



U14 TRAIN TO EXCEL

Program Guidelines

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1.0 INTRODUCTION

The U14 Train to Excel Program was created in 2020 in order to provide development and training opportunities to U14 aged athletes during the COVID-19 pandemic. With positive feedback and high registration, Ringette BC continued the program to offer additional development and training opportunities to U14 athletes from across the province. The U14 Train to Excel Program has progressed from an online only program with virtual strategy sessions and participation prizes, to one that offers in person development across the province to supplement online learning. Now that the program heads into its fourth season, it will progress again to offer even more opportunities to athletes in the Early Train to Train Stage.

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.

Ringette BC’s 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. The Excellence Ringette Program has been offered by Ringette BC, in some capacity, in the U16 and U19 since the summer of 2020.

After three seasons of the Excellence Ringette Program, and completing our first uninterrupted Program year in 2022/2023, Ringette BC has identified areas where we can strengthen our program, and further align our high performance pathway. The U14 Train to Excel program will offer an introductory pathway for athletes into High Performance ringette and the Excellence Ringette Program, and bridge the gap between U14 Zone, and Excellence Ringette and Team BC at U16.

The U14 Train to Excel Program will include the following key areas:

1. The introduction to a daily training environment for athletes seeking access to a high-quality program; and
2. Selection of both athletes and bench staff, training and management of two (2) U14Team BC rosters for the Western Canada Ringette Championships (WCRC) at the U14 division; and
3. Opportunities for U14 Male athletes to participate in a male development program

Athletes within the program continue to participate on their local teams, either Club or Zone, providing them with their main competition and training environment. The WCRC teams for U14 be selected from interested athletes participating in the program. Program coaching staff will be selected to develop coaches alongside athletes. Athletes that are not selected to U14 Team BC, or those who choose to participate only in the virtual program, can continue to benefit from the U14 Train to Excel Program and the daily training environment including access to program

training tools, sport medicine and other resources. The Ringette BC Program Director 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.

The U14 Train to Excel Program will offer athletes in the **Early Train to Train** stage an opportunity to develop in an introductory High Performance program, and gain out of province experience at the Western Canadian Ringette Championships.

1.2 OBJECTIVES

Objectives of the U14 Train to Excel Program include

- Providing additional opportunities for athletes to increase their skills;
- Enhancing and complementing U14 Zone and Club programs
- Introducing athletes to the high performance pathway of the competition model; and
- Providing opportunities for athletes to gain out of province competition experience

1.3 STRATEGIC INITIATIVES

The U14 Train to Excel Program will provide athletes with an introduction to the Excellence Ringette, which aligns with several strategic initiatives that were key component of the Ringette BC 2019 – 2023 Strategic Plan.

The U14 Train to Excel program will:

- increase retention of athletes in the U14 division
- provide an introductory high-performance pathway;
- enhance long-term development of athletes;
- contribute to a clearly defined and accessible athlete pathway;
- facilitate increased engagement;
- provide athletes in the program with access to resources that information that will introduce them 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

1.4 PROGRAM PRINCIPLES

The U14 Train to Excel 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;
- the program will have a foundation in the Ringette Canada Corporate Values and the Values of Ringette BC.
- The program guidelines and policies will work to promote the creation of a network of coaches who will follow the Competitive Athlete Pathway
- The program guidelines and policies will build a competition structure that can evolve with increased participants and support a growing sport.

2.0 GOVERNANCE

The U14 Train to Excel Program will be operated by Ringette BC. Ringette BC will reach out to each league for support in acquiring ice and other regional resources as required.

Ringette BC will be responsible for program oversight, finances and personnel. U14 Train to Excel Head Coaches will work with Ringette BC to create the calendar and program themes each year, ensuring they are developmentally appropriate, and set up to engage with and support athlete development.

3.0 PROGRAM OVERVIEW

The U14 Train to Excel Program will increase the program offerings and improve the High Performance pathway through the creation of an introductory Excellence Ringette program opportunity. It will continue to offer learning and development opportunities to all interested U14 aged athletes across the province of BC, while in addition, strengthening our high performance pathway and competition opportunities for athletes in the Early Train to Train stage of the Long Term Athlete Development Model.

3.1 U14 TRAIN TO EXCEL – VIRTUAL

The U14 Train to Excel Program will continue to offer virtual training opportunities to all interested U14 aged athletes (see eligibility below).

These sessions may include

- strategy and tactics
- goal setting
- sport psychology
- nutrition
- fitness & injury prevention

Sessions may be led by the program coaches, or by other approved speakers such as alumni athletes, Mental Performance Consultants, Nutritionists, Athletic Trainers, etc.

