Ontario Ringette
Skills Awards Program

Administration
Manual

**Brought to you by:
ORA Athlete Development
Committee and:**

Ours thanks are extended to the following people for their assistance with this edition of the Ringette Store Skills Awards Program:

2004 edition

Karen Hill - Chair - Athlete Development
Victoria Johnston - Eastern Region
Emma Ahvenniemi - North West Region
Sarah Gore - NorthEast Region
Lori Robins - Southern Region
Lorraine Jackson- Central Region
Shelly Kraemer - Western Region

Tanis Humphrey- The Ringette Store

1990 edition

Jill Clarke - Player Development Chair
Lisa Tilley
Connie Ryan
Lisa Valleau
Sheryl Bird
Ron Gallinger - Technical Director
Carolyne Hudson - Executive Director - Ringette Canada
Anik Desjardins - Office Administration

Original Skills Awards Program

Wes Clark - Former Executive Director - ORA
Maureen Corbett
Betty Shields - Former ORA and Ringette Canada President
Dave Shelton - former sponsor of program - Shoppers Drug Mart
WINTOARIO
JOFA
Bruce Kettles - Ringette Canada Officiating Task Force
Caroline Ball
Pierre Dunnigan

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Introduction

The Ringette Store Skills Awards Program is an exciting concept in the area of Ringette skills evaluation and development.

This program presents a method of evaluating the skill levels of players as well as providing a basis by which skill improvement and progress can be monitored by players, instructors and coaches. Identification of skill levels also leads to motivation, and is directly related to improvement through practicing the skills of the game and identifying where the emphasis should lie in terms of instruction and coaching.

The player is put through the program, and his or her scores are awarded for the level as achieved. Over time, this same player is again put through the program, and his or her scores are compared with their own pervious scores. And not other players on their team. Then the players are awarded for the progress they have achieved.

The awards are colour based ribbons as provided by the Ringette Store with Bronze being the first award level as compared with the Norms or Standard guidelines provided, and Silver and Gold ribbons for levels of skill development as the players skill levels increases. A performance report may also be provided to the player.

Program Goals:
- To provide a fun and challenging program
  To use specific tests to indicate the skill level of the players and identify the areas where improvement is needed.
- To use the tests as potential criteria for team selection and player placement.
- To offer a simple method of skill evaluation
- To provide a motivational device for the continued involvement of players in the sport.

What is involved:

The program has been divided into five tests to indicate player's abilities in different aspects of Ringette. The test is based on the assumption that one can determine the ability of Ringette players by her/his abilities in a cross section of skills (e.g. Forward skating, backward skating, agility, ring handling, shooting). The tests provide an excellent indication of general Ringette ability.

GENERAL INSTRUCTIONS

There is a choice of two administration options which can be utilized when hosting the Ringette Store Skill Awards Program.

A) CLINIC/CAMP OPTION
The first option applies to a clinic or camp situation when a large number of players are participating. This option requires a large amount of advanced planning and organization with approximately 10-15 volunteers. This option is outlined in detail under the "Test Administration " section of this manual.

B) TEAM OPTION
This option is used in the event of a smaller group and is usually less formal. The coach with parents would be able to administer this test for 15 to 20 players during a practice hour.

The Ringette Store Skills Awards Program is an excellent method to evaluate players' skills on an ongoing basis.

TEST ADMINISTRATION

The Host should ensure the following aspects of the event:

One Month before Skills Testing Day
1 - Contact the ORA office for the Administration manual for the Skills Award Program and place your order for the number of expected awards to be handed out.
2 - review the requirements for the tests, and ensure that arrangements have been made for sufficient ice time, volunteers, equipment and publicity.
3 - determined the required ice time by the total number of participants. Large groups, such as more than 40, should be split into small sub groups and tested separately, with each group needing an hour of ice.
4 - obtain the following materials and equipment required to operate the program and ensure that they will be available at the test site:

4 stop watches	Certificate of Achievement (Optional)
fifteen rings (minimum)	Performance report form
20 pylons	Goaltender summary -1 for each goalkeeper
shooting board	Participant evaluation form (optional)
25 metre tape measure	Administration evaluation form
clipboards and pencils	
extra player sticks	

5 - Recruit sufficient volunteers:

  1 - One Head evaluator who is responsible for the one ice administration of the program on testing day. This involves everything from ensuring that the proper equipment is available to making sure evaluators are in place to operate the event effectively.

