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**1. PROGRAM MANDATE**

- i. Committee is to function on a Provincial basis developing content encouraging
  - Athlete Development
  - Athlete Recruitment
  - 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 (PSIP)
- Technical Skills
- Development Services (camps, schools, clinics)
- Skills Awards Program
- Athlete Resource Material

**iii. Athlete Networking**

- Athlete Representatives
- Internet communication
- Forums
- Alternative Communications - Print, Videos

**b. ATHLETE DEVELOPMENT COMMITTEE LIAISON FACTORS**

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

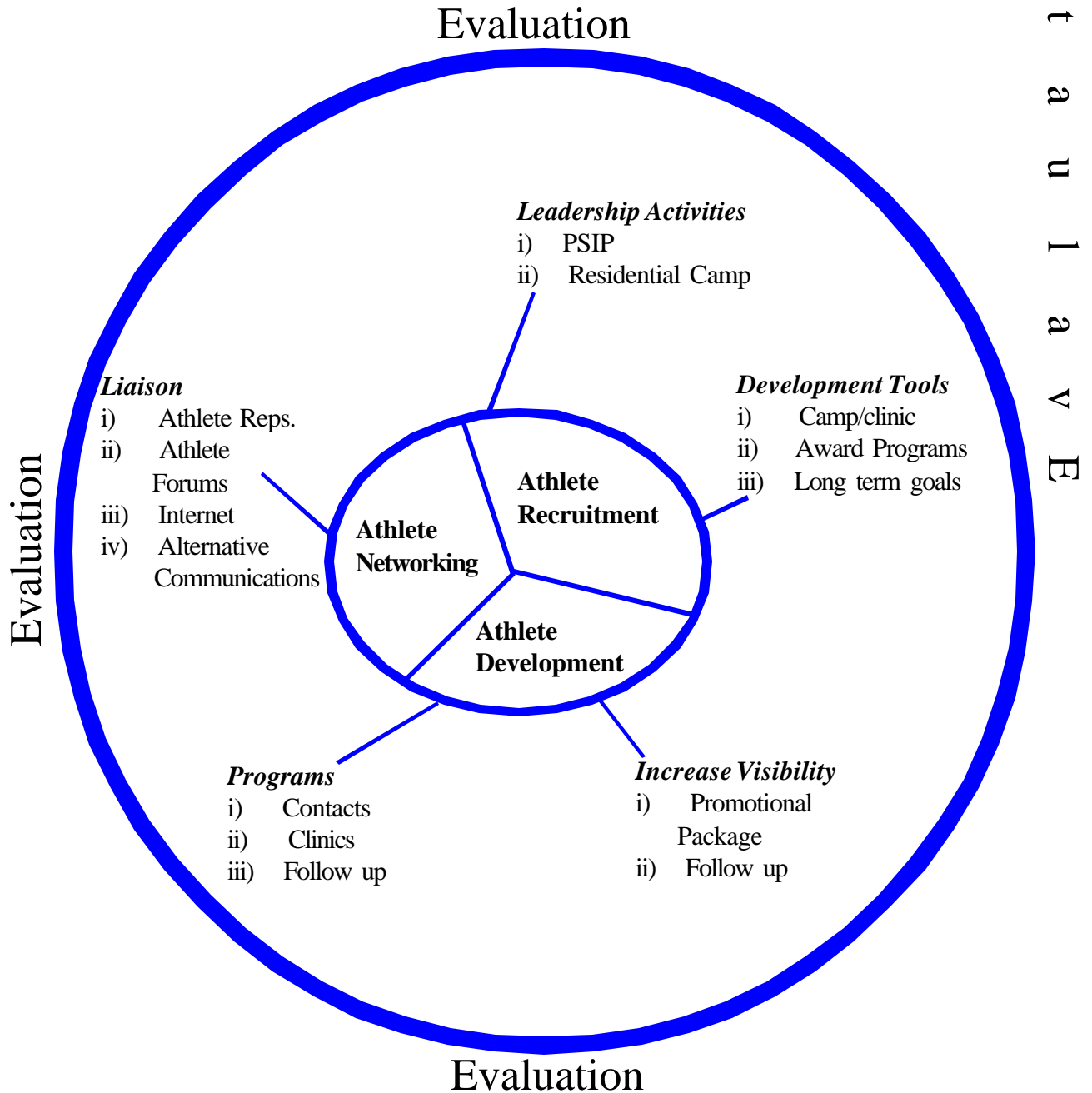
- i. Obtain technical people for recruiting purposes
- ii. Obtain list of activities and programs to publicize and promote
- iii. Obtain technical resource people for training camps and activities
- iv. Obtain articles of interest for member publications
- v. Obtain list of players for recognition purposes,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

