

Amended Program Guides

SEPTEMBER 28, 2020

EXCELLENCE RINGETTE PROGRAM GUIDELINES

PURPOSE STATEMENT:

This sporting context provides systemic and systematic training and competition environments, based on Ringette Canada's Athlete Development Matrix (ADM), with the intention of helping athletes achieve their personal highest level of performance, and preparing them to represent their province at Canada Games, play in the National Ringette League (NRL) and represent Canada at the World Ringette Championships.

Updated Sept 28, 2020

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1. Introduction

The Ringette Canada Competition Review introduced the “Pursuit of Excellence” as a sporting context that offers athletes a *“high quality daily training environment with sound technical leadership, quality coaching, and consistent access to sport science and sport medicine.”* Further detail is provided in the Competition Review on Pursuit of Excellence program fundamentals and requirements as a guide and as direction to the provincial sport bodies to update their own high-performance programs. The Excellence Ringette program fundamentals and related guidelines were subsequently created in cross-Canada consultation and collaboration, especially with Ringette Canada, Ringette Alberta and Ringette Saskatchewan.

Excellence Ringette will include two key areas:

- 1.1. A daily training environment for athletes that seek access to a high-quality program and meet the standards for entry; and
- 1.2. Selection of both athletes and bench staff, training and management of Team BC for the Canada Ringette Championships (CRC) at the U16 and U19 division.

Excellence Ringette provides participants with the daily training environment that will assist each athlete with attaining their personal success and individual goals. Excellence Ringette is a year-round commitment with training plans that are individually adapted to athletes and that align with a full season calendar for ringette. This includes periodization stages outlined clearly to the athlete, parent and coaches to ensure that athletes are reaching peak performance at the optimal time of the season but are also training effectively all season.

Athletes within the program are rostered full time to Zone U16 and U19 teams. Athletes that are 18+ aged and are either a full-time rostered player or affiliate for an NRL team are also eligible for participation in the Excellence Ringette program.

The CRC teams for U16 and U19 will be selected from the athletes participating in the program. Program coaching staff (including for the CRC teams) will be selected through an application process to develop coaches alongside athletes. Zone athletes that are not selected to the CRC Team can continue to benefit from Excellence Ringette and the daily training environment including access to program training tools, sport medicine and other resources.

Athletes must commit to meeting program standards and expectations as outlined by Ringette BC. A Program Coordinator will be primarily responsible for program organization and delivery.

1.1. Stages of Excellence Ringette

Excellence Ringette is designed for athletes in the U16, U19 and 18+ age divisions who are in the following stages of development:

- **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.

1.2. Strategic Initiatives

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.

2. The Excellence Ringette Program

2.1. Program Principles

The Excellence Ringette Program will meet the standards and guiding best practices of safe sport initiatives, policies and practices. The program will embody the following principles:

- Athletes, Coaches and Administrators will be guided by the *True Sport Principles* and will be ambassadors of *True Sport* in Ringette;
- the program guidelines and policies will work to promote the principles of meaningful competition and the Guiding Principles of Competition;
- the program will be as financially accessible as possible; and
- the program will have a foundation in the Ringette Canada Corporate Values and the Values of Ringette BC.

The program will also contribute to a Coach Development Pathway, the development of Officials, and to Standards of Professionalism. Athletes, Parent/Guardians, and Coaches will all commit to the program through a written agreement outlining responsibilities.

2.2. Program Standards

Program standards are required to ensure that the program is delivered consistently and to ensure a quality experience for all participants. Ringette BC will establish and deliver the program standards as the operator of Excellence Ringette.

Standards will:

- Establish a clear distinction between Excellence Ringette and other ringette sport contexts to best manage expectations and behaviors of all participants;
- Provide a foundation for quality assurance and equity; and
- Align with other provincial ringette authorities and Ringette Canada around athlete preparation, resource allocation and competition design.

2.3. Athlete Eligibility

The program is for Athletes aged U16 and U19, athletes who are participating in the 18+ division but are U19 aged, and any athlete who is 18+ and a contracted player with the BC NRL team. To be eligible for the Excellence Ringette program athletes will need to meet the screening criteria published in the program standards.