2 - One Evaluator on the ice for each test station (there are 5). Junior, Belle, Open players and parents - anyone who wants to join, could be asked to lend a hand

 3 - Two or 3 volunteers off the ice to co-ordinate players and handle registration

4 - Two or 3 volunteers to compute scores, determine award levels, write our certificates, keep up with a master score sheet and co-ordinate the presentation of awards.

6 - Invite Dignitaries - local sponsor if nearby, local Athlete Development Rep, President of local Association, League or Region, are a few examples.

On Testing Day

1. Ensure that all stations are marked correctly as per the test requirements. NOTE: They must be exactly as indicated in this manual.
2. Designate appropriate dressing rooms and post signs in the lobby.
3. Post large clear signs indicating registration station, and award station.
4. Record each player's name and age on working copies of scores heets before the players go on the ice. The Masters of the score sheets for the players and goaltenders are included.
5. The Head Evaluator should complete most of the certificates in advance if certificates are to be handed out.
6. Ensure that everyone is briefed in all aspects of the testing so that questions may be answered by anyone involved. Demonstrations and group discussions are helpful prior to the event.
7. Provide pencils for recording.
8. Before going through the test, the test should be described or demonstrated for the participants.
9. Divide the participants into 5 equal groups. Assign a starting station to each group.
10. Do not skip over warm ups. The payers need this, both office and on ice.

During Testing

1. Each Evaluator should have the Skills Award Summary sheet when at their assigned station.
2. The Evaluator should describe the test at that station, the same way to each group as they arrive and does all the time for that test. The Evaluator records the marks for each player as they go through the drill.
3. Each group rotates through all the stations usually in a counter-clockwise direction.
4. Spectators and waiting players should stay clear so as not to distract the participants. This program should be able to be completed in one hour.
5. Time for the events must be recorded to at least one decimal point to make scoring accurate. For example: 4.2 or 4.23 but not 4.
6. Each player is to be given two trials of each test and the best trial will be considered in scoring of the test. The player's best time for each test should be circled by the evaluator as the tests are completed.
7. There are no penalties for false starts or improper performance of the tests such as turning the wrong way. The trails in question are simply not used.

After Testing

1. Collect all performance reports from the participants, if you have arranged for the participants to each carry their own report.
2. Based on the schedule of NORMS, the player' age and the test scores, compute the final result (Gold, Silver or Bronze.) for each participant. For example - add up the best times from the four timed events and subtract the shooting/ throwing bonus).
3. Complete the participant's certificates, if you are handing out certificates.
4. Have the participants head over to the awards area
5. Present awards to each player - remember to emphasize that the players were going against a Standard and not against each other for these awards. Each player should receive a Ribbon from the Ringette Store.
6. Transfer all times and the overall scores to the Summary sheets. And have someone assigned to keep these as Records for when you run this program again.

Another Option in Conducting the Skills Awards Program

You may wish to consider that all players receive the Bronze level ribbon on their first attempt with this Skills Award program, and then must achieve higher levels in subsequent testing in order to receive the Silver award and then achieve even higher levels for the Gold award. This allows players to continue to strive for greater achievements should they surpass the NORM level early.

Set stations up as in FIG. 1. Each test is decribed in detail on the following pages.

