <li>• Coaching – in order for the LTAD to be successful, it is important to develop the coaches. In order to give resources to coaching development, Board approval is required.</li> <li>• Regional workshops – propose to ask regions to run workshops based on the May 2009 working group format (breakout sessions). Regional people would be asked to attend a workshop and talk about what they want and how to set it up. Aim for the workshops to be held in April 2010 prior to the April 16-18 SCM.</li> </ul>		
U12	<ul style="list-style-type: none"> <li>• tiering options – what can we implement two or three years down the road?</li> <li>• May 2010 working group – come up with options and proposals for the 2011-2012 season</li> <li>• 2011 Provincefest – go ahead with this. Teams will be tiered and everyone will be invited. The structure is to be determined. The event will be based on the skill testing pilot in Eastern Region and U10 tiering. The event will have a maximum of 50 teams. Registration will be first come, first serve. Waterloo has the ice to host this event in 2011. We will need to supply the host with what is required as far as ice, off-ice activities, etc. A central location would be ideal. It will be billed as a “festival”.</li> <li>• Skill development pilot in Eastern Region – Jan 23-24. The fun event is Jan 31 – Kim will submit a report.</li> </ul>		
Provincials	<ul style="list-style-type: none"> <li>• Ranking events – have a look at the Ontario Lacrosse Association. Their office ranks teams based on wins/losses, who they play, and tournament results. Teams are seeded near the end of the year and are notified of their ranking</li> </ul>	<ul style="list-style-type: none"> <li>• recommendations for ranking teams</li> </ul>	



**Standing Committee Meeting  
January 9-10, 2010  
Iroquois Park Sports Centre, Whitby  
LTAD Committee**



	<p>approximately one month prior to the championships. Teams can appeal their ranking prior to the year-end all inclusive championship.</p> <ul style="list-style-type: none"> <li>• look at having the ORA office doing the ranking of teams (post season)</li> <li>• come up with some sort of process and analyze it</li> <li>• seeding of A teams – have two tiers (Tier 1 and Tier 2). All teams would go to Provincials, but the tiers would not play each other.</li> <li>• levels of competition</li> <li>• holding separate events – for 2011–2012, have two provincials and the U12 event – look at in April</li> <li>• skill testing – review the Eastern Region pilot and expand to the rest of the province.</li> </ul>		
Two-Team Contracts	<ul style="list-style-type: none"> <li>• Currently B or C players can play A or AA. Propose to add that a team can call up from a lower group, i.e. C can play B, B can play A, A can go to AA – to encourage development at all levels.</li> <li>• Application of TTC is for opportunity – players should only be considered for higher level teams, not lower level teams, regardless of numbers.</li> </ul>	<ul style="list-style-type: none"> <li>• Motion required</li> </ul>	
LTAD Budget	<ul style="list-style-type: none"> <li>• Look at numbers required for two SCM, one working group and one coaching development group – funds for additional pilots, projects, etc.</li> </ul>		
May 2009 Working Group Recommendations	<ul style="list-style-type: none"> <li>• what need a definition for compliance</li> <li>• U7, U9, U10 – for 2010-2011</li> <li>• U12 – put off a year – ready for 2011-2012; U12 festival – look at in April or May</li> <li>• U14 – in 2012, we can send more than one team to the Eastern Championships along with A teams at U16 and U19</li> <li>• U16, U19 compliance timelines to be established</li> </ul>		
Further Discussion	<ul style="list-style-type: none"> <li>• Coaching and Officiating – come up with some way to go over the application of rules with coaches. If they can't recommend a process, then this committee will come up with something.</li> </ul>		
Next Meeting	April SCM – April 16-18		
Adjournment	Adjourned Saturday at 3:30pm.		



**Standing Committee Meeting  
January 9-10, 2010  
Iroquois Park Sports Centre, Whitby  
LTAD Committee**



**ATTACHMENT #1:**

Hi Everyone,

Sorry for the delayed response, it was a tough start for us here in Western Region. The program that Wellington North is running in conjunction with the Figure Skating Club is a CanPowerSkate/Learn To Play Ringette program. All participants will sign up for the CanPower Skate for \$125/season. They then have the option of signing up for Ringette for \$80/full season or \$40/from January to March. They will participate in the practices with the U9 coach, but will not participate in games. Our U9 program is \$150/season with about 40 hours of ice per year, plus Regionals. With the cost break down, for \$205 the player gets 60+ hour of ice per year, or at \$190 they get 45+ hours of ice. We have 2 players who are on the U9 team, and participating in the CanPowerSkate.