Athletes must be a resident of BC and in good standing with Ringette BC and their local Association to register. All athletes are required to sign an athlete agreement as part of the Excellence Ringette program and will be required to continue to maintain program standards in order for continued participation.

2.4. Expression of Interest and Athlete Selection

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 the June U18 Challenge Cup. Players interested in the Excellence Ringette program must express their interest by May 1st of each playing season. Screening sessions and initial assessments will take place in May and June, and will culminate 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. 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.

Where feasible, athlete assessment will seek to use objective measures and, when not feasible, subjective measures will be used but will be designed to provide, as much as possible, the same conditions for each athlete. Assessments are also be designed to limit the influence of previous coaching (i.e. an athlete can't perform something they were not taught). Athlete assessment will include opportunities for athletes to listen to the instruction, process the information, and then perform.

All Excellence athletes must participate on a Zone team¹ 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.

Athletes who are screened into the program will be given their training schedules in May and June. Schedules will have some similarities but will differ depending on what the individual needs to improve on and to recognize the individuality of athletes.

¹ 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.

2.5. Season Calendar

The Excellence Ringette season calendar is outlined below:

March / 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

2.6. Excellence Ringette Program Costs

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.

2.7. Participation Group 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.

2.8. U18 Challenge Cup

The U18 Challenge Cup 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 Challenge Cup. Players will also attend two or more practice 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 high performance and creating a positive, memorable experience for all attendees.

3. GOVERNANCE

Excellence Ringette will follow a governance model whereby Ringette BC, as the Provincial Sports Organization, will be the program license holder in BC. Ringette BC will be responsible for delivering the Excellence Ringette program to its Members.

3.1. The Program Coordinator

Ringette BC will hire or designate a Program Coordinator. The Program Coordinator will be responsible for day-to-day program coordination on behalf of Ringette BC.

Program guidelines and expectations will be produced annually by Ringette BC in collaboration with the Leagues and Club Associations (as necessary). The Program Coordinator will be responsible for ensuring that guidelines and program expectations are timely and relevant, and that they are followed by participants.

For the 2020-21 season the Program Coordinator will:

- Ensure program standards are established and maintained;
- Coordinate athlete evaluations;
- Participate in the Coach selection process as per the Coach and Team Staff Selection policy;
- Enforce athlete agreements and Codes of Conduct for coaches, athletes, and officials; and
- Develop and implement training and development initiatives for coaches.

3.2. The Role of Leagues and Associations

Leagues will be responsible for ensuring that all Excellence Ringette program athletes are participating on a Zone team and have registered with a Club Association as per the Ringette BC Player and Team Registration Policy. Leagues will also be responsible for management of transfers between Zones and will administrate all Zone transfer requests prior to final submission to Ringette BC. Transfer requests must adhere to the Ringette BC Transfer Policy. If an athlete transfer is approved under the policy, the athlete is to be evaluated to the same measure as any other member evaluating from that Zone.

The Leagues will be responsible for ensuring that league play for the Zone teams is facilitated as per the technical requirements of ringette (i.e. the Ringette Canada rules), and to ensure that teams are participating in meaningful competition and adhering to the True Sport Principles.

3.3. Excellence Participation Boundaries

Excellence Ringette is open to players throughout the province that qualify to participate. Training centres will be focused in the southern part of the province as this is where the access to resources is greatest.

Participants from the North and the Okanagan will have access to resources through Regional Alliance Centers including Engage Sport North and Pacific Sport Okanagan. There will be coaches available to help support, lead and train athletes in those locations.

4. COACHING AND TEAM STAFF

There will be various opportunities for coaches to participate in the excellence program, including through the U18 Challenge Cup, Training Camps, the athlete selection process, and as the Coach or Team Staff of Team BC. Team BC CRC Coaches will be selected from the pool of Coaches that are screened into the program.

The excellence program will encourage and support the development of elite and high-performance coaches by ensuring that there are targets, action plans and training opportunities within Excellence, while fostering opportunities for Excellence coaches to give back to their League and Club Associations.

