



**RINGETTE**  
BRITISH COLUMBIA

**U12 COMPETITION  
INTRODUCTION PARENT  
PAMPHLET**

**COMP INTRO**

CREATING THE OPPORTUNITY FOR FURTHER SKILL  
DEVELOPMENT AND A TASTE OF THE COMPETITIVE  
STREAM OF PLAY

# What is the U12 Competition Introduction Program?

The U12 Competition Introduction Program is a program that provides U12 aged participants the opportunity for further skill development and to get a taste of the competitive stream of play before they opt-in at U14.

The Competitive Introduction Program focuses on skill development, ringette specific skills (shooting, passing, receiving the ring), physical literacy, and basic ringette strategy including both offensive and defensive tactics.

The program exemplifies ethics, fairplay, and the TrueSport Principles working not only on ringette skills but also on psychological and mental skills. Throughout the program, coaches will emphasize individual and team goal-setting and will strive for improvement and growth. Athletes will be assessed throughout the program and their progress will be recorded and shared with the individual athletes through the U12 Competition Introduction Progress Card.

The U12 Competition Introduction Program is progressive, organized, varied, and offers participants the opportunity to develop and gain confidence in their sport specific skills while making new friends from across their region, and getting to experience a competitive training environment.

CREATING THE OPPORTUNITY FOR FURTHER  
SKILL DEVELOPMENT AND A TASTE OF THE  
COMPETITIVE STREAM OF PLAY

## General Timeline

- August  -Coach Selection
- September  -Registration Opens  
-Coaches Meeting
- October  -Ice Times Begin  
-Coach & Parent Meeting
- November  -Registration Closes
- December  -Team Draft  
-First Team Social
- January  -Team Training
- February  -Year End Competition  
-Program Year End Social

# Who is the program for?

This is an athlete centric program and is open to all U12 aged athletes, both male and female, who are confident in their skating and ringette abilities and are seeking a more competitive athletic experience.

Athletes who are new to skating or ringette are encouraged to further develop their skills in the club stream. The Competition Introduction Program is for athletes in the late Learn to Train stage of development in the Long Term Athlete Development (LTAD) program.

**LTAD** defines the late **Learn to Train** stage of development as developing accuracy and consistency in skill execution.

Athletes are consolidating accelerations, crossovers, sharp turns, and transitions as well as deeks, shooting, and checking all within a controlled environment.

Goalies are consolidating stance, style, skating/ring skills, mobility, positioning, and distribution.

## Program Overview

On-ice sessions throughout the season will focus on periodization of skills (progression) and may also include exhibition play at the end of an ice time. Through October, November and December, sessions will be approximately once per week, or once every two weeks, include the entire group, and will focus on individual skill and tactical development. In December, coaches will draft teams, and host a team social. Starting in January, exhibition games begin, having up to 2 ice times a week. The number of ice times, however, will not exceed 3-4 times per week in combination with their U12 club teams.

Once placed on teams, each group will have approximately 1 practice session per week, and 2-3 exhibition games in the months of January and February. Finally, in February teams will participate in the year end competition at the Pacific Ring Tournament to showcase their improvement and growth.

# Contacts & Resources

1. For more information about the U12 Competition Introduction Program visit <https://www.ringettebc.ca/athletes/u12/> to find detailed resources.



2. For more information about the specifics of the U12 Competition Introduction program in your area visit your league's website.



3. For specific questions on the program, team, and season speak to the coaches of U12 Competition Introduction in your area.



4. For questions on the program, team, season or coaching speak to your League Executives.



5. For further questions that go beyond these contacts and resources please contact Ringette BC at 604-629-6583

1. [sportdevelopment@bcringette.org](mailto:sportdevelopment@bcringette.org)
2. [technicalcoordinator@bcringette.org](mailto:technicalcoordinator@bcringette.org)



Our Values are: Partnership, Integrity, Community  
Focus, Sportsmanship and Respect

# Ringette BC's Leagues and Associations

## Lower Mainland Ringette League

Burnaby New Westminster Ringette Association  
Chilliwack Ringette Association  
Coquitlam Port Moody Ringette Association  
Delta Ringette Association  
Fraser Valley Ringette Association  
North West Vancouver Ringette Association  
Port Coquitlam Ridge Meadows Ringette Association  
Richmond Ringette Association  
Surrey White Rock Ringette Association  
Vancouver Ringette Association

## Northern Ringette League

Houston Ringette Association  
Prince George Ringette Association  
Quesnel Ringette Association  
Terrace Ringette Association

## Thompson Okanagan Ringette League

Greater Vernon Ringette Association  
Kelowna Ringette Association  
Shuswap Ringette Association  
Westside Ringette Association

## Vancouver Island Ringette League

Comox Valley Ringette Association