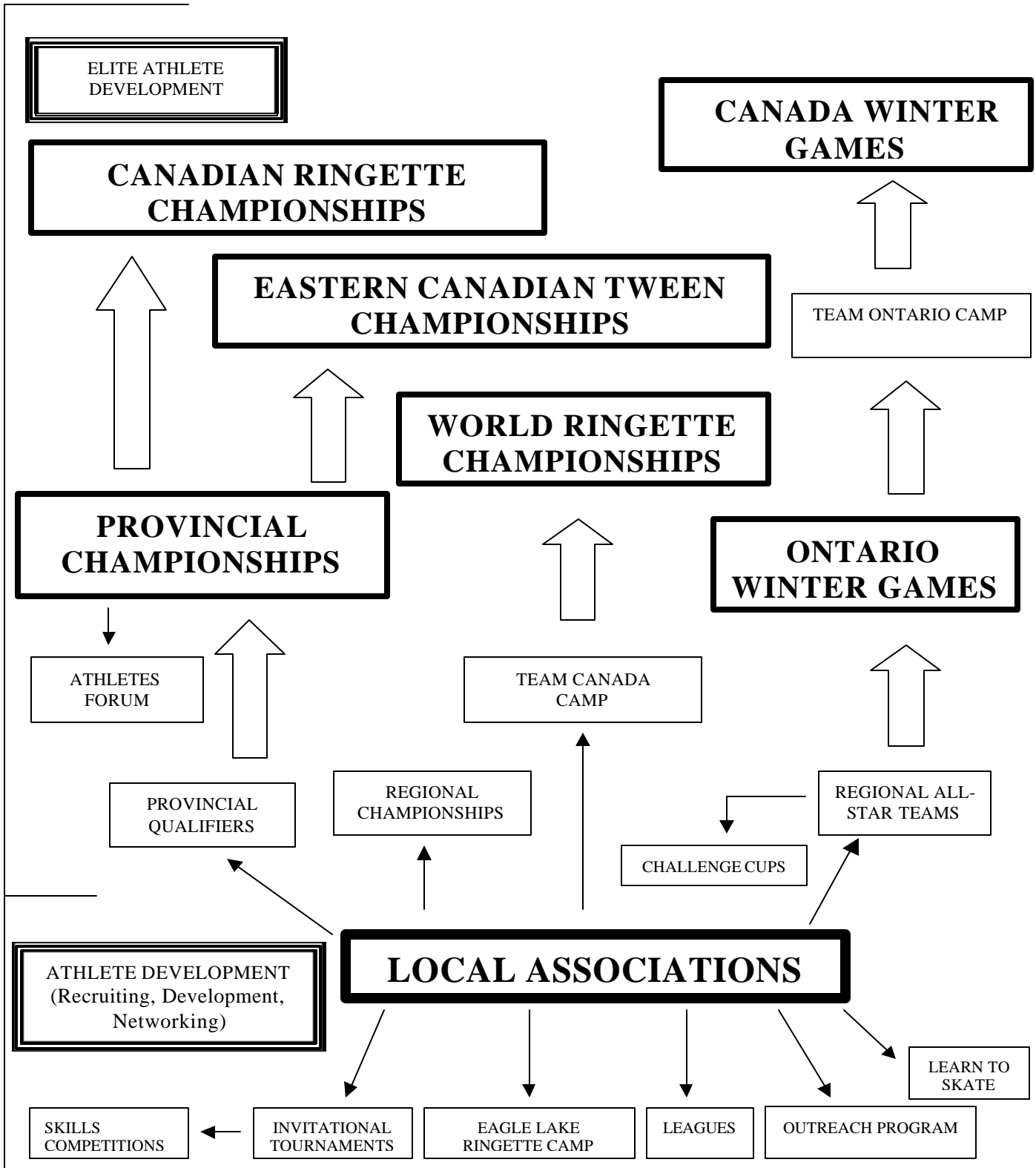
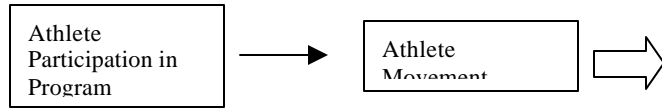
2. ATHLETE DEVELOPMENT SYSTEM MODEL

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.