Once coaches are selected into the program, they will be provided roles to ensure that they are able to participate based on their individual goals, availability and skills. All Coaches will report to the Program Coordinator and will be expected to adhere to the Excellence Ringette program guidelines. Coaches will receive training, development, leadership support, and mentorship as part of their participation in Excellence Ringette.

4.1. Team Staff Selection

The coaching application process will open April 1st and will conclude by May 31st. The Coach Selection Committee for the excellence program will be comprised of a Ringette BC representative, the Program Coordinator, and one knowledgeable panel member designated by each of the Leagues, and otherwise will follow Ringette BC's established process for Coach Selection.

Coaches wishing to be considered for Team BC must submit an application form with references. The Head Coach will be selected by September 1st each season. The Head Coach can then recommend Team Staff for review and approval and by the Selection Committee prior to the official start of the season (September 15th).

4.2. Certification

Team staff is defined as all coaching staff including the Coach-in-Training, Team Manager, Trainers and Sport Science personnel. Team staff that are able to access 'field of play' are defined in competition technical packages.

The minimum certification requirements for a U16 and U19 CRC teams are as below:

Position	Coaching Level Required	Concussion Training	Respect in Sport or Equivalent	Comp Dev Module
Head Coach	CI Certified	Required	Required	1 required
Assistant Coach	CI Certified	Required	Required	1 required
Coach-in-Training	CI Trained	Required	Required	n/a

All team staff must have completed a criminal record check and participated in a screening process as per Ringette BC Policy.

5. Canadian Ringette Championships Teams – Team BC

5.1. U16 and U19 Team BC CRC Teams

The CRC Teams for U16 and U19 will be named by November 30th of each playing season. Athletes will have an opportunity to express their intent to evaluate for the Team BC CRC teams during the excellence program registration and screening process. The U16 and U19 Teams representing BC at CRCs will be made up of athletes from around the province.

The CRC athletes will participate on Zone Teams during the season starting in September. All Zone athletes are required to register and play with a Zone team in addition to participating with their CRC teams. The Zone team acts as the athletes additional training ground.

Athletes will be eligible to participate in the Zone Provincial Championships. However, athletes playing on CRC teams are not eligible to go to Western Canadian Ringette Championships. If a CRC athlete is unable to commit to both a Zone team and the Team BC CRC team the athlete will need to submit a detailed exemption request in writing to the Program Coordinator.

5.2. Team BC CRC Team Season Calendar

Team BC CRC athletes will train following a similar model to the Canada Winter Games team training model. The members of the team will regularly participate on a Zone team and the athletes will participate in training weekends and tournaments with their Team BC Coaches and teammates.

Team Staff, in consultation with the Excellence Ringette Program Coordinator, will confirm the training schedule by August of each playing season to ensure that any athlete that is selected clearly understands the season schedule.

The schedule may shift to adapt to yearly changes in competition schedules, athlete needs, and other conflicts that may arise each season. Additional training camps may be added if the Team Staff feel it is necessary for CRC preparation and aligns with LTAD principles. Athletes and families will be informed of changes well in advance.

All Team BC CRC athletes will attend the Excellence training camps in addition to their team only training camps to maximize training opportunities.

A **tentative** calendar for CRC athletes would be as follows:

March / April	Orientations (in-person)
May	Registration & Intake
June	Registration & U18 Challenge Cup Event
August	Excellence Training Camp 1
October	Excellence Training Camp 2
November	CRC Team Selection
	CRC Team Tournament 1
	CRC Team Training Camp 1
December	Excellence Training Camp 3
January	CRC Team Training Camp 2
	CRC Team Tournament 2
February	Excellence Trainign Camp 4
	CRC Team Tournament 3
	CRC Team Training Camp 3
March	CRC Team Training Camp 4
	CRC Team Training Camp 5
April	Canadian Ringette Championships

5.3. Team Finances

Excellence Ringette program costs and finances will be separate from the Team BC CRC teams. One of the guiding principles of Excellence Ringette is to ensure the program is as economical and accessible as possible. A comprehensive budget will be provided prior to the August Excellence Camp that will include the season schedule and estimated costs of the program. Teams are encouraged to fundraise and locate sponsorship to help offset costs of the program.