FIG. 1

(1) Forward Skating
(2) Backward Skating
(3) Agility/Combo Drill
(4) Ringhandling
(5) Shooting/Ring Throw
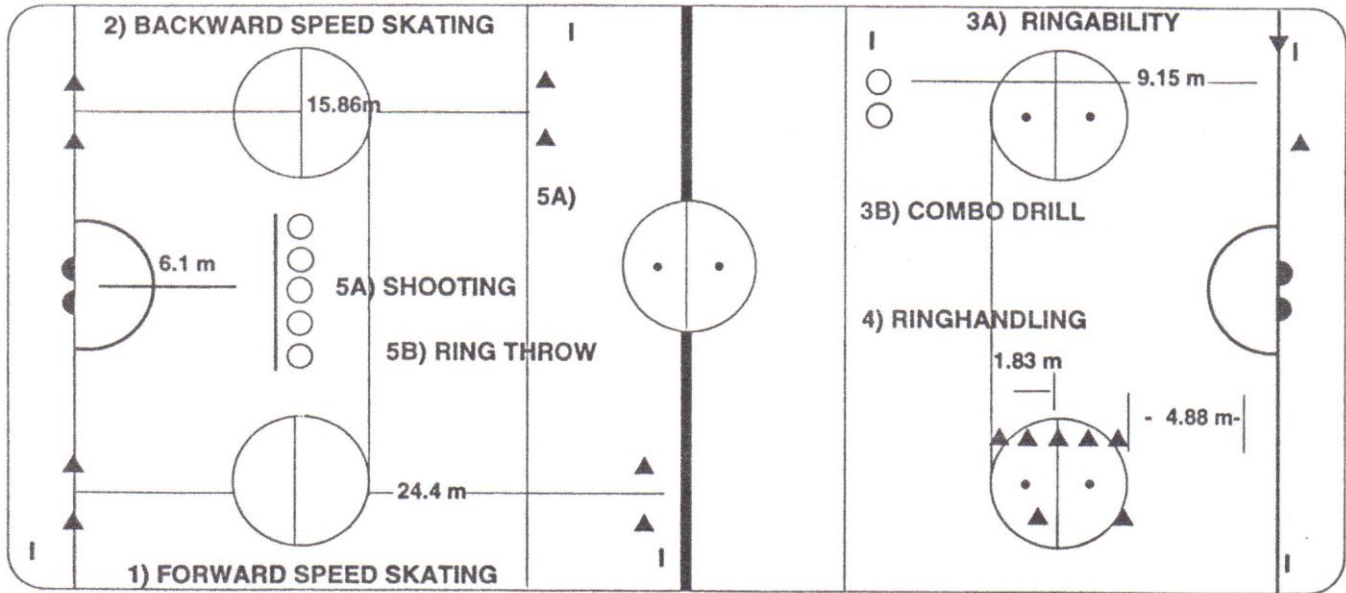
▲ PYLON
I EVALUATOR/COACH
○ RING

NOTE: The measured finish lines do not necessarily correspond to the red and blue lines.

0.38 m (13")

0.38 m (13")

0.31 m
(12 ")

1

0.31 m
(12 ")

4

12"

HINGE

12"

0.31 m
(12 ")

2

0.31 m
(12 ")

5

0.31 m
(12 ")