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**3. ATHLETE MODEL**



#### **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).

**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 15<sup>th</sup>**.

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 ORA 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.

**d. Ringette for Life Opportunities**

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

- Officiating
- Coaching
- Administrator

## 5. ATHLETE DEVELOPMENT

**Your association can provide your players with the best opportunities to improve their skills through Certified Athlete Development programs.**

Through certifying your program you will receive the assistance of your Regional Co-ordinator, Athlete Development Chair and ORA 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 ORA Athlete Development Program.

### **a. Provincial Skill Instructor Program - Course Conductor - Level 3**

Designed to train people to teach the Provincial Skill Instructor Program. It is a 25 hour clinic spread over a full three (3) day weekend. Of the 25 hours, 7 ½ are on-ice practical training. Participants must be a minimum 18 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.

### **b. Provincial Skill Instructor Program (P.S.I.P.)**

- i. To provide older 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.
- ii. The Level 2 requires 16 hours of clinic time and is available to those who have completed the Level 1 program plus they must submit a completed "Instructor Record Form" documenting that they have had a minimum of 50 hours of practical instructing/assisting experience in Ringette and/or other related team sport. Course content includes Group Dynamics, more complex teaching techniques, detailed skill instruction/analysis and a practical teaching session.
- iii. The Level 1 Assistant Skill Instructor Program, for those of at least 14 years of age, will provide participants with a general knowledge of instructing techniques, plus the basics of skill progression and error detection. Level 1 requires 8 hours to complete, plus a post course assignment.

### **c. Provincial Skill Instructors**

Listings of qualified Player Development Instructors and Assistant Instructors will be made available to associations upon request. The Regional Sport Development Co-ordinators will have the information. Approximate cost of an instructor is \$10.00 1 hour for a skill clinic, plus cost of mileage. Cost of accommodation may also apply.

**d. Technical Skill Workshop Series**

There are a total of four (4) workshops:

- Technical Instructing and Evaluating Player Performance
- Ringette Skills - Theory and Practice
- Skating Skills - Theory and Practice
- 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 Water Skiing, Kayaking, Windsurfing, Canoeing, Snorkelling, Swimming and Archery. Other camp activities include Outdoor Adventure, Sports and Fitness, Hiking, Mountain Biking, Campfires and Field Games.

Your hosts, Directors Lance and Cathy Barrs have been with Hockey Opportunity Camp since 1973. They look forward to spending a week with a camp full of Ringette Players and are keen to meet the challenges that this brings.

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 are 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. Please inform your Regional Co-ordinator about existing programs.

**f. Skill Award Program**

Offer your players the challenge of participating in a fun and challenging program. You can devise your own program or a 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.

**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.

**ii. Skills Booklets - Ringette Canada**

Ringette Canada has made their Skills Booklets Series available through the O.R.A. office. Topics include:

- Skating
- Positional Play
- Goaltending
- Shooting and Passing
- Fitness and Conditioning

The booklets are available in either English or French.

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](http://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 Bunny Programs**

### **i. Bunny Minor Game Format**

- Two 15 minute periods (running time)
- Three minute buzzer for shift changes (clock stops for shift change)
- Mandatory rotation for 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. 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 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.

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.

(Appendix #1 - Sample Bunny Weekly Program)

For further resource see Developmental Bunny Program Handbook (Ringette Canada). 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 of Life Opportunities
- the establishment of forums 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 ORA office for posting on the website.

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 athlete representative is open to any Ringette athlete over the age of nineteen (19) or over at the time of election, whether active or retired from competition for less than one (1) year.

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 is held annually
- Where possible, assist with promotional activities of the Region, especially where player participation is the focus.

**c. Athlete Forums**

Provide an annual meeting for discussion and information exchange among athletes. Athlete Forums will 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 ORA for posting on the website.

Questionnaires to be distributed to Forum attendees. All questionnaires must be approved by the Athlete Development Chair. (See sample questionnaires from Provincial Championships - Appendix #2 and #3).

**d. Internet Communication**

Expand the utilization of the O.R.A. website as a tool to increase athlete networking such as CHAT Rooms, list servers and results of athlete forums.