The CanPowerSkate program was designed by Skate Canada as the progression from the CanSkate to Hockey or Ringette. It is a much better course than the CanSkate program, as it is run by a certified instructor. He/she will have had to take and pass the Instructors course, and will be limited to an Instructor/participant ratio of 1:8, with help from some parents. All participants will have to achieve certain skills to move on to higher levels with badges being handed out to those that complete each level.

The benefits from this type of program are unknown as it is in its first year, but may prove to be invaluable. If we can offer new players the access to qualified Power Skating Instruction for one hour and give them another hour of Ringette based instruction, we will have the foundation for participants that are not only able to apply proper skating techniques at a younger age, we are not sacrificing Ringette skills to do so. We are also, hopefully, introducing players to Ringette that may have otherwise gone to Hockey, which for small associations is very key for their survival.

The program also contributes to the mantra of LTAD as we are promoting cross sport training, and cooperation. Figure Skating is introducing our participants to proper skating techniques while we are helping them fill their program, and spread the word about its benefits.

Being the first year, both Figure Skating and Wellington North Ringette have gone into this venture with the knowledge that it may take a few years to catch on and become what we both believe it has the ability to become. We are not sold on any one approach to its administration, but will review after every season to determine what will make us succeed faster. If you have any thoughts or ideas on the program, please be sure to let us know, or if you would like some more information about it, please don't hesitate to contact me.

Kevin Hanlon



**Standing Committee Meeting  
January 9-10, 2010  
Iroquois Park Sports Centre, Whitby  
LTAD Committee**



**WORKSHEETS:**

**U10**

PROPOSED CRITERIA	REGIONAL APPLICATIONS	COMMENTS
Three tournaments <ul style="list-style-type: none"> <li>• Two in region or 150 kms</li> <li>• One out of region or over 150 kms</li> <li>• Travel distance – City Hall to City Hall</li> </ul>		
Vertically structured teams		
House league <ul style="list-style-type: none"> <li>• No restructuring during the season</li> <li>• No tiering</li> </ul>		
Select teams <ul style="list-style-type: none"> <li>• Must play house league</li> </ul>		
Placement guidelines (regionally) <ul style="list-style-type: none"> <li>• For league play</li> <li>• For tournament play</li> </ul>		

**COACHING WORKSHOP:**

TASK LIST	COMMENTS
Review – create an ORA LTCD plan for U7 – U9 – U10 in conjunction with the RC guidelines	
Break-out groups: <ul style="list-style-type: none"> <li>• Skills development – level requirements</li> <li>• Teaching skills – methodology</li> <li>• CanPowerSkate</li> </ul>	

**OFFICIATING - COACHING:**

TASK LIST	COMMENTS
Powerpoint on rules application <ul style="list-style-type: none"> <li>• Appropriate for different age divisions</li> <li>• Appropriate for different skill levels</li> <li>• Appropriate for different audiences</li> <li>• Part of CSI – CI or stand-alone presentation</li> </ul>	
Rules clinic mandatory for all coaches and assistant coaches – look at costs	
Coach – fan – player abuse : too permissive	