0.31 m
(12 ")
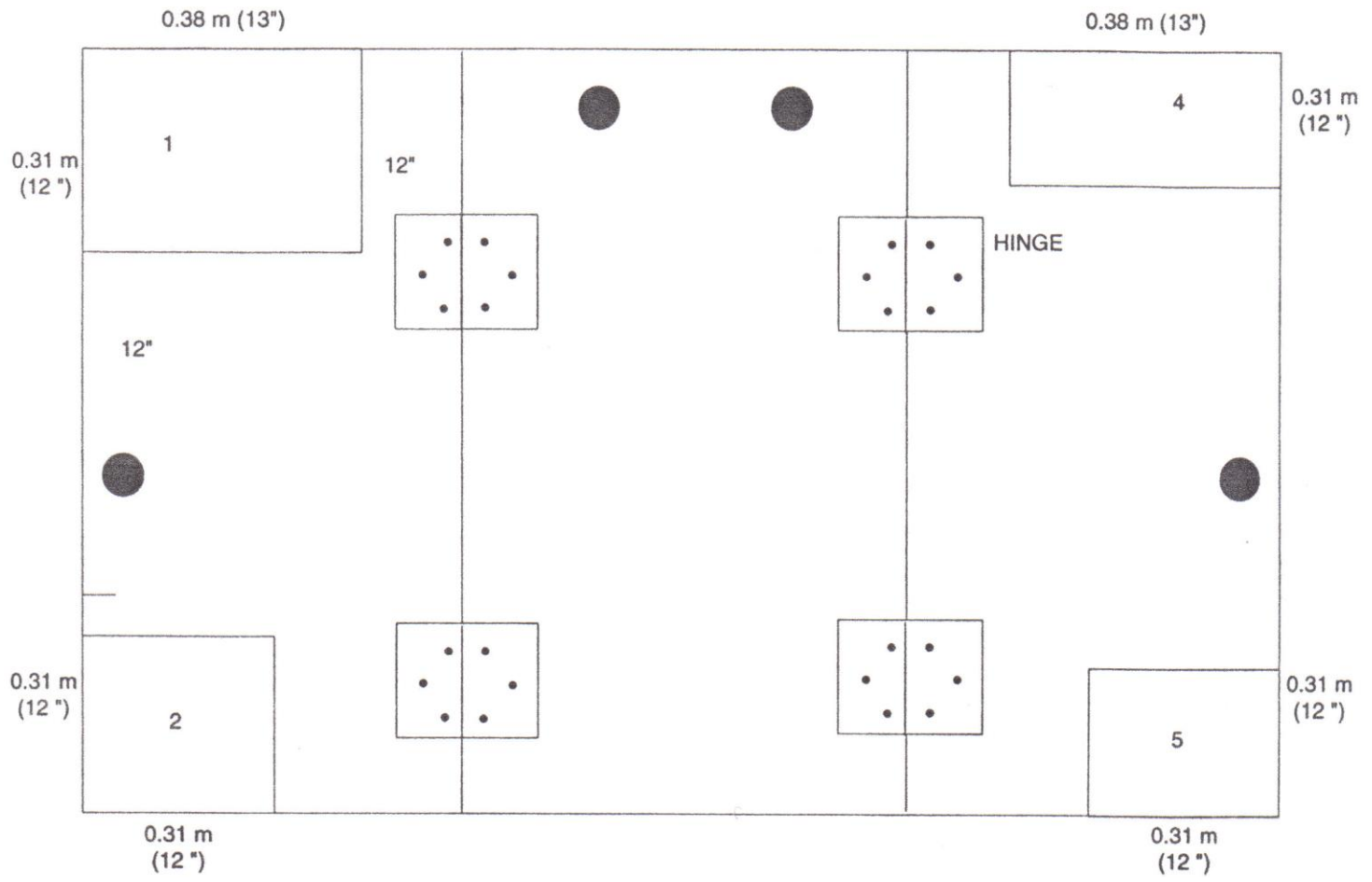
SCHEDULE OF NORMS

PLAYER TIMES

Medal Age	GOLD	SILVER	BRONZE
≤ 5	t ≤ 57.8	57.9 ≤ t ≤ 80.9	t ≥ 81.0
6	t ≤ 46.4	46.5 ≤ t ≤ 57.0	t ≥ 57.1
7	t ≤ 40.7	40.8 ≤ t ≤ 47.8	t ≥ 47.9
8	t ≤ 38.8	38.9 ≤ t ≤ 42.5	t ≥ 42.6
9	t ≤ 38.0	38.1 ≤ t ≤ 41.9	t ≥ 42.0
10	t ≤ 36.0	36.1 ≤ t ≤ 39.0	t ≥ 39.1
11	t ≤ 33.9	34.0 ≤ t ≤ 35.9	t ≥ 36.0
12	t ≤ 32.7	32.8 ≤ t ≤ 34.8	t ≥ 34.9
13	t ≤ 31.5	31.6 ≤ t ≤ 34.2	t ≥ 34.3
14	t ≤ 31.0	31.1 ≤ t ≤ 33.7	t ≥ 33.8
15	t ≤ 30.5	30.6 ≤ t ≤ 33.2	t ≥ 33.3
≥16	t ≤ 30.0	30.1 ≤ t ≤ 32.7	t ≥ 32.8

GOALKEEPER TIMES

Medal Age	GOLD	SILVER	BRONZE
≤ 5	t ≤ 104.5	104.6 ≤ t ≤ 147.9	t ≥ 147.0
6	t ≤ 85.0	85.1 ≤ t ≤ 104.9	t ≥ 105.0
7	t ≤ 73.7	73.8 ≤ t ≤ 88.3	t ≥ 88.4
8	t ≤ 70.3	70.4 ≤ t ≤ 80.6	t ≥ 80.7
9	t ≤ 65.8	65.9 ≤ t ≤ 77.2	t ≥ 77.3
10	t ≤ 61.5	61.6 ≤ t ≤ 70.5	t ≥ 70.6
11	t ≤ 57.6	57.7 ≤ t ≤ 67.1	t ≥ 67.2
12	t ≤ 56.5	56.6 ≤ t ≤ 64.2	t ≥ 64.3
13	t ≤ 54.3	54.4 ≤ t ≤ 59.5	t ≥ 59.6
14	t ≤ 52.6	52.7 ≤ t ≤ 58.6	t ≥ 58.7
15	t ≤ 51.5	51.6 ≤ t ≤ 57.4	t ≥ 57.5
≥16	t ≤ 50.9	51.0 ≤ t ≤ 57.0	t ≥ 57.1

t = total time of the four time skills less shooting/throwing accuracy bonus.

