

Excellence Ringette Program Outline

COVID-19 AMENDMENTS

RINGETTE BC

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.

Excellence Ringette Program Outline

1. 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.

2. Application and Intake for 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 ask 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.

AMENDED CALENDAR

October 2020	Applications open for Athlete Intake Athletes screened into the program by October 31 st
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

3. Program Overview

3.1. Capacity

Excellence Ringette Training Camps would be held regionally, which allows for greater capacity than the original Excellence Ringette Program. Taking gathering restrictions into account, the program would be able to take in the number of athletes below. Intake numbers are subject to change pending health restrictions and guidelines, facility restrictions, interest of athletes, and the caliber of athletes who apply.

3.2. Regional In-person camps

Regional in person training camps will be held in November and December. Numbers for the camps are based on the current registration numbers in the Virtual Excellence Ringette Program.

- **LMRL Camp** - up to 40 U16, up to 40 U19
- **TORL Camp**- up to 40 combined
- **NORTH Camp**- up to 40 combined

Both the TORL and NORTH regional camps could be separated into a U16 and U19 group if the numbers require it. These numbers allow for up to 10 Excellence Ringette Coaches to attend each event while still meeting the 50 person gathering limit.

Regional Training Camp 1:

November 2020

Regional Excellence Training Camps are physically distanced to ensure limited exposure potential and to not disrupt participation with other teams that the athletes and coaches are working with. Emphasis is on training and skills. Athletes will be given information on selection process to the Team BC cohort as part the November Regional camp to ensure that they are able to prepare for the December camps accordingly.

- LMRL, TORL, NORTH
 - Specific Locations to be confirmed
- 4 ice times
- Integrated Support Team Session
- Off Ice Training (Physical and/or Strategy)

Regional Training Camp 2:

December 2020

Regional Excellence Training Camps are physically distanced to ensure limited exposure potential and to not disrupt participation with other teams that the athletes and coaches are working with. Emphasis is on training and skills. December camps will include the fitness standards as part of the event to help inform athlete selection to the Team BC Cohort.

- LMRL, TORL, NORTH
 - Specific locations to be confirmed
- On-ice and off-ice testing with Competitive Thread
- 4 ice times
- Integrated Support Team Session
- Off Ice Training (Physical and/or Strategy)

3.3. Team BC Cohort

The Team BC Cohort seeks to select athletes from the Excellence Ringette Camps to a Team BC pool of athletes. The number of athletes will be a minimum of 30 and the maximum will be dictated by Provincial Health Authority Guidelines. The numbers listed below are based on current gathering restrictions and the regulations for cohorts.

- **U16** - up to 36 athletes
- **U19** - up to 36 athletes
- **Cohort will also include Excellence coaches and potentially referees**

Additional personnel will be invited to attend but will not be in the Cohort however gathering restrictions are still in effect.

Team BC Training Camp:

February - Kelowna

Team BC Cohort Training Camp (no physical distancing required)

- U16 and U19 separately
- 4-5 ice times (3-4 practices, 1 scrimmage)
- Integrate Support Team Session
- Off Ice Training (Physical and/or Strategy)

3.4. Team BC Challenge Cup Event

Event will be held in April in the Lower Mainland likely Richmond or Burnaby. It will follow Team BC style competition and will include some off-ice training as well as a three or four team tournament. The U16 and U19 events will be held separately to adhere to Gathering Restrictions and Sport Cohort model guidelines.

Event will include:

- 3 to 4 teams of 10 athletes each with two coaches assigned to each team
- Follows a Four (4) team or Three (3) tournament format
 - 4 Team - Single Round Robin followed by, 1st versus 4th and 2nd versus 3rd and Final
 - 3 Team – Double Round Robin followed by 2nd versus 3rd and Final
 - 5 game guarantee
- Integrated Support Team Sessions will be hosted as part of the training
- Will be a full 3 day event

The U19 cohort may also include the BC Thunder NRL athletes if the number of U19 athletes allows for a fourth team to participate in the Challenge Cup event.