The program budget will be set by Ringette BC and the Excellence Ringette Program Coordinator will oversee the program finances. Participants will be made aware of any changes to the program budget and will receive a final year end statement following Canadian Ringette Championships.

A Team Budget will include athlete travel, tournament fees, operational costs (ice, gym, referees, coaches travel), administration, uniforms and walk-out wear, training camps and sport science (psychology, athletic therapy, fitness trainer).

5.4. Training

The Team BC CRC teams for the U16 and U19 divisions will train on the same event weekends to ensure that access to facilities and/or sport science personnel is maximized. NRL athletes that are participating in Excellence Ringette will be invited to attend team training weekends and Excellence Ringette training weekends. These athletes will need to ensure they provide commitments well in advance of scheduling.

The teams will meet in designated locations. The locations will be determined based on the proportionality of the team where feasible. For example, if 40% of the team is from the Lower Mainland, 30% from the Okanagan and 30% from the North, team training and events will be scheduled based on these 40/30/30 proportions.

6. 2020-2021 Program Amendments due to COVID-19

Amendments have been made to the 2020-2021 Excellence Ringette Program due to the continued effects of COVID-19 on sport participation. The cancellation of the 2021 Canadian Ringette Championships has shifted the focus of this program and removed the requirement to form Team BC and to select both players and coaches for this team.

Ringette BC has made amendments to the Excellence Ringette Program to focus the efforts of the program targets and objectives to align with the restrictions of COVID-19, the Return to Ringette Guidelines and the ongoing athlete development for players seeking the Excellence Ringette daily training environment.

To ensure that the athlete pool is widened Ringette BC will not be selecting Team BC for the 2020-2021 season. Ringette BC will be selecting instead a Team BC Cohort of between 30 and 50 athletes at U16 and U19 depending on participation numbers.

Ringette BC will be extending the Excellence Ringette program timeline to allow for the Excellence Program athletes to participate in two in person training camps that are regionally based to ensure that facility restrictions, travel restrictions and Return to Ringette Guidelines are followed. Ringette BC's number one priority is the health and safety of our athletes, coaches, volunteers and officials and Ringette BC will continue to adjust the season calendar and plans for the Excellence Ringette Program to ensure that our participants are safe and that our programming aligns with the rules and restrictions of the Provincial Health Authority.

6.1. Virtual Excellence Ringette Program

In July of 2020 Ringette BC launched a Virtual Excellence Ringette Program that is open to any athletes in the U16, U19 and 18+ age divisions as a means to provide the athletes with training, development and engagement. The program began with a 16 week online program led by the 10 selected Excellence Ringette Coaches. The program introduced athletes to the Excellence Ringette daily training environment, educated them on ringette specific tactics and strategies, provided a fitness plan to help prepare the athletes for returning to the ice and provided additional educations related to mental health, leadership, and nutrition. The Virtual Program will continue to be facilitated in a reduced capacity until March of 2021.

6.2. Assessments for Excellence Ringette Program

The reopening of the Province of BC and the implementation of the Return to Ringette Guidelines have made it possible for Ringette BC to host in person Excellence Ringette programming; however, the ongoing facility restrictions and the delays in launching the in person program have created potential barriers to participation. To help increase access to the Excellence Ringette Program and maintaining a fair process of entry Ringette BC will be removing the requirement for athletes to attend in person assessments for the 2020 -2021 Excellence Ringette Program.

The majority of ringette athletes have not had access to ice and proper training environments due to COVID-19, which could cause a number of athletes to not pass the fitness standards that Ringette BC has set for the program. The on-ice and off-ice assessments are further hindered due to ongoing restrictions with facilities and the lack of access and increased costs due to COVID-19.

Based on the above information Ringette BC will be foregoing the in person screening assessments as a requirement for participation in the 2020-2021 Excellence Ringette Program. Ringette BC will still be hosting an application process and utilizing other means of selection into the program but the physical fitness standards and on-ice testing will not be used this season as part of intake.