Test Number 1 - Forward Speed Skating Test (All players)

Purpose: To measure the forward skating speed of a player.

Equipment/Set-up (FIG. 2)

- one stopwatch is required.
- mark a line 24.4 m (80 feet) from the goal line.
- 2 cones are placed at both the starting and finish lines.

Execution

Start the player behind the start line. Time begins when the player touches the start line. The player skates forward as fast as he/she can to the finish line where timing stops when both skates have crossed the line.
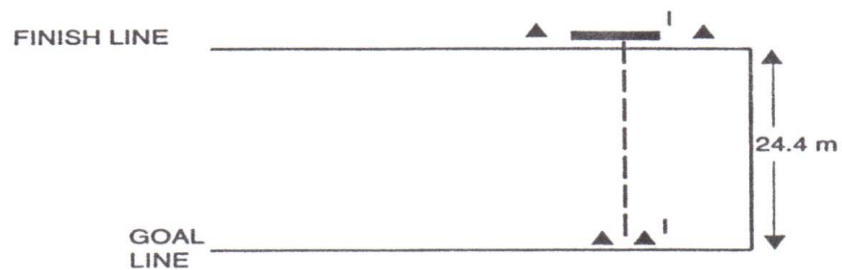
FIG. 2

Test Number 2 - Backward Speed Skating Test (All players):

Purpose: To measure the backward skating speed of a player.

Equipment/Set-up (FIG. 3)

- one stopwatch is required
- mark a line 15.86 m (52 feet) from the goal line.
- 2 cones are placed at both the starting and finish lines.

Execution:

Start the player behind the goal line. The time begins when the player's skates touch the line. The player skates backwards to the finish line, and timing ends when both skates have touched the finish line.
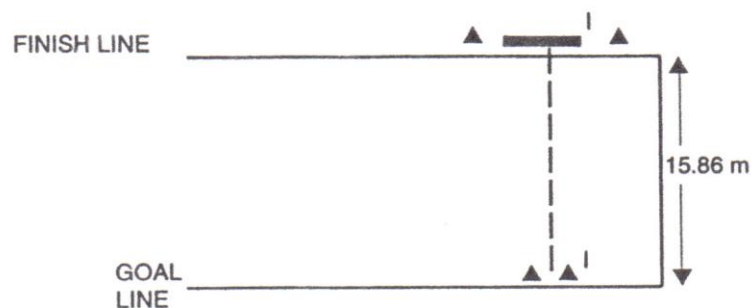
FIG. 3

<u>**Test Number 3A - Agility Test**</u> (players only):

Purpose: To measure the player's agility and basic skills of the front start, acceleration,
          stopping and stabbing of a stationary ring.

Equipment/Set-Up (FIG. 4)

   * one stopwatch is required
   * one pylon 1 m (3 feet) behind the goal line
   * 2 rings placed on two points 9.15 m (30 feet) from the goal line.

 Execution:

The player starts by lying in a face-down position, with his/her forehead on the goal line. On the
signal, the player gets up, skates to the rings, stabs one and places it behind the furthest pylon
(he/she must place it **behind** the pylon). He/she then returns for the second ring and places it
behind the same pylon. Timing begins on the signal, and ends when both skates touch the goal
line while he/she is carrying the second ring.

