

## A Quick Overview of the Excellence Ringette Program

### WHAT IT IS

Excellence Ringette is a year round program with training plans that are individually adapted to athletes and align to ringette's full season calendar.

Excellence Ringette is sporting context described in the Ringette Canada Competition Review. Excellence Ringette was developed in consultation with Ringette Canada and Provincial Ringette Organizations.

It will provide participants with a high quality daily training environment - with sound technical leadership, quality coaching and consistent access to sport science and sport medicine.

Excellence ringette consists of three stages of development for athletes in the U16, U19 and 18+ age divisions.



### Late Train to Train

Athletes who are participating in structured competitive provincial leagues and participating in the Canadian Ringette Championships.

### Train to Compete

Athletes who are members of provincial team programs, part of the Team Canada – Junior Program, or who are in their first years of playing in the National Ringette League (NRL).

### Train to Win

Established participants playing in the NRL and participants vying for a position on Team Canada.

Excellence Ringette is for athletes that have entered these stages of development that are U16 and U19 aged, or rostered or affiliated to an NRL team. *Athletes who are participating in these divisions as an under-age player are not eligible to enter the Excellence Ringette program.*



Excellence Ringette aligns with several strategic initiatives and is a key component of the Ringette BC 2019 – 2023 Strategic Plan. The excellence program will:

- increase retention of athletes in the high-performance pathway;
- enhance long-term development of athletes;
- contribute to a clearly defined and accessible athlete pathway;
- provide greater alignment with principles of long-term athlete development;
- facilitate increased engagement;
- provide athletes in the pathway with access to a daily training environment that is appropriate for the athletes age, caliber and abilities; and
- develop athletes, coaches, administrators and officials for long-term sport sustainability.

### HOW TO JOIN

Ringette BC will host orientation sessions for players and parents each March and April. These orientation sessions will inform eligible athletes of the Excellence Ringette program parameters as well as culminating in the U18 Challenge Cup athlete identification camp each June.

While all interested players can apply, only players that meet the standards and confirm understanding of the commitment will be invited to participate. Standards will be released to all athletes and parents prior to requests for expressions of interest to give athletes time to train and prepare. Standards will include both on and off-ice testing.

Athletes must meet fitness standard to safely manage the training and competition load of the program. Athletes must also meet minimum acceptable performance levels of individual skills, individual tactics and team tactics.

Players interested in the Excellence Ringette program must express their interest by May 1<sup>st</sup> of each playing season.

All Excellence athletes must participate on a Zone team<sup>1</sup> to participate in Excellence Ringette. In addition, any player interested in competing at the Canadian Ringette Championships must participate in Excellence Ringette. The CRC Team will be selected from this pool of athletes.

*Ringette BC recognizes that not every athlete is at the same stage of development. However, access to certain programs, competitions, and developmental opportunities require athletes to be at a certain stage in their development to ensure that the athlete is able to have a positive and meaningful experience and the program is able to serve their individual needs.*

## KEY DATES

Excellence Screening in Prince George - May 2, 2020

Excellence Screening in Kelowna - May 9, 2020

Excellence Screening in Langley - May 30, 2020

Excellence Screening in Burnaby - May 31, 2020

**U18 Challenge Cup Richmond at the Olympic Oval June 26-28, 2020**

What the Challenge Cup will look like:

It is an entry point into high performance held in June of each season. The four-day camp will split participating athletes into multiple rosters that will play head to head for the Cup. Players will also attend two or more practices and/or classroom sessions, take part in fitness testing, and learn about the high-performance ringette environment.

The goal is to identify athletes to stream into the Excellence Ringette program while at the same providing athletes with an introduction into a high performance environment.

Creating a positive, memorable experience for all attendees!

## TEAM SIZE

The size of the Excellence Program cohort will be dependent on the number of athletes that meet the standards to qualify for Excellence Ringette.

The Team BC CRC roster size will be dependent on the registration numbers within a division and the skill of athletes available for coach selection. The maximum roster must meet the Ringette Canada Technical Rules for Canadian Ringette Championships. **The minimum roster will be fifteen (15) players.**

The Team BC CRC teams can name up to a total of four affiliates including three skaters and one goalie. Affiliates will be rostered members of a Zone team and will be expected to train and participate with the Team BC CRC team. The affiliate players will make their Zone team the priority in the event of a scheduling conflict.



**CHAMPIONNAT  
CANADIEN DE RINGUETTE  
CANADIAN RINGETTE  
CHAMPIONSHIPS**



## COST

Cost for program delivery will vary depending on each athlete's participation level and whether they are named to a CRC Team.

Program costs will cover athlete accommodation, sport science, facility rentals and other operational costs required to administer the program. Excellence training events will be facilitated in different geographical locations throughout the province subject to access for athletes, costs and venues.

The Team BC CRC roster will be required to provide a deposit to Ringette BC for \$4,100 as a Commitment to Attend for CRC's. The deposit will be returned to the team upon completion of the Canadian Ringette Championships.



## QUESTIONS?

Please reach out to Ringette BC or visit our website should you have any further questions regarding the Excellence Ringette Program.

**604 - 926 - 6583 | [www.ringettebc.ca](http://www.ringettebc.ca)  
[programcoordinator@bcringette.org](mailto:programcoordinator@bcringette.org)**

## SEASON



## CALENDAR

April	Orientations (In-Person)
May / June	Expressions of Interest, Screening & Intake
June	U18 Challenge Cup
August	Excellence Training Camp #1
October	Excellence Training Camp #2
December	Excellence Training Camp #3
February	Excellence Training Camp #4
April	Canadian Ringette Championships

*If an athlete is screened into Excellence and is not successful in securing a position on their Zone team, they are eligible to apply for a transfer to another Zone team under the Ringette BC transfer policy. If there is no Zone team available to the athlete in their region, the athlete may request an exemption from Ringette BC to participate in a regional ringette program.*