

U14 Train to Excel Program Updates

May 25, 2023

Dear League & Association Presidents,

The U14 Train to Excel Program was created to provide development opportunities to U14 aged athletes during the COVID-19 pandemic. 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 more opportunities to athletes in the Early Train to Train Stage.

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.

Through the updated program, U14 athletes will have the opportunity to participate in the following

- U14 Train to Excel – Virtual Program
- U14 Train to Excel – Male Development Program
- U14 Train to Excel – Team BC (WCRC)

Athletes within the program continue to participate on their local teams, providing them with their main competition and training environment. The Western Canadian Ringette Championships teams for U14 will be selected from interested athletes participating in the program. Program coaching staff will be selected to develop coaches alongside athletes, mentoring and training the next generation of Excellence Ringette Program coaches.

The 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

With the above changes to the U14 Train to Excel Program, the U14 Zone Division will no longer compete at the Western Canadian Ringette Championships and will conclude their season at the Ringette BC Provincial Championships. Updated U14 Zone Guidelines will be distributed to reflect these changes.

For more details, please see the [U14 Train to Excel Program Guidelines](#).

Sincerely,

Rick Benson
Sports Operations Manager

Rebecca Tamil Selven
Program Director