**Standing Committee Meeting  
January 9-10, 2010  
Iroquois Park Sports Centre, Whitby  
LTAD Committee**



**LTAD WORKING GROUP MINUTES (MAY 30-31<sup>st</sup>, 2009) RECOMMENDATIONS**

RECOMMENDATIONS	ACTION	COMMENTS
<p><b>U7</b></p> <ul style="list-style-type: none"> <li>• <u>recommendation</u>: establish who is responsible for doing the "report cards" for skill testing</li> </ul>	<ul style="list-style-type: none"> <li>• No action at this time</li> </ul>	
<p><b>U10</b></p> <ul style="list-style-type: none"> <li>• <u>recommendation</u> that the development to competition ratios be set at 50-50% 2009-2010; 66-33% 2010-2011; 70-30% development 2011-2012 (RC compliance)</li> <li>• <u>recommendation</u> that we schedule one or two fun days (3-4 hours) per region to "market" the vertically stratified teams with on and off ice activities</li> <li>• <u>recommendation</u> that we schedule one or two fun days (3-4 hours) per region to "market" options for better utilization of ice with on and off ice activities (sharing and playing well with others)</li> <li>• <u>recommendation</u> that we work with the schools to identify students who need volunteer hours, to "coach/mentor" with the younger age groups</li> <li>• <u>recommendation</u> that ORA produce a "fact sheet" about other sports and their plans/adherence to LTAD for marketing purposes</li> </ul>	<ul style="list-style-type: none"> <li>• Change compliance to one year later</li> <li>• 2011-2012</li> <li>• 2011-2012</li> <li>• 2010-2011</li> <li>• Completed</li> </ul>	
<p><b>U7, U9 and U10</b></p> <ul style="list-style-type: none"> <li>• <u>recommendation</u> that we produce a methodology for forming teams at each level from U7 through 18+ responding to LTAD objectives</li> </ul>	<ul style="list-style-type: none"> <li>• Should read U7 through 10+ (overage players) 2010-2011</li> </ul>	
<p><b>U12</b></p> <ul style="list-style-type: none"> <li>• <u>recommendation</u> that we would like to see teams formed for the entire season</li> <li>• <u>recommendation</u> that we use the formula system for U12s for one more year but change it for the 2010-2011 season – change must be identified as soon as possible</li> </ul>	<ul style="list-style-type: none"> <li>• Completed</li> <li>• Identify methodology for seeding teams for U12 Event</li> </ul>	
<p><b>U14</b></p> <ul style="list-style-type: none"> <li>• <u>recommendation</u> split U14 and Easterns into two events due to competitive levels</li> <li>• <u>recommendation</u> U14 teams would represent their association, not the province</li> <li>• <u>recommendation</u> establish the number of teams at the National and eastern levels, with a reasonable ceiling</li> <li>• <u>recommendation</u> incentives to participate at all events at the U14 "eastern event" or "challenge"</li> <li>• <u>recommendation</u> – name brand accordingly</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss with Eastern provinces</li> <li>• Starting in 2011</li> <li>• 2011-2012</li> <li>• Discuss with Eastern provinces</li> <li>• Discuss with Eastern provinces</li> </ul>	<ul style="list-style-type: none"> <li>• Two events at the same venue</li> </ul>



**Standing Committee Meeting  
January 9-10, 2010  
Iroquois Park Sports Centre, Whitby  
LTAD Committee**



<p><b>U16, U19</b></p> <ul style="list-style-type: none"> <li>• <u>recommendation</u> that events be age oriented and tiered according to skill levels/testing; and, that we meet the RC timelines for all inclusive provincials and nationals</li> </ul>	<ul style="list-style-type: none"> <li>• 2011-2012</li> </ul>	
<ul style="list-style-type: none"> <li>• <u>recommendation</u> we have a working group meet annually to review the past year's progress and formalize the next year's plan based on input from as many sources as possible.</li> <li>• <u>recommendation</u> that CTR be used to recruit based on the objectives of LTAD and physical literacy</li> <li>• <u>recommendation</u> that we identify the skill requirements for ringette as a team game (strategy 101) in addition to skill requirements for individuals</li> <li>• <u>recommendation</u> that "two-team contracts" be allowed between all skill levels in each age group to encourage the development of all players; exceptionally skilled players may be considered for a higher age group</li> <li>• <u>recommendation</u> that there be a standardization of the application of rules concerning the two team player contracts so that the policy is applied the same province-wide</li> <li>• <u>recommendation</u> that a special committee be formed to deal with the seeding of teams; and, that the seeding of teams be an all year round process rather than to wait for December/January</li> <li>• <u>recommendation</u> that a system similar to the Western Region's player tracking system be used in each region (provincially) to track players for input to placement</li> <li>• <u>recommendation</u> that regions have an all inclusive policy, either using vertically stratified teams or "C" teams ("Rec" as required) - note: Southern Region doesn't register "C" teams - lower-end players could play on vertically stratified teams under LTAD and players will be kept in the game</li> <li>• <u>recommendation</u> that players can be placed at a lower age group by a skill instructor as developmental and moved back to their age level when they pass the skill testing</li> <li>• <u>recommendation</u> that the "chosen association" policy be piloted as per ORA policy</li> <li>• <u>recommendation</u> that along with the LTAD program committee, an implementation monitoring group should be formed</li> <li>• <u>recommendation</u> that practices at different age levels be all inclusive, for both player and coach development</li> <li>• <u>recommendation</u> that all recruiting issues be directed to the ORA Board rather than the regions</li> </ul>	<ul style="list-style-type: none"> <li>• Accepted – propose to Board for budget</li> <li>• Handouts to be made available to parents</li> <li>• 2011-2012</li> <li>• April SCM motion to be discussed with all committees</li> <li>• Regional Directors</li> <li>• Cancelled – proposals to be discussed at April SCM</li> <li>• Athlete 2011-2012</li> <li>• Regional Directors</li> <li>• Produce strategy - April SCM</li> <li>• Completed</li> <li>• 2011-2012</li> <li>• Coaching 2011-2012</li> <li>• Regional Directors</li> </ul>	<ul style="list-style-type: none"> <li>• Allows for input from grassroots</li> <li>• Membership takes ownership</li> </ul>