6.3. Application and Intake for the 2020-2021 Excellence Ringette Program

Ringette BC is removing the physical assessment for the 2020 -2021 Excellence Ringette Program for the reason noted above. However, Ringette BC will still be facilitating an intake process and application system for the 2020-2021 Excellence Ringette Program.

To be eligible for the in person regional Excellence Ringette Camps potential athletes must meet the standard criteria for the original Excellence Ringette Program.

Applicant Eligibility:

- Age – birth years 2006, 2005, 2004, 2003 and older (18+ age division)
- Registered with their Local Ringette Association for the 2020-2021 Ringette Season
- In good standing with Ringette BC, their Local Ringette Association and League

Applicants are not required to have participated with Ringette BC's Virtual Excellence Ringette Program; however, it would be an asset qualification that athletes should note in their applications. The number of athletes selected into the Excellence Ringette Program will be influenced by athlete interest, capacity of the Excellence Ringette Program, health guidelines, and caliber of the athletes.

ATHLETE INTAKE

To maintain the standards and guiding principles of the Excellence Ringette Program in the absence of the in person Assessments athletes will be required to complete the following steps to be admitted into the program:

- a) Athletes will complete the Excellence Athlete Application Form
- b) Athletes will provide three (3) references who are:
 - League or Association Board Representative
 - Teacher
 - Coach
- c) Each Athlete will then complete a 10-15 minute video interview
 - Interviews will include a Ringette BC staff or Board delegate and one of the Excellence Ringette Coaches
 - The interview will asks athletes that wish to participate in the Excellence Ringette Program about why they consider themselves a High Performance Athlete and what their individual ringette goals are.

Once the interviews and applications are completed Ringette BC will work with the Excellence Ringette coaches to select athletes into the Excellence Ringette Program.

6.4. Fitness Assessments

Athletes will participate in the Ringette BC fitness assessments during one of the regional Excellence Ringette camps. The off and on-ice assessments will adhere to the Ringette BC standards and all participants will be expected to complete the assessments. The assessments will help inform the selection of athletes to the Team BC events that will be held later in the season.

6.5. Excellence Ringette Program 2020-2021

The Excellence Ringette Program for the 2020-2021 season will consist of the ongoing Virtual Excellence Ringette Program, in person regional based training camps and will culminate with a Team BC Challenge Cup and one Team

BC training camp.

Regional based Excellence Ringette Training camps will be held in November and December. The camps will follow Return to Ringette Guidelines and all Provincial Health Authority rules and restrictions. Each in person Excellence Ringette Camp will have a maximum capacity of 50 people as per the Gathering Restrictions of the Provincial Health Authority. The Excellence Ringette Camps are able to be hosted under *Ringette Progression 3* of the *Return to Ringette Guidelines*.

Training camps will follow Provincial Health Authority rules and will be broken up by age division to ensure that event restrictions are followed. Gathering restrictions will dictate the capacity of each camp. Ringette BC is striving to keep a healthy athlete pool of athletes to facilitate meaningful participation at the training camps.

The Excellence Program Coaches will lead Excellence Camps and the Team BC cohort activities.

AMENDED CALENDAR

October 2020	Applications open for Athlete Intake Athletes screened into the program by October 31st
November 2020	Regional Excellence Training Camps Regions: LMRL, TORL, NORTH
December 2020	Regional Excellence Training Camps Regions: LMRL, TORL, NORTH
January 2021	Team BC Cohort Named at U16 and U19
February 2021	Team BC Cohort training camp Separate Camps for U16 and U19 Location: Vernon or Kelowna
March 2021	Excellence Virtual Training Camp week
April 2021	Team BC Cohort Challenge Cup Event Separate Camps for U16 and U19 Location: Lower Mainland

6.6. Selection of Athletes

Selection of Athletes from the Excellence Ringette Program regional based camps to the Team BC Cohort will adhere to the Excellence Ringette Program Guidelines and Ringette BC Team Selection Policy.

6.7. Program Costs

The amended program will have an amended program budget that will be released with application information. Athletes who are selected into the Team BC cohort will have a higher cost for participation than Excellence Ringette athletes.