<u>"HINT"</u>:   Advise the participants that stopping and changing direction while picking up the
          ring is quicker than using *a* sharp turn.
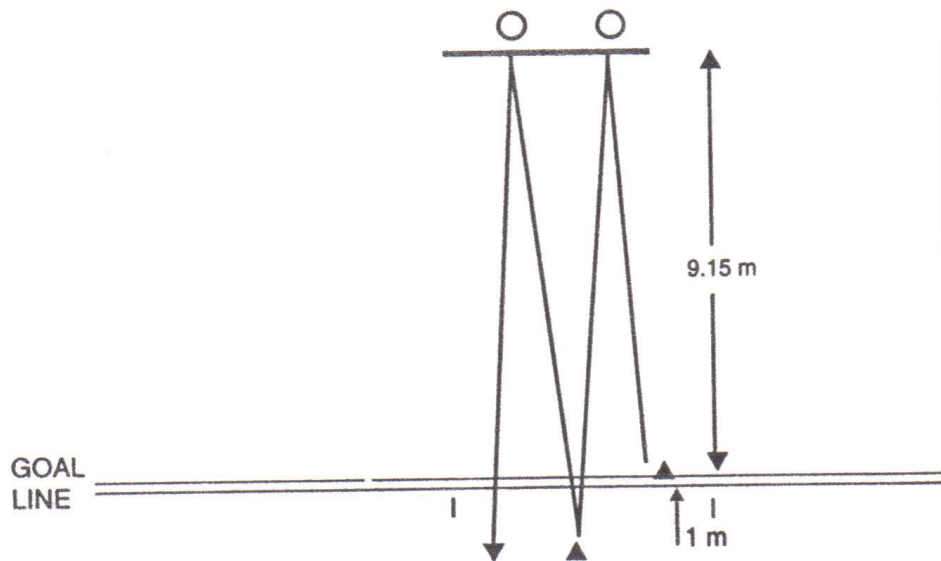
FIG. 4

Test Number 36 - Combo Drill (Goalkeeper)

Purpose: To measure a Goalkeeper's Agility.

Equipment/set-up (FIG. 5)

      A goalie net and crease are required for this drill
      One stopwatch is required

Execution:

The goalkeeper starts the drill hugging the left post. Using shuffle steps, move along the blue crease line to the right and hug the right post. Then shuffle along the crease, back to the starting position. Then execute a T-push or one shuffle step straight across to the right post. Continue by telescoping forward to the centre of the right free pass circle and retreating to the right post. T-push straight across to the left post. Finish by telescoping to the centre of the left free pass circle and retreating to the left post.
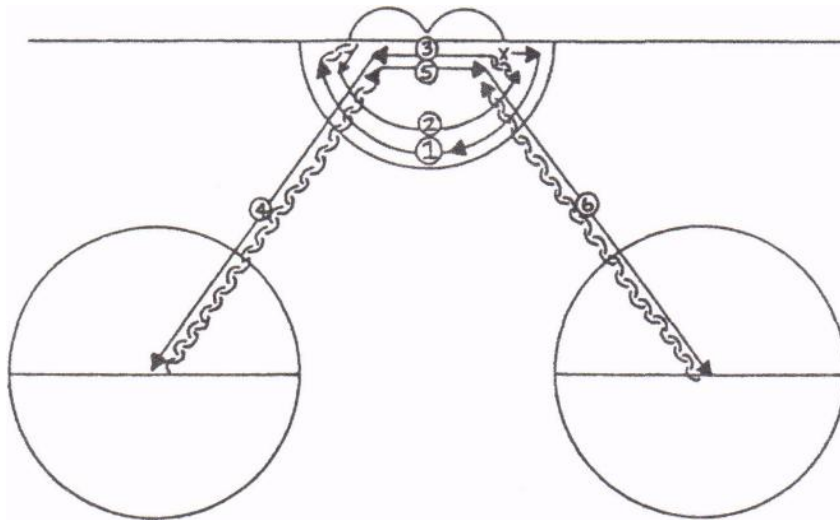
FIG. 5

Test Number 4 - Ringhandling (All Players)

Purpose: To measure the player's ability to handle the ring while skating through an obstacle course.

Equipment/Set-up (FIG. 6)

- one stopwatch is required
- one ring (placed beside pylon 1)
- pylon #1 is placed 4.88 m (16 feet) from the starting line (the goal line) and pylons #2, #3, #4 and #5 are placed in a straight line perpendicular to the starting line with a distance of 1.83 m (6 feet) between consecutive pylons.
- pylon #6 and #7 are placed (respectively) 1.83 m (6 feet) from pylons #4 and #2.

Execution:

The player starts behind the goal line. The time starts when the player's skate touches the starting line. Skating towards the pylons, a ring is picked up beside, to the right of pylon #1. The player skates to the left of pylon #2, to the right of pylon #3 and so on in a swerving fashion. The ring must also go around the pylons. At pylon #5 the player makes a sharp turn, and skates to pylon #6. The player makes complete circles around pylons #6 and #7 (in opposite directions). The time stops when the player crosses the finish line with the ring.