**e. Ontario Provincial Ringette Week**

Beginning the second Sunday of every February there is an opportunity for the O.R.A. and its member associations throughout the province to blow their horns about Ringette. It is one of the O.R.A.'s 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.

**Appendix #1 - Sample of Weekly Bunny Program**

**BUNNY PROGRAM**

1 Hour per week  
18 Week Program  
(8 before Christmas – 10 after Christmas)

**Week #1**      **Skating – No Sticks**  
>Marching  
>Shuffling feet  
>Ringette Soccer (Individual)  
>Falling and getting up

**Week #2**      **Skating – No Sticks**  
>Snow Queen  
>Ring Soccer with a partner  
>Ring Toss with a partner  
> Snow plow stop

**Week #3**      **Skating – With Sticks**  
>Falling and getting up  
>Ring-handling – spell your name; Skating with a ring and stick

**Skating – No Sticks**  
    >T-start  
    >Snow plow stop

**Week #4**      **Skating – No Sticks**  
>Bubbles (double skulling)  
>Warm up stretches  
>”Head and shoulders” song  
>Ring Soccer width of arena at one end. 5 on 5  
>Ring handling – with sticks and rings, 2 simple pylon courses  
>Snow Queen

**Week #5**      **Skating**  
>Warm up stretches  
>Skating Review  
    ◆ Stance  
    ◆ T-start  
    ◆ T-pushes  
    ◆ Snow plow stop  
>New Skills Backward

- ◆ Stance facing boards
- ◆ Push and glide backwards
- ◆ Marching backwards
- >Ring handling
  - ◆ Pylon course
  - ◆ Kicking ring to your stick
- >Passing/Receiving
  - ◆ Passing to a partner
  - ◆ Aiming at a target (pylon)

**Week #6**

**Skating**

- >Warm ups
- >Skating Review
  - ◆ T-pushes
  - ◆ Partner push from behind
  - ◆ Backward shuffles
  - ◆ Backward bubbles
- >New Skills
  - ◆ Lateral cross steps using the boards
  - ◆ Follow the leader (circles)
- >Ringette Review
  - ◆ Passing to partner/receiving
  - ◆ Pylon course
  - ◆ Falling and getting up with a ring
- >New Skills
  - ◆ Raising the ring to the boards
  - ◆ Raising the ring into the net
  - ◆ Raising the ring to a partner
  - ◆ Bum tag in the circle

**Week #7**

**Skating**

- >Warm ups
- >Skating review/new
  - ◆ T-push
  - ◆ Snow plow - partner push
  - ◆ Striding - push and glide one foot then the other
  - ◆ Backwards partner push
  - ◆ Backward 'C' start
- >Ringette Skills Review/New
- >Ring soccer 1/3 ice
- >Passing/Receiving
  - ◆ On ice
  - ◆ Raised
  - ◆ Around a circle, five people on a circle

- >Checking
  - ◆ Stationary introductory
- >Snow Queen

**Week #8**      **Christmas Skate**

- >Bring a friend, parents, relatives, etc.
- >Invite Santa Claus

**BUNNY PROGRAM PART #2**

**Week #9**      **Skating**

- >Warm up stretches
- >Balance exercises
  - ◆ Jumping over lines
  - ◆ Squats between blue lines
- >New Skills
  - ◆ Crossovers – forward: Start with lateral steps on a line followed by pushing three (3) times on a circle and crossing over. Eventually have the players push once and crossover and glide. Once they feel comfortable play “follow the leader”.

**Ringette:**

- >Review
  - ◆ Passing and receiving drill – your choice
  - ◆ Stationary introductory to checking
  - ◆ Play “Bum Tag” to review raising the ring
- >Game
  - ◆ Play a mini game of ring soccer

**Week #10**      **Skating**

- >Warm up stretches
- >Balance exercises review
- >Agility exercises
  - ◆ Turning 360’ at the blue lines
  - ◆ Falling down and getting back up while moving
- >Review
  - ◆ Starts and stops previously taught
  - ◆ Backward skating/forward skating relay race – incorporate both skills into an easy relay race across the width of the ice
  - ◆ Forward crossovers continue instruction and review

**Ringette:**

- >Review
  - ◆ Stationary checking but introduce two checkers

>New Skills

- ◆ Checking while on the move – straight line across the ice at first then allow the ring carrier to go anywhere.
- ◆ Confined area checking – assign at least three pairs to a circle – they cannot go outside of the confines of the lines of the circle. Remind them to keep their head up.
- ◆ Forehand shot on the ice – have them practice against the boards at first then have them aim at the net (goalie) if you have one. Encourage them to keep their follow through low.