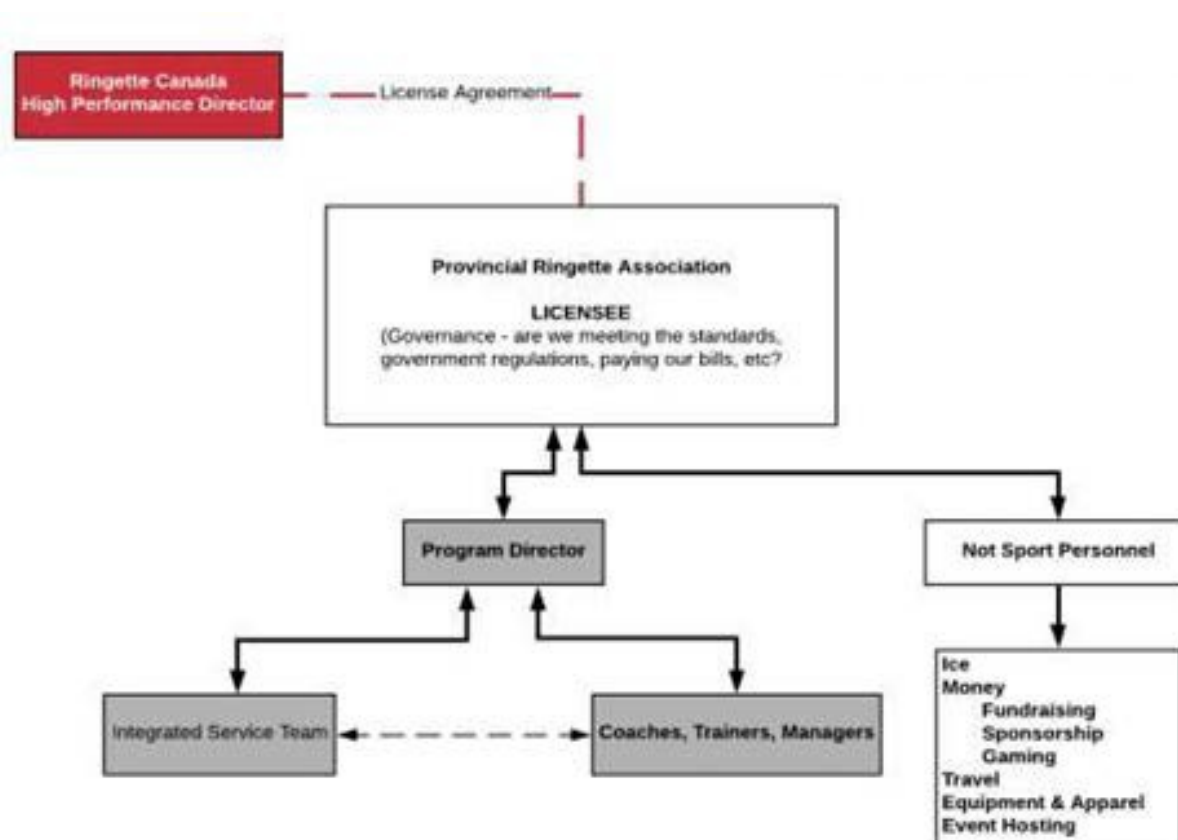
7. Appendix 1 – Program Responsibilities

The general responsibilities and/or leadership for specific areas of responsibility are as in the table below:

	Ringette BC	Leagues	Clubs	Head Coach	Team Staff
Program Guidelines	X				
Coach Selection	X				
Team Staff Selection	X				
Team Staff Approval	X				
Registration	X				
Player Evaluations				X	X
Team Formation				X	X
Team Roster				X	X
Team Budget	X			X	
Tournament Registration				X	
Ice Allocation				X	
Training Camps	X			X	X
Discipline (Staff/ Players/Parents)	X				
Referee Development	X				
Referee Payment	X				
Coach Development	X				

8. Appendix 2 – Program Governance and Operations

The general responsibilities and/or leadership for specific areas of responsibility are as in the table below:



9. Appendix 3: Excellence Standards

Standards: Daily Training Environment

- Access to a high-quality daily training environment (DTE) is the central principle of Excellence Ringette programs.
- These standards serve to ensure that athletes are receiving developmentally appropriate training opportunities and support.
- DTE standards are based on the Train to Train, Train to Compete and Train to Win stages of development as part of Ringette Canada's Long-Term Athlete Development Framework (2009) and Athlete Development Matrix (pending).