"HINT": Advise the participants that although this is a timed test, it is important to have both body and ring in control as you go around comers.
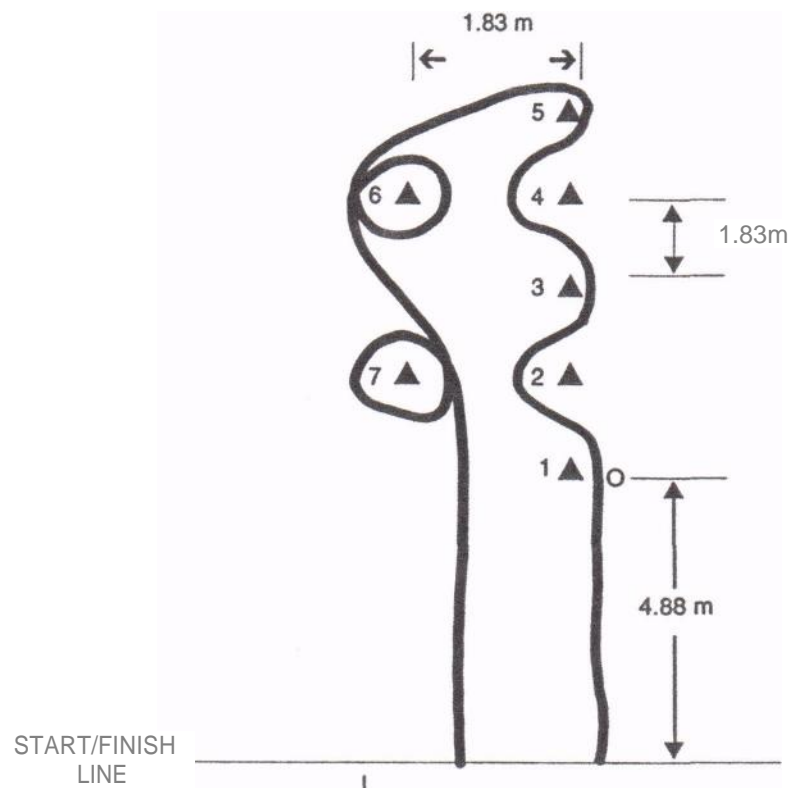
FIG. 6

<u>**Test Number 5A - Shooting Test (Players)**</u>

Purpose: To measure the player's shooting accuracy.

Equipment/Set-up (FIG. 7)

- one net
- one shooting board
- 5 rings 6.1 m (20 feet) from goal line

Execution:

The player takes five shots at the shooting board. The player may take any type of shot on the net. Stationary and moving shots are permissible. The players stick must not cross the (6.1 m) line while in contact with the ring.

Players receive a bonus for the number of targets hit. This bonus is time which is taken off the total of the (four) timed skills. A bonus is given as follows:

0.5 second for a bottom target
1.0 second for a top target

The maximum bonus is 3.0 seconds
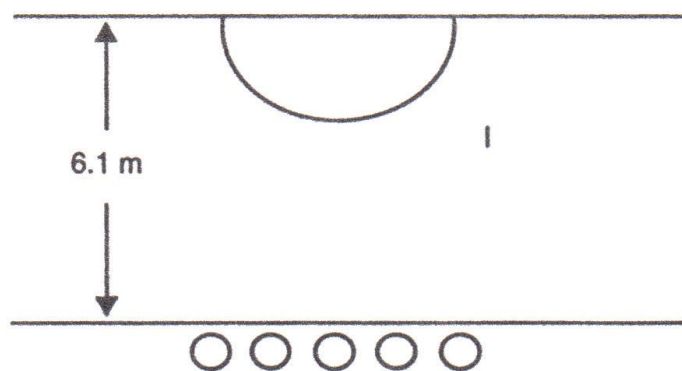
FIG. 7

Test Number SB - Ring Throw   (Goalkeeper)

Purpose: To measure the ring throwing accuracy of a goalkeeper.

Equipment/Set-up (FIG. 8)

  • Four (4) pylons
  • 5 rings

Execution:

1. Pairs of pylons are positioned at the top of each free pass circle on the free play line. There
    should be a distance of 1.53m (5 feet) between each pair of pylons.

