

## **Sherwood Park Ringette Association, Power AA Program**

### **FAQ**

#### **1. What is AA ringette?**

AA ringette is an opportunity for our athletes to compete at the highest level against the best players in the sport. It provides high level competition and training, outstanding coaching, a fun and supportive team environment, and promotes a healthy active lifestyle for female athletes.

AA ringette is for athletes that want to pursue competitive ringette and:

- Have a growth mindset
- Want to work
- Want to learn
- Want to improve
- Want to compete!

#### **2. Why should my daughter consider trying out for a AA ringette team?**

If your daughter is the kind of athlete that wants to challenge herself and play against other top ringette athletes in Alberta and in Canada, then AA ringette is the choice for her. AA ringette offers the opportunity to:

- Travel within Canada and play against other top ringette athletes
- Play with like-minded athletes (dedicated to pursuit of excellence...)
- Receive high level coaching instruction
- Participate at the highest level available for her age group
- Learn and live valuable, transferrable life skills, such as: responsibility, dependability, time management, etc.

#### **3. What is the financial commitment?**

The financial commitment will vary amongst the AA teams and age levels. There are some basic costs such as tournament registration fees, dryland training, and mandatory team apparel that are standard, but some other costs are team decisions. Variables that affect cost include:

- the number of tournaments, both home and away
- the additional type of training a team may wish to add to their own program (goalie instruction, power skating)
- Off-ice instruction (classroom sessions), additional team bonding functions or optional team apparel
- coaching costs for non-parent coaches (apparel, travel, accommodations)

- participation in post-Provincial play at Western Canadian Ringette Championships (WCRC) for U14AA or Canadian Ringette Championships (CRC) for U16AA and U19AA (depending on host location/province)
- Amount of fundraising the team chooses to do in addition to the Power AA program requirements

The approximate team fees (excluding registration fees) for the 2017-2018 season were as follows:

- \$1,275/player or \$18,025 for the team's season play
- 2018 U16AA - advanced to CRCs in Winnipeg MB with 3 non-parent coaches (which added \$550/player or \$9,350) to the team costs to participate in this week-long event

Note: When the team qualifies through the Provincial play downs by placing in a top position they will be offered the chance to go to WCRC or CRC (Depending on how many teams are able to go from the province).

- Team fees can be offset in part or whole depending on amount of money fundraised

#### **4. What is the time commitment for AA ringette?**

Like the financial commitment, the time commitment can vary from team to team and between age levels. A good guideline is as follows:

- 1-2 regular practice ice sessions per week of 60 to 75 minutes (as per SPRA policy for all teams) Coaches are required to follow Ringette Canada's LTAD principles with respect to practice and playing time.
- 1-2 dryland sessions per week of 60 to 75 minutes;
- Power skating sessions – typically more at the beginning of the season and 1-2 per month afterward
- Approximately 12 to 16 league games;
- Participation in 4 to 5 tournaments
- Athlete volunteerism – varies from team to team. AA athletes are expected to give back to the sport of ringette and to the community
- Fundraising – athletes and families will participate in fundraising opportunities to offset the costs of AA ringette

AA ringette requires a strong commitment by both the athlete and the family. But not to worry, it takes a village, and SPRA AA ringette has a village of supportive families that work together to help each other.

#### **5. What about fundraising?**

Several joint Power AA Program fundraising initiatives (for all 3 teams) will be organized by the AA Fundraising Coordinator to help offset costs. Individual teams are also encouraged to establish their own fundraising committees and initiatives. Examples of successful fundraising options are:

- 50/50 sales
- Silent auctions
- Raffle sales (liquor basket)
- Community clean up
- Bottle drives

## 6. Are athletes permitted/encouraged to play other sports during the ringette season?

The Sherwood Park Ringette Association (SPRA) recognizes that athletes are required to balance many commitments. These commitments often include family, school and other sports. SPRA supports that family and school commitments take priority over ringette.

At U14 and U16 SPRA encourages players to play other sports. The coach(es) will work with the family and the athlete to balance ringette with other sports, especially school sports.

At the U19 level, it is expected that ringette will be the main sport priority and focus for the athlete and family through demonstration of their participation and commitment to the team. However, the athlete, family and coaches will work together to ensure the athlete can manage secondary commitments.