A program overview and tentative schedule will be provided to athletes ahead of registration.

3.1.1 REGISTRATION & FEES

All athletes will be required to register for the U14 Train to Excel Virtual Program fee of \$50, which will include

- Monthly Virtual session (September – February, minimum of 6) led by U14 Train to Excel Coaches and selected session leaders
- Fitness program
- Program T-Shirt

Registration will be completed through RAMP, and will remain open until January 31st. Registration fees will not be prorated, as recordings of previous sessions will be made available to all registrants.

3.2 U14 TRAIN TO EXCEL – U14 TEAM BC (WCRC)

The U14 Train to Excel – Team BC program will provide interested athletes with the opportunity to represent Ringette BC at the Western Canadian Ringette Championships (WCRC). Ringette BC will send two (2) U14 teams to WCRC, which will be selected from athletes in the U14 Train to Excel Program.

For more information on the evaluation, selection, drafting procedures for U14 Team BC, see Team BC U14 Guidelines below.

3.2.1 REGISTRATION & FEES

TEAM BC U14 EVALUATION FEE

Athletes wishing to be considered for U14 Team BC must register for the U14 Train to Excel Team BC Evaluation Package, in addition to the Virtual Program noted above. The Evaluation Package Fee of \$250 will include

- Two (2) Regional Evaluation Sessions led by U14 Train to Excel Coaches
- Minimum of one (1) league or tournament play evaluation by U14 Train to Excel Coaches or approved evaluators
- Program Jersey

Registration will be completed through RAMP, and must be completed no later than September 30th. Athletes must register for the evaluation package in their area, and will not receive a refund should they wish to withdraw after the first session.

Athletes who are not interested or eligible to be selected to U14 Team BC, but would like to attend the regional evaluation / development sessions, may register and pay the Evaluation Fee should there be space available in their local session. These athletes should contact Ringette BC prior to September 30th to be placed on a waiting list, and will be notified shortly after the registration deadline if they have been assigned a spot at the sessions.

TEAM BC U14 ROSTER FEE

Athletes who are successful in being selected to U14 Team BC will have additional team fees to cover the costs of training and competition. These fees are estimated to be between \$1500 and \$1700 per player, and will be confirmed by December 1st. For more details on what is included in the U14 Team BC Roster Fee, see the U14 Team BC Guidelines below.

3.3 U14 TRAIN TO EXCEL – MALE DEVELOPMENT

The U14 Train to Excel – Male Development program will provide opportunities to male athletes to participate in a male only development program. The structure of this program will be dependent on registration and interest, and may include one of more of the following

- Online sessions specifically for male athletes
- Regional and/or provincial male development sessions
- Regional and/or provincial male exhibition games

Registration for the U14 Train to Excel – Male Development program will be completed through RAMP, and must be completed no later than September 30th.

The structure of the U14 Train to Excel – Male Development program will be determined each year, by Ringette BC, and be communicated to registrants by October 15th.

3.4 SCHEDULE & TIMELINE

July 15 th	Call For Head Coaches
August 15 th	Head Coach Selection
September 1 st	Virtual & Team BC Evaluation Registration opens
September	U14 Train to Excel Virtual Session #1
September 30 th	Team BC Evaluation Registration closes
September 30 th	Male Development Program Registration closes
October 15 th	Assistant Coaches & Coaches in Training Selected
October 15 th	Male Development Program Structure confirmed
October	Regional Evaluation / Development Session #1
October	U14 Train to Excel Virtual Session #2
November	Regional Evaluation / Development Session #2
November	U14 Train to Excel Virtual Session #3
December	U14 Train to Excel Virtual Session #4
December 1 st	U14 Team BC Budget Finalized
December 9 th	U14 Team BC Final Selection Camp – Invitations Sent
December TBD	U14 Team BC Selection Camp / Excellence Training Camp
January	U14 Train to Excel Virtual Session #5
January 15 th	U14 Team BC Rosters Finalized
January	U14 Team BC – Tournament #1 (BC)
January 31 st	Virtual Registration Closes
February	U14 Train to Excel Virtual Session #6
February	U14 Team BC – Tournament #2 (AB)
March	U14 Team BC – Training Camp
March	Western Canadian Ringette Championships

A program overview and tentative schedule for the U14 Train to Excel – Virtual program will be provided to athletes ahead of registration.