2. Five rings are placed inside the goal crease.

3. The goalkeeper picks up and attempts to throw a ring (between one set of pylons).

4. This is repeated for all five rings alternating from left to right.

5. The goalkeeper is given a bonus (to a maximum of 3) for each ring thrown between one set of
    pylons. Each bonus is worth one second. This time is taken off the total of the (four) timed
    skills.
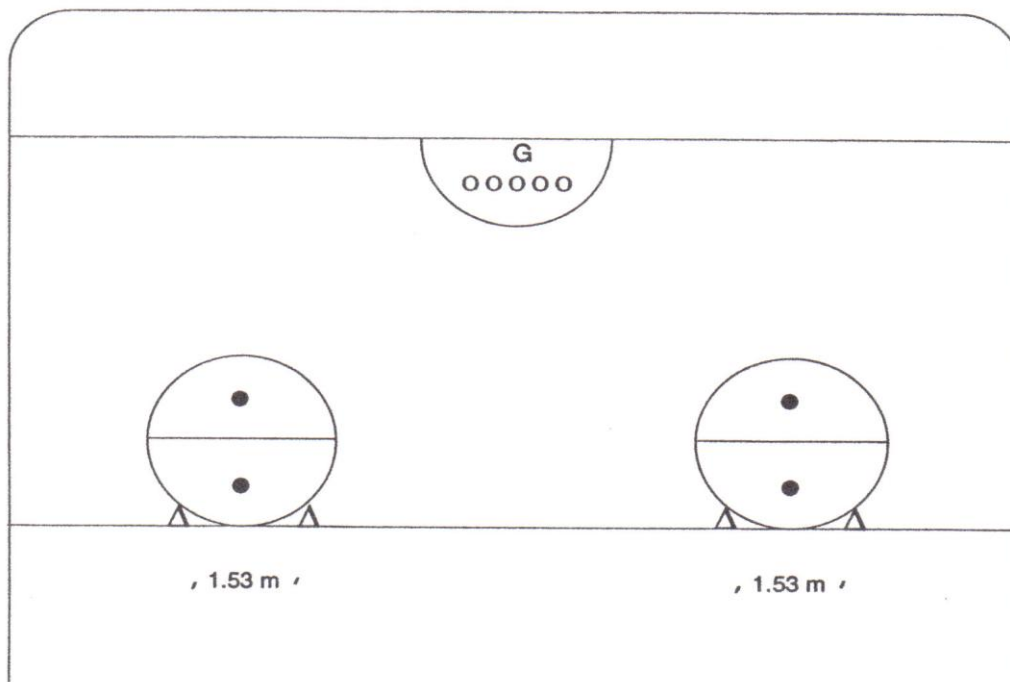
FIG.8

Individual
Performance Report
The Ringette Store SKILLS AWARD

_____

Player's Name   Age   Date

                       Trial 1   Trial 2   Best Time

Skill # 1 Forward Speed Skating   _____   _____   _____

Skill # 2 Backward Speed Skating   _____   _____   _____

Skill # 3 Agility a) Shuttle   _____   _____   _____
                   b) Combo Drill

Skill # 4 Ring Handling   _____   _____   _____

Add Skill Times of the above 4 Skills to give = Total Time _____

Skill # 5   Accuracy a) Shooting   _____   _____   _____
                     b) Ring Throw

Minus Skill # 5 from the Total Time = Net Time_____

From the Schedule of NORM's Chart,
**   Circle Overall Rating B or S or G**

Evaluator's Signature_____

SKILL AWARDS SUMMARY

PLAYERS

Association: _____

Date: _____ Head Evaluator: _____

Ribbon	Player's Name	Position	Age	Forward Skating (Seconds)	Backward Skating (Seconds)	Agility (Seconds)	Ring Handling (Seconds)	Total Time	Shooting Accuracy max 3 secs	Net Time

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SKILL AWARDS SUMMARY

GOALTENDERS

Association: _____   Date: _____   Head Evaluator: _____

Ribbon	Goaltender's Name	Age	Forward Skating (Seconds)	Backward Skating (Seconds)	Combo Drill Agility (Seconds)	Ring Handling (Seconds)	Total Time	Ring Throw	Net Time
								max 3 secs	

![Ringette Ontario Association logo]

**The Ringette Store
Skills Awards**

This is to certify that…

_____

Has successfully completed all of the Ringette skill tests this day of _____ the year of _____.

We recognize this athlete's demonstrated skill in the sport of Ringette.

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