Family and academics will always be the athlete's priority.

## 7. What are the AA season timelines?

Timelines vary from season to season depending on a number of factors. Typically:

- Tryouts and team selection for AA are before other SPRA evaluations
- September to mid March – regular season practices, games and tournaments
- Early to mid-March – Provincials\*
- Late March – Western Canadian Ringette Championships (WCRC)\*
- Late March to early April – Canadian Ringette Championships (CRC)\*

\*It is expected that teams will strive to attain a berth and compete in post season play. I.e. provincials, WCRC, and CRC. Commitments to these events must be confirmed by December 15<sup>th</sup>.

Locations and dates for post season competition will be announced by December of the current season or earlier if known. Note: Given the size of CRCs dates and location are generally known a year in advance – please see the [Ringette Canada](#) website for information.

## **8. How can I get considered for a AA team?**

Tryouts are organized by the SPRA AA Director in consultation with SPRA President, Vice President and other Division Directors.

Athletes wishing to pursue the competitive stream will register and participate in AA tryouts during the SPRA evaluations, to ensure they meet all the criteria for AA ringette (commitment, skill level, desire...).

Independent evaluators with experience and knowledge about competitive ringette will assess the AA hopefuls. Where possible, AA evaluations will include skill, speed and scrimmage assessment. This may vary each season and level depending on a number of factors. Goaltenders will be evaluated at the same time.

Additional information on SPRA evaluation process and policies can be found on the SPRA website, [Evaluations](#) page.

## **9. What is the team selection process for AA?**

Upon completion of AA tryouts, the Selection Committee, the AA Director and a maximum of 2 members of each coaching staff will select the teams.

For U14AA and U16AA, all skaters ranking in the top of the athletes are mandatory selections to the team. Any athlete that does not want to be included in the AA team selection process must inform the AA Director at the onset of evaluations in writing with the reason. The AA Director will work with each family to eliminate barriers for any athlete that wants to play competitive ringette.

Non-resident players at all levels will be considered on an as needed basis, depending on the availability of SPRA resident athletes eligible to play at that level. Preference will be given to SPRA athletes that can compete at the AA level (has the skill, commitment, desire...), bearing in mind the program's need to create competitive AA teams.

## **10. Is there special teamwear for SPRA Power AA ringette players?**

There is some standard mandatory teamwear that is part of the AA fee and athletes will be sized and provided with it shortly after they are selected for a team. The teamwear does not need to be replaced each year, athletes can wear the items from season to season if items are maintained and in good condition. There will also be optional items that the athletes may order.

Red helmets and black & red gloves are recommended but not mandatory. As athletes replace their helmets and gloves, we recommend that they purchase these items in the SPRA colours.

### 11. When is AA registration and how do I indicate my daughter's intent to play at the competitive level?

All SPRA athletes use the same registration process via the SPRA website. Currently there is not an additional fee to tryout for AA.

If your daughter is a non-resident athlete wanting to tryout for SPRA AA, please contact the AA Director for information on the registration process.

### 12. How are the coaches selected for AA teams?

All coaches wishing to coach at the AA level must apply via the form provided on the SPRA website. Coaches must have the required certifications at the time of application or by the certification deadline (December 15 of the current season).

After all applications are received, the Selection Committee will convene for coach selection. The athletes' best interests are always the primary focus of the coach selection process.

Additional information about the coach selection process can be found in the Guidelines and Procedures Manual on the SPRA website.

### 13. Can interested players from other associations tryout for SPRA AA?

Any player can try out for another association. If you are currently registered with another association and would like to try out for SPRA AA, please complete the **Power AA Tryout Registration** form. There is a \$50 fee for non-resident players to try out in Sherwood Park.

\*If you are selected for an SPRA Power AA team, the \$50 will be deducted from the registration fee.

We welcome players from all associations to try out in SPRA but require that you follow the [Ringette Alberta Residency Policy](#) for non-resident players. Please visit the Ringette Alberta website to be sure you are following the correct procedure.

### 14. Who do I contact for more information about AA ringette?

Please contact the AA Director for additional information at:  
[aadirector@sherwoodparkringette.ca](mailto:aadirector@sherwoodparkringette.ca)

In addition, SPRA hosts AA information evenings (see the SPRA website for information and dates) prior to each season.