4.0 ATHLETES

4.1 ELIGIBILITY

Athlete eligibility for the U14 Train to Excel Program is as follows

U14 Train to Excel – Virtual	U14 Train to Excel – Team BC (WCRC)*	U14 Train to Excel – Male Development
<ul style="list-style-type: none"> • Male and female athletes • U14 age (between the ages of 12 and 13 by December 31st of the current playing season) • Registered and currently playing in the current season • Member in good standing 	<ul style="list-style-type: none"> • Female athletes • U14 age (between the ages of 12 and 13 by December 31st of the current playing season) • Registered and participating on a U14 Zone or Club team in the current season • Must be registered in the U14 Train to Excel – Virtual Program • Member in good standing 	<ul style="list-style-type: none"> • Male athletes • U14 age (between the ages of 12 and 13 by December 31st of the current playing season) • Registered and participating on a U14 Zone or Club team in the current season • Must be registered in the U14 Train to Excel – Virtual Program • Member in good standing

**Due to the technical package requirements for the Western Canadian Ringette Championships, Team BC (WCRC) will be comprised of female athletes*

5.0 COACHING & TEAM STAFF

5.1 ELIGIBILITY & CERTIFICATION

Coaches from across the province are eligible to be selected in the U14 Train to Excel Program, and must achieve Competition Introduction (CI) Certified status, no later than December 31st.

All coaches, regardless of position, will also be required to

- Complete a criminal record check and participate in a screening process as per the Ringette BC Coach and Team Staff Selection Policy
- Be a member in good standing with Ringette BC and their local association and league
- Complete the following no later than December 31st
 - Respect in Sport for Activity Leaders
 - CAC Safe Sport online eModule
 - Making Ethical Decisions – module and evaluation

The minimum certification requirements for coaches in the U14 Train to Excel Program are listed below:

Position	Coaching Level Required	Timeline
Head Coach	Competition Introduction (CI) – Certified	At the time of application
Assistant Coach	Competition Introduction (CI) – Certified	By December 31st
Coach in Training	Community Sport Initiation (CSI) – Trained OR Competition Introduction (CI) - Trained	By December 31st

Other team staff such as Managers and Trainers must meet the standards outlined by Ringette BC under the Coaching Development Policy. Managers and Trainers *will not* be permitted on the bench at any competition.

Any contracted instructors or session leaders must be approved by Ringette BC for both the U14 Train to Excel Virtual and Team BC program.

5.2 COACH MENTORSHIP

In an effort to provide mentorship and leadership opportunities to up and coming coaches, there will be two (2) Coach in Training positions available for the U14 Train to Excel Program. Of the two positions available, when possible, candidates will be selected as follows;

- One (1) Coach in Training will be selected from the Lower Mainland Ringette League
- One (1) Coach in Training will be selected from Northern Ringette League or Thompson Okanagan Ringette League.

Coaches in Training will need to complete either Community Sport Initiation (CSI) – Trained status, or Competition Introduction (CI) – Trained status by December 31st, and meet the same additional requirements as noted above.

The Coaches in Training will participate in the Ringette BC Coach Mentorship Program, and attend the Western Canadian Ringette Championships with their respective team.

5.3 COACH SELECTION

For the first half of the program (September – December), all coaches will work together to coach all of the athletes. Upon completion of the draft, the coaches will be split into two teams (see Appendix A for more details), with one (1) Head Coach, two (2) Assistant Coaches, and one (1) Coach in Training per team.

5.3.1 HEAD COACH SELECTION

Two (2) Head Coaches will be selected by Ringette BC by August 15th. Coaches will be selected following the Team Staff Selection Policy, and will be required to complete an interview process.

5.3.2 ASSISTANT COACH SELECTION

Four (4) Assistant Coaches will be selected by October 15th. The U14 Train to Excel Head Coaches will select, in collaboration, four (4) assistant coaches who have expressed interest in the program through an online form. Assistant Coaches will be required to complete a screening process, as per the Team Staff Selection Policy. Head Coaches will provide their selections to Ringette BC for approval no later than October 1st.

5.3.3 COACH IN TRAINING SELECTION

Coaches in Training will be selected by Ringette BC by Expression of Interest, through the Coach Mentorship Program. Should there be more than two (2) candidates interested, candidates will be interviewed by Ringette BC and the U14 Train to Excel Head Coaches. Coaches in Training will be selected by October 15th.

6.0 U14 TEAM BC (WCRC) GUIDELINES

6.1 TEAM FORMATION

6.1.1 ROSTER SIZE

Two (2) U14 Team BC Rosters will be formed. Rosters will carry a minimum of fifteen (15) athletes, and a maximum of eighteen (18) athletes.

