

December 2nd, 2020

Message from Ringette BC to all Excellence Ringette Athletes

Due to the on-going restrictions and complications from COVID-19, Ringette BC will be moving forward with Excellence Ringette Program in a virtual setting. Ringette BC will be cancelling all in person Excellence Ringette programming for the remainder of the 2020-2021 season (January to March 2021).

In addition to the existing Virtual Excellence Ringette Program, Ringette BC will be commencing an online Team BC program targeted at a smaller group of athletes from across the province. As with any Team BC program, athletes will be expected to attend training sessions as they are scheduled, and if they are unable to attend a virtual session, they will need to provide an explanation to their coaches. The expectation of athletes in the Team BC program is that they are actively engaged and participating in the online format.

The Team BC virtual program will commence in January. Applications for the online Team BC program will be closed on December 15th. The fee to participate is \$50.00 which will cover any additional administration and Integrated Sport Training (IST) sessions that will be offered to the Team BC athletes. All Team BC athletes will be eligible for High Performance Sport Carding with the *Canadian Sport Institute*. To learn more about this program, please visit the [Canadian Sport Institute website](#). The online Team BC program will offer a minimum of two virtual sessions a month, with additional fitness plans and/or sessions, with the possibility of additional training sessions.

Online Team BC Program Includes:

- Two virtual training sessions per month
- Fitness programming
- Additional IST and training sessions
- Coaching from Excellence Ringette Program Coaches
- Exposure to High Performance Ringette in BC leading into the selection process for the 2023 Canada Winter Games
- The opportunity to connect with High Performance Ringette athletes from across BC
- Canadian Sport Institute Carding from January 1 2021 to October 31, 2021
- Excellence Ringette Program t-shirt
- Priority registration in any in person training or High Performance events in 2021

Ringette BC has determined that to provide stability, clarity and consistency for all participants, administrators and coaches, hosting the Team BC portion of the Excellence Ringette Program online for the remainder of the season is the best course of action. This is a difficult decision, however, it was made with the safety of our athletes, volunteers and coaches at its core. Ringette

BC will continue to monitor the situation across the province, and whenever it is safe and we are permitted to do so, will re-evaluate our ability to host in person training opportunities.

Next Steps:

- Submit applications for the Team BC Program, Deadline: December 15th
- Attend the December Virtual Excellence Ringette Training Camp, Dates: December 27th – 29th

Team BC Virtual Program Summary

- Program duration: January to April
- Program fee: \$50.00
 - o If the program moves to in-person training sessions an additional fee will be required.
- Application deadline: December 15th at midnight
- Program Content:
 - o Team BC winning style of play
 - o Integrated Sport Science
- Program Commitment
 - o Minimum of two virtual sessions per month
 - o Consistent participation in Fitness Programming
 - o Athletes are expected to fully commit to attending sessions failure to do so could result in being excused from the program
- Coaching Staff
 - o Excellence Ringette Coaches will be leading the Online Team BC program

Thank you again for all your hard work and dedication to make the Excellence Ringette Program a success.

If you have any questions or concerns please do not hesitate to contact Ringette BC.

Sincerely,



Nicole Robb
Executive Director

CC: Excellence Ringette Coaches,
Program Coordinator, Jennifer Falloon
Technical Director, Rebecca Tamil Selven