**Week #11**

**Skating**

>Warm up stretches

>Balance and Agility Drills

>Review past skills

>New Skills

- ◆ Backward crossovers – this will take many sessions to accomplish introduce the skill and let them try it for a brief period. When introducing the skill let them try regular backward skating around a circle first before you have them crossing their feet.

**Ringette:**

>Review

- ◆ Confined area checking 1 on 1 then introduce 2 on 1

>New Skills

- ◆ Backhand shot on the ice – against the boards first then on net
- ◆ Backhand shot raised – against the boards first then on the net

**Week #12**

**Skating**

>Warm up stretches

>Balance and Agility Drills

- ◆ Obstacle course – diving under a stick on chairs, weaving through a pylon course, skipping – using skipping ropes, etc.
- ◆ This can be combined with other drills you may have to practice and use a circuit formation and the players rotate from one activity to another

>New Skills

- ◆ Continue teaching crossovers – review forward and continue on backward crossovers

**Ringette:**

>Review

- ◆ Passing and receiving
- ◆ Ring handling through pylon course
- ◆ Checking 1 on 1 and 2 on 1 using a basic but fun drill

>New Skills

- ◆ Shooting Drill – Butterfly drill or something that's easy

>Game

- ◆ Snow Queen – straight dive and with a roll

**Week #13**

**Skating**

>Warm up – General overall warm up incorporating stretches, balance and agility drills

>Review

- ◆ Backwards skating skills – starts, stops (using partner drills)

>New Skills

- ◆ Continuation of backward crossovers
- ◆ Introduction of turns and pivots
  - forward to backward
  - backward to forward

**Ringette:**

>Review

- ◆ Have players do two (2) drills which incorporate most of the skills which have been previously taught excluding shooting

>New Skills

- ◆ Introduce a sweep check – basic stationary 1 on 1
- ◆ Introduce passing and receiving while moving – lead pass

>Game

- ◆ Short scrimmage, encouraging player to player checking. (Presuming that the players have some knowledge of the rules of ringette and should be able to play a basic game. If this is incorrect then play a game of ring soccer and start introducing the rules in off-ice sessions).

**Week #14**

**Skating**

>Warm up as week #13

>Review

- ◆ Forward starts, stops and crossovers
- ◆ Play “follow the leader”
- ◆ Practice backward crossovers

>New Skill

- ◆ Continuation of pivots and turns F to B and B to F. Practice turning to the right and the left

**Ringette:**

>Review

- ◆ Sweep check 1 on 1
- ◆ Shooting drill previously taught – your choice



>New Skill

- ◆ Checking in the corners 1 on 1 and 2 on 1 have players chase a ring into the corner and retrieve it – they can either bring it back to you or go and shoot on the net. (When throwing the ring into the corner have the players begin at the top of the free pass circles one on either side of you).

>Game

- ◆ Controlled scrimmage – looking for positions on the ice; try to get them used to not clustering

**Week #15**

**Skating**

>Warm up

>Review

- ◆ Review all skills using a variety of drills – allow approximately 10 minutes

>New Skill

- ◆ Introduce a sharp turn and have them try them around pylons or the dots on the circles.

**Ringette:**

>Review

- ◆ Passing and receiving – lead passing
- ◆ Sweep checking
- ◆ Checking in the corners

>Game

- ◆ British Bulldog
- ◆ Snow Queen straight and with rolls

**Week #16**

**Skating**

>Warm up

>Review

- ◆ Using a circuit or stations – pick two sets of four skills and allow approximately 2 minutes per skill – this means you will need assistant coaches and or helpers on the ice with you – one at each station.

>New Skill

- ◆ Continue teaching the sharp turn

**Ringette:**

>Review

- ◆ Ring handling – using a pylon course
- ◆ Shooting – using two (2) shooting drills

>New Skill

- ◆ Situational Play 3 on 3 in a zone in terms of defense and in terms of offense

>Game

- ◆ Let the players choose!