6.1.2 ATHLETES EVALUATION

Athletes who wish to be considered for U14 Team BC, must be registered in the U14 Train to Excel – Team BC Evaluation package, and meet all criteria noted in the eligibility section noted above. Evaluations will be completed by U14 Train to Excel Program Coaches and approved evaluators. Athletes will be evaluated on their skills according to the Ringette BC U14 skill matrix and coach designated criteria, and assigned a corresponding player ordinal at each of their evaluations.

REGIONAL SESSIONS

Two (2) regional evaluation / development sessions will be hosted in the following regions; Lower Mainland, Northern BC, and the Thompson Okanagan. Sessions will be held in each region in October and November.

These sessions will be run by the U14 Train to Excel Coaches, and will include evaluation on skating and ring skill, as well as tactics, strategy and game play as per the U14 Skills Matrix.

LEAGUE AND TOURNAMENT PLAY

Each athlete will be evaluated a minimum of one (1) time during a league or tournament game. The U14 Skill Matrix will be used as a guide to evaluate the athletes in game play, as well as additional ratings designated by the coaching staff that will be distributed ahead of league and tournament evaluations. An evaluation schedule will be created by the Head Coaches. Should athletes have any known absences from their local teams, they should notify the coaches as soon as possible. Athletes will not be notified when they will be evaluated during league or tournament play.

ATHLETE ABSENCE AND INJURY

Athletes must attend at least one (1) of the regional evaluation sessions to be considered for U14 Team BC.

If an athlete is unable to attend a Team BC Evaluation or Selection Camp, they must complete the [Athlete Absence and Injury Form](#), following the [Injury and Absence Policy](#) at least 21 days in advance. Requests received less than 21 days prior to the event will be considered on a case by case basis.

6.1.3 DRAFT & TEAM SELECTION

After athletes have been evaluated in the regional sessions and during league and/or tournament play, the top 36-42 athletes will be invited to attend the U14 Team BC Selection Camp at the December Excellence Ringette Program Training Camp. All athletes invited to the U14 Team BC Selection Camp will be drafted to one of the two U14 Team BC rosters as either a rostered or affiliate athlete

The top 36-42 athletes will be selected utilizing their evaluation ordinals from both the regional sessions and their league/tournament play evaluations, following the process below

- The top 70% of the selected athletes will include the players with the highest ordinals
- The remaining 30% of the selected athletes will be determined by the U14 Train to Excel Head Coaches
- As per the [Team BC Athlete Selection Policy](#), selection of the top U14 Team BC athletes will be reviewed and approved by a committee

At the December Selection Camp, athletes will participate in a variety of on and off ice sessions, including practices, scrimmages, fitness testing, and other IST such as power skating, and mental performance.

The U14 Train to Excel Head Coaches will draft all of the athletes onto two (2) teams, following the draft procedure outlined in Appendix A, after one (1) to two (2) evaluations on the Friday of the Selection Camp. Athletes will be notified via email on Friday evening of their team assignment. All athletes will participate with their assigned team for the remainder of the weekend, allowing 3-4 team ice times, including exhibition games. Athletes will not be notified of whether they have been selected as a rostered athlete or an affiliate at the time of the draft. Teams will be comprised of athletes from across the province, and will not be created based on geographic region.

Upon completion of the December Training Camp, Athletes will be notified of their status (rostered athlete or affiliate) in the U14 Team BC program no later than January 15th.

6.1.4 AFFILIATE ATHLETES

During the drafting process, Head Coaches will select two (2) to three (3) affiliate players, which can include a maximum of one (1) goaltender. The affiliate players will pay an affiliate fee (December Selection Camp + modified apparel kit), and will only attend tournaments and training camps as needed.

Pick ups for tournaments must be selected from the drafted Affiliate athletes.

6.2 TRAINING & COMPETITION

6.2.1 TRAINING

The U14 Team BC teams will attend one (1) training camp ahead of the WCRC. Both teams will attend a training camp in the same location, allowing opportunities for exhibition games between teams.

Additional virtual training and team meetings are permitted; however, the teams will not be permitted to add any additional in person training or team events that are not on the approved U14 Team BC Program calendar.

COMPETITION

The U14 Team BC teams will attend two (2) tournaments. Ringette BC and the Head Coaches will determine which tournaments the teams will register in each year, and provide the details to the athletes as soon as acceptance to the tournaments has been confirmed. Both U14 Team BC rosters will attend the same tournaments where possible.

