

SPRA AA RINGETTE FAQ's 2016-2017

Q: Why is SPRA offering AA team in Sherwood Park?

A: The 2015-16 season saw growth in Alberta at the U14 AA level. Three new U14 AA teams were added in the province; one in Zone 2, one more team in Calgary and our SPRA team. The provincial organizations goal is to increase opportunities for girls to play at more competitive levels close to home. As SPRA continues to grow, we are excited to offer a competitive program in Sherwood Park for our athletes. Ringette communities across Alberta have looked to SPRA's leadership from developing the U10 Steps through to our continued growth of AA.

SPRA's plan is to continue to build and grow AA programs in Sherwood Park allowing our athletes to compete at the highest level possible. This allows us to show case our sport right here in our community, create mentorship for our younger athletes, and adopt a system for players to grow and develop to their potential. For the 2016-17 season, SPRA will continue the growth and development of competitive opportunities by continuing the U14 AA team as well as adding a U16 AA team.

Q: Can SPRA AA players try out for AA teams outside Sherwood Park?

A: With the current Residency policy, players 'play at home first' meaning that only if they do not make their home association's AA team, would a release be granted to play for another AA team if chosen to do so. If an athlete wishes to try out for an AA team outside their home association they must follow a process that includes informing their home association of their intent to try out elsewhere.

This policy and process can be found at: [Ringette Alberta 3.0 Residency Policy \(July 2014\)](#)

Q: How much does AA cost compared to A or B?

A: The registration and association fundraising fee is based on age category for all levels in the SPRA. There is an additional \$50.00 try out fee, payable at the time of registration.

AA does have additional travel, tournaments, and training (either dry land or additional ice) costs to the program – these costs are borne by the team and funded through parents, sponsorship, or additional fundraising activities.

Q: How many players are required for an AA team?

A: 13-15 skaters and 1-2 goalies

Q: How is the time commitment to an AA team different than A or B?

A: You can expect the similar amount of ice from SPRA, however, there will be an additional fitness and /or other team building / mentoring commitments. AA teams also participate in additional tournaments that may require travel outside of Alberta including the commitment to attend Western Canadian Ringette Championships (U14AA) and Canadian Ringette Championships (U16AA-U19AA).

Q: Can I participate in other sports / activities and play AA?

A: SPRA supports multi sport athletes / interests and is looking to build strong student-athletes not just ringette players. It is important to note that the athlete will need to be able to manage school, ringette, and other extra-curricular activities. It takes dedication to play ringette at a highly competitive level and generally it is expected that the athlete commit as much as possible to ringette however, SPRA supports a balance in all aspects of life.

Q: Will the AA teams be playing in the BGL league?

A: Yes. The U14AA team will play in either the U16A division or it's own U14AA division should it exist. The U16AA will play in the U19A division of BGL League.

Q: How and when will Coaches be selected?

A: Head Coaches for the teams will be selected by the SPRA Coach Selection Committee prior to try-outs and as early as June 1st allowing for preparations prior to the start of the season. The Head Coaches will do their best to select his / her coaching staff prior to the season with the assistance from the Coach Selection Committee. The Head Coach will also take part in the SPRA Pre-Season Training Camp offered to U14-U19 players of all levels in August.

Q: When are the try-outs?

A: August 23, 27, 28, 2016.

Q: How will the evaluations be run / team selected?

A: Three ice times: One ice time may involve the Coaching Staff in a formal practice setting in order to see the interaction of the players and their understanding of the game, listening skills, and applying instructions. Two of the ice times will involve a variety of game play. The Coaching Staff along with 4-5 independent evaluators will evaluate the players. The SPRA Team Selection Committee will oversee the final team selection process.

Q: How can AA teams help SPRA?

A: This is an excellent opportunity to showcase the higher caliber games to the younger age athletes. The teams will be involved with mentoring the Active Start – U12 teams. The A and B level athletes are given a greater opportunity for development and challenges. This is a win-win for all of SPRA.