

Ringette BC 2023/2024 Female Coach Mentorship Program Outline

An initiative to increase the number of female coaches in Ringette, while empowering athletes to give back to their sport community.

Program Outline

- Monthly group check-ins with all mentors and mentees (every month from January – May)
- Standardized Development Action plans for mentors and mentees
- Monthly Mentor and Mentee meetings
- Access to additional workshops

Streams Available

Community Sport Introduction – (U12 and below, Community/Club U14, U16, U19)

For coaches interested in coaching at the community level at local club associations, or in the U12 development program

Goal for the season

- Learn how to teach basic ringette skills and strategies through skill progressions
- Enhance basic coaching mechanics
- Plan & run a 30 minute session at practice using a skill progression

Future Goals

- After completing the Ringette BC Coach Mentorship Program in the Community stream, coaches will be encouraged to take on roles as assistance or head coaches in these divisions in the future, as well as progress into the Competition Introduction stream if they choose.

Competition Introduction (Zone Competitive Division U14, U16, U19, BCWG)

For coaches interested in coaching at the Zone level where there is an opportunity to attend the Western Canadian Ringette Championships, or in the Excellence Ringette Program

Goal for the season

- Learn how a successful practice is run and planned, that corresponds with a Yearly Training Plan
- Begin to offer specific feedback to athletes on skill development and the implementation of strategy
- Plan & run a 30-minute session at practice using a skill progression, and implement a strategy or tactic to be used in a game setting

Future Goals

- After completing the Ringette BC Coach Mentorship Program in the Competition stream, coaches will be encouraged to take on roles as assistant or head coaches in these divisions in the future. These coaches will also be encouraged, and targeted, to apply for the 2026 BC Winter Games as assistant coaches or Apprentice Coaches through the ViaSport mentorship program.

Time Commitment

- 2023/2024 season (December - May)
- Both Mentors and Mentees will attend the Ringette BC Coach Mentorship Program Workshop & Orientation
- Mandatory monthly check-ins for all mentors and mentees
- Mentees should their hours with their assigned team over the course of a season to support Ringette BC in completing a reference letter at the completion of the program
 - Logged in coach binder

Expectations

- Mentor and mentee will meet, separate from an ice time, once per month
 - Pairs should try to meet at least once in person
 - Others can be over the phone, skype etc.
- Mentors and Mentees will attend monthly Mentorship Program Check Ins
- Mentors and mentees will be expected to complete the CAAWS Women in Coaching Mentorship workbook
- Completion of assigned tasks
 - Skill Progression Planning
 - Putting together a practice
 - By the end of the season, mentees will be expected to plan and run a 30 minute portion of a practice with the support of their mentor and/or head coach

Scope of Responsibilities

Mentors

Qualifications

- Application Required
- Confirmation of completion of a Police Information Check with Vulnerable Sector Check
- Not required to be actively coaching, but must have current certifications

Community Sport Introduction Stream

- CSI Trained coach with a minimum of 5 years coaching experience

Competition Introduction Stream

- CI Certified, Competition Development Trained, or Competition Development Certified Coach with a minimum of 5 years coaching experience

Assignment

- Mentors will be assigned 1-2 Mentees
 - Ideally, each mentor will only have 1 mentee. In areas of development, Mentors may be given up to 2 mentees if more than 1 are selected in their area
- In most situations, mentors will be the head coach on the team that the mentee is assigned to
 - In some cases, the mentor will not be the head coach, and will check-in with the mentee throughout the season, collaborating with the head coach of the team to ensure that goals and assignments are being completed

Required Training

- Existing coaching certification as listed above
- Attend the Ringette BC Coach Mentorship Program Workshop & Orientation
- Must have completed Respect in Sport



Mentees

Qualifications

- Current or aspiring female coaches
- Application Required
- Confirmation of completion of a Police Information Check with Vulnerable Sector Check

Mandatory Training

- CSI or CI Coaching Course (if not already completed), depending on stream
- Mentorship Program Workshop & Orientation
- Making Ethical Decisions Online Module
- Respect in Sport for Activity Leaders

Assignment

- At the time of application, mentees do not need to have been assigned to a team
 - Ringette BC will work with the mentee and their local organization to assign them to a team in their stream

Regions

- Ringette BC will accept the following number of applications per region, up to a maximum of 10 total mentees
 - Lower Mainland Ringette League– 4-6
 - Northern Ringette League – 1-2
 - Thompson Okanagan Ringette League 2-3
 - Island Ringette League – 1

Ringette BC

Selection & Assignment

- Ringette BC will review applications and select applicants based on experience, commitment to the program and completion of the application form
- Mentors and Mentees will be selected by Ringette BC based on their:
 - Previous experience
 - Current qualifications
 - Application Form
 - Ability to commit to the full program
 - Region (as mentioned above)
- Ringette BC will work with the applicant to find a team in their local association or league that fits within their stream of choice
- Ringette BC will pair the mentors and mentees together based on experience

Review & Supervision

Ringette BC will

- Host monthly Mentorship Program Check-Ins
- Check in with mentors and mentees to monitor progress
- Collect workbooks and assignments from mentors and mentees
- Provide access to courses and workshops as listed above

Funding

Ringette BC will cover the costs of

- Materials associated with the mentorship program
- Coaching course registration fees for Mentees in their stream of choice
- Travel for any mentors that must travel to meet with their mentee
 - One time over the course of the season per pair if required