Potential tournaments include

- Pacific Challenge Cup – Richmond, BC; late January/early February
- Esso Golden Ring – Calgary, AB; mid-January
- Sweetheart Tournament – Spruce Grove, AB; mid-late February

Ringette BC will register two (2) U14 Team BC rosters for the Western Canadian Ringette Championships. Both teams will attend as Team BC, and may come up with a unique team name to differentiate between the two rosters (ie. BC Wave, BC Surge).

TEAM FINANCES

U14 Team BC costs and finances will be separate from the U14 Train to Excel Program. A comprehensive budget will be provided prior to the December Selection 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 Ringette BC Program Director 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 the Western Canadian Ringette Championships.

The U14 Team BC Rosters will be managed by Ringette BC, with each team having their own budget. These budgets will include

- Tournament fees;
- coach travel and accommodations;
- team food;
- operational costs (ice, gym, referees);
- administration;
- Team BC Jersey;

- Athlete Apparel Kit; and
- sport science and IST (psychology, athletic therapy, fitness trainer).

The U14 Team BC Program budget does not include

- athlete travel and accommodations at training camps and tournaments
- additional team swag and apparel items beyond the designated Athlete Apparel Kit

7.0 APPENDIX

A. DRAFT PROCEDURE

The two U14 Team BC teams will be formed using a draft, forming two relatively equal teams.

OBJECTIVES

1. Equally-balanced teams
2. Transparency
3. Fair and non-judgmental process for all players
4. Allows for matching coaching style to player style

SELECTION ORDER

Round	Coach #1	Coach #2
1	1 st pick	2 nd pick
2	4 th pick	3 rd pick
3	5 th pick	6 th pick
4	8 th pick	7 th pick
5	9 th pick	10 th pick
6	12 th pick	11 th pick
Continue this pattern		

DRAFT GUIDELINES

- a) Both teams will draft the same number of players.
- b) Skaters and goalies shall be drafted in separate drafts.
- c) First pick shall be decided by a coin toss. The winner of the coin toss shall have the choice of drafting either goalies or skaters first and gets the 1st pick of the first draft.
- d) The loser of the coin toss shall have first pick of the second draft.
- e) Affiliate athletes will be drafted after the agreed upon roster size has been filled, and start at point a) again
- f) Draft order shall remain confidential to the coaching staff and Ringette BC
- g) A Ringette BC representative will observe the draft and ensure Coaches are following this drafting process.
- h) Each team is permitted a maximum of one staff member (Head Coach) to attend the draft
- i) When two or more teams are to be formed where Head Coaches are parents of players involved, the Coaching Staff of all teams and the Ringette BC representative shall meet prior to the draft and to determine in which round of the draft that parents shall select their child, and the assistant coaches' children. All Coaches and the Ringette BC representative must agree prior to the start of the draft. During the draft, the child shall be picked in that position, no exceptions. If unanimous agreement cannot be reached, the Ringette BC designated representative shall make the decision and that decision shall be final

- j) As Assistant coaches are not assigned to specific teams ahead of the draft, any Assistant Coach with a child participating in the draft shall be assigned to the team their child is selected to. Following point g. above, the Head Coaches and the Ringette BC representative will determine which round the Assistant Coaches' children are selected.
- k) Except under exceptional circumstances, requests for specific Coaches or placement on a certain team will not be entertained. The Ringette BC representative shall be responsible for assessing and deciding upon exceptional circumstances. In each case, the Ringette BC designated representative's decision is final.
- l) Coaches are encouraged to draft a mix of athletes from multiple teams and Club Associations to provide athletes with new friendship possibilities and exposure to players that may become future teammates.

B. ROLES AND RESPONSIBILITIES

Responsibilities	Ringette BC	Leagues	Clubs	Head Coach	Team Staff
Program Guidelines	X				
Program Calendar	X				
Head Coach Selection	X				
Team Staff Selection	X			X	
Team Staff Approval	X				
Player Registration & Fees	X				
Planning & Running Virtual Sessions				X	X
Planning & Running Regional Sessions	X			X	X
Team BC Player Evaluations				X	X
Team BC Formation	X			X	X
Team BC Budget	X			X	
Team BC Training				X	X
Tournament Registration	X				
Ice and Facility Booking	X			X	X
Ice Allocation				X	X
Training Camp Logistics	X			X	X
Tournament Logistics				X	X
Discipline (Staff / Players / Parents)	X				
Officials Payment	X				
Coach Development	X				