



2023/2024 Excellence Ringette Program

Athlete Intake and Selection Procedure

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.

For the 2023/2024 season, intake for the Excellence Ringette Program will consist of

- Athlete Orientation (optional)
- Application Package
- On and Off Ice Assessments
- Athlete Interview

Athlete Orientations

Ringette BC will be hosting three (3) Excellence Ringette Program Orientations in April for athletes and their families to learn more about the program and intake process.

- Monday, April 24th - 7:00 PM
- Thursday April 27th – 8:00 PM
- Saturday, April 29th -10:00 AM

[To sign up for an orientation, click here.](#)

Selection

The number of athletes screened into the Excellence Ringette Program for the 2023/2024 season is not predetermined. The size of the 2023/2024 Excellence Ringette Program cohort will be dependent on the number of athletes that complete the assessments, and overall performance of the applicants in each age division. In order to host any division in the Excellence Ringette Program, a minimum of 10 athletes must be screened into the program in that division (ie U16 Female, U17 Male).

Athletes will be ranked within each age division as follows:

On Ice Assessments	50%
Off Ice Assessments	30%
Application Package & Interview	20%

Respect

Integrity

Commitment

Teamwork

Athlete Driven

Excellence

Athletes will be notified of their status in the Excellence Ringette Program no later than June 15th, 2023 via email. Please ensure that the email used upon registration is one that is actively monitored.

On and Off Ice Assessments

The on and off ice assessments will be delivered by Competitive Thread in three locations across BC. Competitive Thread will provide Ringette BC with the results, as well as send individual results to each athlete. The Excellence Ringette Program Standards provide historical data indicating what the top athletes in each age division have been able to achieve for each of the nine (9) on and off ice assessments. These are the standards that athletes should strive to achieve when preparing for the intake process, and what Excellence coaches will support the athletes in meeting or surpassing once screened into the program.

Athletes may not be required to achieve all nine (9) standards to be accepted into the Excellence Ringette Program, but a weighted system of managing the standards will be utilized. As indicated in the weighting above, an athlete's performance on the on and off ice assessments plays a large role in their acceptance into the Excellence Ringette Program. On ice assessments will be weighted as 50% of the athlete's overall score, and off ice assessments as 30%.

The following tests are performed as part of the on and off ice assessments:

On Ice Assessments

- All athletes
 - 30M Forward Sprint with ring
 - 30M Backward Sprint (no ring)
- Skaters Only
 - Weave Agility with ring
 - Transition Agility (no ring)
- Goalies Only
 - Goalie Pro Agility
 - Goalie Crease Movement

Off Ice Assessments

All Athletes

- Beep Test
- Vertical Jump
- Broad Jump
- Push Ups
- Plank

For more information on the standards for each of the tests, [visit the Ringette BC website.](#)

Fitness Program

To support in your preparation for the assessments, Nicole Lark of Ringette Training Systems has provided the fitness program linked below.

[Excellence Assessment Prep Fitness Program](#)

If you were an athlete in the 2023/2024 Excellence Ringette Program, continue to follow your existing Fitness Program from Nicole L.

Assessments Dates & Times

Athletes will register for the one of the following on and off ice assessments as part of their registration and application for the 2022/2023 Excellence Ringette Program. Athletes who are invited to attend the Canada Winter Games Selection camp in May will register for the LMRL assessment, regardless of where their home association is.

- **LMRL** - May 6th (11:45 AM – 4:00 PM or 1:00PM – 5:00 PM) and May 7th (8:00AM – 12:00PM) – Langley, BC
- **TORL** - May 13th (10:30 AM – 2:30PM and 11:45 – 4:00PM) - Kelowna, BC
- **Northern BC** - May 14th (9:00 AM – 2:00 PM) - Prince George, BC

**There are multiple sessions in each area – athletes are only required to attend one session*

If an athlete is unavailable for the testing date in their region, they must complete the [Athlete Absence Form](#) by **April 22nd, 2023**. Procedure for athletes who are unavailable will follow the [Athlete Injury and Absence Policy](#).

Application Package and Interview

All athletes will have completed an application package at the time of registration for the Excellence Ringette Program Assessments. The questions in this application package will account for 10% of the athlete's score. After the On and Off Ice Assessments have been completed, athletes will take part in a 10-15 minute athlete interview where they will be asked 4-5 questions by Excellence Coaches, High Performance Athletes, and Ringette BC staff, worth 10% of their overall score. Athletes will be provided with a set of 8-10 questions ahead of their interview to prepare.

2022/2023 Excellence Ringette Program Calendar

The dates below are tentative, and subject to change pending ice and facility availability.

Excellence Ringette Program

- July 7th – 9th, 2023 - TBD
- August 25th – 27th, 2023 - Kelowna
- December 15th – 17th, 2023 – TBD LMRL

Team BC

- Training Camp #1 - October 20th – 22nd, 2023 - Salmon Arm
- Training Camp #2 - November 17th – 19th, 2023 - LMRL
- Training Camp #3 - December 17th – 19th, 2023 - LMRL
- Training Camp #4 – March 20th – 24th, 2023, Salmon Arm

This is a tentative calendar, and all dates are subject to change. Calendar does not include Team BC Tournaments and Competitions.

For more information on the Excellence Ringette Program, head to the [Ringette BC Website](#), or read the [Excellence Ringette Program Guidelines](#).

If you have any questions about the Excellence Ringette Program, please contact Ringette BC using the information below.

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