**Week #17**

**Skating**

>Warm up

>Review

- ◆ Backwards starts, stops, strides and crossovers
- ◆ Sharp turns
- ◆ Pivots and turns

**Ringette:**

>Review

- ◆ Passing receiving – one (1) drill
- ◆ Game – “hit the skate”. (If you hit someone’s skate that person has to do three (3) push-ups before they can chase and aim for someone else’s skate).
- ◆ Checking – confined area “chase the ring”
- ◆ Shooting – one (1) drill
- ◆ Situational play – same as Week #16

**Week #18**

>Game

- ◆ Parent and children

>Skills Competition

- ◆ Relay race with parents (set up teams during scrimmage once you see everyone’s skill level – be creative but remember some parents may not be too agile)!

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**ATHLETE FORUM SAMPLE QUESTIONNAIRE**

**DIVISION: JUNIOR BELLE**

**LEVEL: A AA**

Email Address: \_\_\_\_\_

Would you like to receive the results of this FORUM and regular Ringette updates by email? Y N

**Comments about current Issues/News (Shot clocks, Agnes Jacks meet in Ottawa, email)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Workshop 1 - KEY ISSUES**

1.1 What should change, improve, or continue in the sport...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Workshop 2 - MARKETING and PROMOTIONS**

2.1 Ideas for Canadian and International Ringette Development

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2.2 How can individuals (like you) make a difference LOCALLY?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Workshop 3 - RULES**

3.1 Should the first penalty of a game be defensive? YES NO

Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3.2 Rule changes that are needed...

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3.3 Should it be mandatory to have at least one female on the bench? YES NO  
Why?\_\_\_\_\_

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3.4 Should long pants be mandatory? YES NO  
Why?\_\_\_\_\_

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3.5 Can you think of any problems with using the Shot Clock?

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3.6 What do you know about tribunals and releases?

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**General comment (about Athlete Forum, Ringette, Ideas...)**

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Thank you for your participation in the PROVINCIAL ATHLETE FORUM. The results will be emailed to you, and will be available in the near future on our website at:

**WWW.ONTARIO-RINGETTE.COM.**

**Please share these results with your teammates and coaches.**

**ONTARIO PROVINCIAL RINGETTE CHAMPIONSHIPS  
ATHLETES' SAMPLE QUESTIONNAIRE**

Ontario Ringette Association would appreciate it if you would take a few minutes to provide your opinion on the following Ringette topics. Your opinion is very important in the continuing growth and development of the sport we all love.

**1. Age Groups:**

- Should the Debs and Intermediates continue as separate age groups or should they be combined into one open division - 19 years of age and older?

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- If Debs and Intermediates are combined, what should the new age group be called?

Debs \_\_\_\_\_ Intermediates \_\_\_\_\_ Other suggestions \_\_\_\_\_

- Would you like to see any other changes in the age groupings?

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**2. Rule Changes:**

- Should the shot clock be used in Ringette? Yes \_\_\_\_\_ No \_\_\_\_\_

If so, at what levels? \_\_\_\_\_

- Would you like to suggest any other rule changes?

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**3. University/College Ringette:**

- Would you like to see Ringette played at Ontario universities and colleges?

Yes \_\_\_\_\_ No \_\_\_\_\_

**4. Provincial Championships:**

- Do you think A and AA Provincial Championships should be held the same week or at different times? Same \_\_\_\_\_ Different \_\_\_\_\_
- Do you think the timing of the Provincial Championships is appropriate particularly in terms of schooling, i.e. exams? Yes \_\_\_\_\_ No \_\_\_\_\_
- Do you think all A and AA teams should be allowed to participate in the Provincial Championships? Yes \_\_\_\_\_ No \_\_\_\_\_
- If not, how would you suggest selecting the teams that would be eligible to participate?

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- What other types of activities, besides the competition, would you like to see at Provincial Championships?

Player socials \_\_\_\_\_ Athletes' Forum \_\_\_\_\_  
Skills contests \_\_\_\_\_ Other suggestions \_\_\_\_\_

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**5. Team Canada:**

- Do you like the selection process for Team Canada? Yes \_\_\_\_\_ No \_\_\_\_\_
- If not, what other process would you suggest?

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**6. Do you have any suggestions to increase promotion and publicity about Ringette?**

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**7. Do you have any other comments or changes you would like to suggest for the sport of Ringette?**

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I am a \_\_\_\_\_ player or \_\_\_\_\_ coach with:

Team: \_\_\_\_\_ Level: A \_\_\_\_\_ AA \_\_\_\_\_

**Thank you for taking the time to complete this questionnaire.**