

## EXCELLENCE RINGETTE PROGRAM

### Athlete Application Overview

The Excellence Ringette Program 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.

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.

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.

For more information on the Amended Excellence Ringette Program Guidelines for the 2020-2021 season, please visit the [Ringette BC Website](#).

### Entry Requirements

To be considered for a position in the Excellence Ringette Program, athletes must

- Born in or before 2006 (U16, U19, 18+)
- be in good standing with their local club, league, and Ringette BC
- registered with their Local Ringette Association for the 2020-2021 Ringette Season

### Application Requirements

To be considered for the Excellence Ringette Program, athletes must submit their application, including all items on the checklist below.

<input type="checkbox"/> Completed Application Form <input type="checkbox"/> <a href="#">CLICK HERE</a> to apply	<input type="checkbox"/> Reference Contact Information <ul style="list-style-type: none"> <li><input type="checkbox"/> League or Association</li> <li><input type="checkbox"/> Coach</li> <li><input type="checkbox"/> Teacher</li> </ul>
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*Short-listed athletes will be contacted to complete an interview as the next step in the application process*

## 2020/2021 Excellence Ringette Program

The 2020/2021 Excellence Program will consist of

- Two Regional Excellence Training Camps (Physically Distanced)
- One Team BC Cohort Training Camp (Physical Distancing not required)
- One Team BC Challenge Cup Championship (Physical Distancing not required)

The Amended program will have a cost of

- \$600 for TWO Regional Excellence Training Camps
- \$1000 for both Team BC Cohort Events

For an athlete that takes part in the Regional Excellence Camps, and is selected to the Team BC Cohort, their total cost will be \$1600.

### Tentative Calendar

The calendar below is a tentative schedule for the Excellence Ringette Program Training Camps and events. All dates are subject to change pending registration and ice availability.

#### November Regional Excellence Camps

- November 13th, 14th, 15th
  - Northern BC
  - LMRL U16
- November 20th, 21st, 22nd
  - LMRL U19
  - TORL

#### December Regional Excellence Camps

- December 4th, 5th, 6th
  - Northern BC
- December 11th, 12th 13th
  - LMRL U16
  - TORL
- December 18th, 19th, 20th/ or January 2nd-4th
  - LMRL U19