Focus	Standard	Rationale / Supplemental Info	Support / Resources to Licensee
Integrated Service Team (IST) of Sport Science and Sport Medicine Experts	The Licensee must provide confirmation from these providers confirming the relationship Each Licensee will establish a relationship with local sport science and sport medicine providers to support each Licensee's sport personnel.	Athletes must be referred to sport medicine specialists in the event of injury and for ongoing monitoring of their recovery from injury and health. The purpose of this relationship is to ensure athletes can receive timely access to support services and that the provider is familiar with the specific needs of ringette athletes...and expert advice on things like nutrition, mental training, strength and conditioning, etc.	Licensees will be provided a document outlining the key elements to include in an agreement between the Licensee and the IST.
IST Hub	Each Licensee must designate no less than one individual to coordinate the athletes' access to the IST ensuring service providers are well informed of athlete needs and that athletes are referred to appropriate service providers in a timely fashion.	Typically, the IST can designate one individual to perform this function.	A job description can be provided to the Licensee to establish expectations and consistency.

Yearly Plan	Licensees follow a stage appropriate yearly training plan which aligns with the competition calendar.	Athletes benefit from an appropriate YTP.	Licensees will be provided a sample Yearly Training Plan which can be modified as necessary.
Training to Competition Days ratio	Licensees must ensure programs maintain the following training sessions to competition days ratio: <ul style="list-style-type: none"> • Train to Train... • Train to Compete... • Train to Win... 	Much of the training to competition ratio thinking will be completed as part of the yearly training plan provided to each Licensee	
Off Season Contact	<p>We were not able to agree on what off-season contact should look like.</p> <p>We did agree that we did not want to see two extremes:</p> <ul style="list-style-type: none"> • athletes training (and possibly competing) all summer within appropriate rest) at one extreme • athletes doing no preparation and not working on individual skill development as necessary. 	<p>In Excellence Ringette, enrolled athletes are expected to be year-round athletes. This does not mean year-round ringette. This means that athletes are mindful of their program 365 days per year and their programs deliberately include:</p> <ul style="list-style-type: none"> • transition phase from the competition season • rest and recovery • fitness maintenance • <u>voluntary</u> participation in formal ringette specific sessions; touch points focused on individual development • preparation phase for the start of the new season <p>In-season and off-season programming must also accommodate employment or schooling, vacation, other sports / activities, etc., to ensure a well-</p>	

		<p>rounded individual. A healthy, responsible and effective program is not all ringette all the time.</p> <p>It is highly recommended that athletes share their ringette program activities with coaches of other sports and vice versa to ensure appropriate (not too much, not too little) training.</p>	
Mental Training	Licensees will ensure that the mental training programming follows a standardized curriculum that is aligned with the YTP and the stage of athletes.	The mental, social and emotional development of athletes is as important as their physical, technical and tactical preparation.	Licensees will be provided a curriculum that ensures all required elements are covered as an athlete progresses from stage to stage while also reducing the duplication of content.
	All Licensees will also ensure that athletes have access, at the athlete's expense, to a mental performance coach (MPC) to aid in the athlete's preparation.	Some athletes may wish to access support beyond the core provisions of the Licensee's program. The service provider must be aware of the ringette program and ensure their coaching is aligned.	
	Coaches must demonstrate a standard of awareness / education of mental performance.	Coaches are expected to support mental performance of their athletes and not rely solely on external providers.	A review of available mental performance education for coaches will be conducted and a standard will follow ensuring appropriate transition timeline.
Injury Prevention Warm-Up	Licensees will be expected to implement an injury prevention warm-up as part of their training program. A protocol will be provided by Ringette Canada	An effective warm-up not only serves to raise the body's temperature, but over time, can help athletes improve their fundamental movement skills	

		leading to improvements in overall fitness, athlete confidence and durability while reducing the risk of injury.	
Fitness Assessment and Program Prescription	<p>Licensees must ensure at least two fitness testing sessions per year are conducted.</p> <ul style="list-style-type: none"> ○ Prior to first on ice session ○ Mid-season <p>Results of these assessments must be recorded in the central database.</p> <p>Licensees must provide individualized strength and conditioning programs, designed by trained individuals (e.g. strength and conditioning coach), based on assessments and relative to the ADM.</p>	<p>The purpose of fitness assessments is to determine an athlete’s current state relative to what is necessary to perform optimally and inform any adjustments that need to be made in training, rest and recovery, etc.</p> <p>Quality sport programs should be tailored to meet individual athlete’s needs - not all athletes are the same therefore their fitness programs should be unique to them.</p>	<p>The Licensee will be provided the standard fitness testing protocol</p> <p>The Licensee will be provided a standard fitness program (aligned with the yearly training plan) by stage that can be use as the basis for group and individual training.</p>

Additional Standards:

Focus	Standard	Rationale / Supplemental Info	Support / Resources to Licensee
Data Management	<p>Licensees are required to complete periodic individualized assessments and record each athlete’s progress in the common data base and make that data available to the athletes.</p> <p>Licensees are required to conduct formal meetings with each athlete (and parent) a minimum of 2 times per year to discuss individual progress relative to ADM</p> <ul style="list-style-type: none"> • Mid-season • Post season 	<p>Ringette Canada will provide the stage appropriate assessment parameters, based on the Ringette Athlete Development Matrix.</p> <p>At the athlete’s discretion, their data can be shared with Program personnel, PSOs and Ringette Canada High Performance staff.</p>	<p>Investigation to date suggests PersonalSportRecord.com is the most robust system for this purpose. It is in use in Alberta currently and being investigated by Ringette BC and Ringette Ontario.</p>
Financial Accessibility – Cost Control	<p>Licensees will not mandate or facilitate the purchase of apparel and other branded equipment (e.g., equipment bags, footwear) beyond the standard apparel ‘kit’.</p> <p>Licensees will establish budgets in line with the appropriate Yearly Training Plan and ensure they are followed.</p>	<p>Anecdotally, current programming is becoming cost prohibitive for many athletes to the point where many are choosing to leave the Excellence Ringette environment for financial reasons.</p> <p>Some of the costs are not vital to the athletes meeting their development goals.</p>	<p>A document recommending a standard apparel ‘kit’ will be provided to Licensees.</p>

<p>Athlete Eligibility</p>	<p>Licensees must accommodate <u>all</u> athletes at or above the entry threshold which is outlined in the Train to Train stage of the Athlete Development Matrix.</p> <p>This does not mean all athletes must be placed on the same teams. Tiering of teams is acceptable within Excellence Ringette.</p>	<p>Entry to Excellence Ringette programs is not a try out for limited roster spots.</p> <p>Arbitrary roster sizes may not eliminate athletes from enrolling in the program.</p> <p>Athletes must be at a minimum of the Train to Train stage of development to gain entry. A standard assessment must be used to determine this.</p>	<p>A standard assessment methodology needs to be developed and provided to all Licensees.</p>
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<p>Information session</p>	<p>Conduct a minimum of 1 formal session (e.g., open house) for interested athletes (and parents) per calendar year</p>		<p>An outline of content to cover will be provided to all Licensees.</p>
<p>Provincial Ringette Association Registration</p>	<p>Athletes must be registered participants in good standing of their Provincial Ringette Association to enroll in a licensed Excellence Ringette program.</p> <p>Licensees must be members in good standing of their provincial ringette association or Ringette Canada.</p>	<p>Just as with other ringette contexts, participants must belong to their respective provincial ringette association.</p>	<p>Details will be included in an athlete agreement and license agreement.</p>
<p>Program Director (title to be confirmed)</p>	<p>Each Licensee must ensure one representative (Program Director?) participates in an annual meeting with Ringette Canada High Performance staff and other experts. This may include travel, accommodation and meal expenses.</p>	<p>A two-way transfer of knowledge around Excellence Ringette programming is necessary to proactively adjust program content and delivery and identify support that Licensees may require to fulfill their mandate.</p>	