

2024/2025 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 2024/2025 season, intake and selection for the Excellence Ringette Program will consist of

- Application Package
- Athlete Intake and Assessment Camp

Athlete Orientations & Preparation Session

Ringette BC will be hosting two (2) Excellence Ringette Program Orientations in April for athletes and their families to learn more about the program and intake process.

- Friday, April 19th – 7:00PM
- Thursday, April 25th – 6:00PM

Join Mental Performance Consultant Poonam Sandhu for a session that will provide you with tips, tools and strategies to prepare yourself for, and participate in assessments.

- Tuesday, April 16th – 8:00PM

[**SIGN UP FOR ORIENTATIONS & PREP SESSIONS HERE**](#)

Selection

The number of athletes screened into the Excellence Ringette Program for the 2024/2025 season is not predetermined. The size of the 2024/2025 Excellence Ringette Program cohort will be dependent on the number of athletes that complete the assessments, overall performance of the applicants in each age division, and resource availability.

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). If any division has less than 10 athletes registered for the Athlete Intake and Assessment Camps by the registration deadline, the division will not move forward and athletes will be refunded their registration fee. Options may be available to participate in the on and off ice assessments for those in divisions that are not proceeding.

Intake and Selection Overview

Ringette BC will be hosting four (4) Athlete Intake and Assessment Camps in April and May 2024. Athletes who are interested in being considered for selection to the Excellence Ringette program **must** attend one of these camps. There will be no late intake for scheduling conflicts. Athletes may attend any of the camps below, and do not have to attend the camp being held in their geographical area. The Athlete Intake and Assessment Camp will consist of

- In person interview
- Off Ice Fitness Assessments
- On Ice Skating Assessments
- Practice Evaluation
- Game Evaluation

Athletes will be ranked within each age division, with the components of Intake weighted as follows

Application Package & Interview	20%
On Ice Skating Assessments	25%
Off Ice Fitness Assessments	15%
Practice & Game Evaluation	40%

Application Package and Interview

All athletes will have completed an application package at the time of registration. The questions in this application package will account for 10% of the athlete's score. Athletes will also participate in a 10 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 questions ahead of their interview to prepare.

[CLICK HERE TO COMPLETE THE APPLICATION FORM.](#)

The deadline to complete the application package is May 10th.

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. On ice assessments will be weighted as 25% of the athlete's overall score, and off ice fitness assessments as 15%.

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

Practice and Game Evaluations

Athletes will be evaluated by coaches and selected evaluators on the standard Ringette BC Evaluation criteria. The athletes will receive an ordinal for each session, which combined will be worth a total of 40% of their weighted score. Depending on the registration numbers at each camp, athletes may be in a combined age group. Athletes in different divisions will be clearly identified and will only be scored during game play against their own age division.

Practice Evaluation

Practice Evaluations will be consistent across the various Athlete Intake and Assessment Camps, allowing all athletes to complete the same drills and activities. An athlete's ordinal during the practice evaluation will be worth a total of 20% of their overall weighted score.

During the practice evaluation, athletes will be scored on the following skills:

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| <ul style="list-style-type: none">• Skaters<ul style="list-style-type: none">○ Shooting (forehand and backhand)○ Passing○ Receiving○ Checking○ Ring Handling | <ul style="list-style-type: none">• Goalies<ul style="list-style-type: none">○ Mobility○ Lateral Movement○ Stick Work○ Ring Skills○ Positioning○ Style of Play |
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Game Evaluation

Game Evaluations will occur at each camp. An athlete's ordinal during the game evaluation will be worth a total of 20% of their overall weighted score. Format of game play will be dependent on registration, and will follow the guidelines below

- Four 8–10 minute periods
 - Minimum of 9 skaters per team → Full Ice, 5 v 5
 - Less than 9 skaters per team → Between Free Play Lines, 3 v 3 or 4 v 4

During the Game Evaluation, athletes will be scored on the following.

- Skaters
 - Shooting (forehand and backhand)
 - Passing & Receiving
 - Checking & Ring Handling
 - Offensive Skills
 - Defensive Skills
- Goalies
 - Mobility
 - Lateral Movement
 - Stick Work
 - Ring Skills
 - Positioning
 - Style of Play

Athlete Intake and Assessments Camps

Athletes will register for one of the following Athlete Intake and Assessment Camps as part of their registration and application for the 2024/2025 Excellence Ringette Program. Athletes must register for **one** (1) of the sessions below and may choose which session to attend.

Excellence Ringette Program – Camp #1 – Athlete Intake and Assessment

- Option 1: April 26-28 – Langley (3 groups)
 - Group 1 (U19)
 - Friday, April 26th (6:30PM - 10:00PM)
 - Saturday, April 27th (8:00AM - 5:15PM)
 - Group 2 & 3 (U16)
 - Saturday, April 27th (4:30PM-8:30PM)
 - Sunday, April 28th (8:00AM - 4:30PM)
- Option 2: May 10-11 – Kelowna (2 groups)
 - Group 1 & 2 (U16 & U19)
 - Friday, May 10th (4:00PM - 9:15PM)
 - Saturday, May 11th (7:00AM - 8:15PM)
- Option 3: May 11-12 – Prince George (2 groups)
 - Group 1 & 2 (U16 & U19)
 - Saturday, May 11th (6:00PM - 10:15PM)
 - Sunday, May 12th (8:30AM – 4:15PM)
- Option 4: May TBD – LMRL (2-3 groups)

Registration

Registration will be completed through RAMP, and will show the estimated schedule for each group. The registration deadline for all each location is the Monday prior the start of the event. The cost to attend to Apply to the Excellence Ringette Program, and attend the Athlete Intake and Assessment Camps is \$380 per athlete.

[CLICK HERE TO REGISTER](#)

Athlete Injury and Absences

If an athlete is unavailable to complete the testing above due to injury or illness they must complete the [Athlete Absence Form](#). There will be no late assessment opportunities for scheduling conflicts. Athletes who have an approved absence due to injury or illness will still be required to pay the Application & Registration fee.

2024/2025 Excellence Ringette Program Calendar

Excellence Ringette Program

The 2024/2025 Excellence Ringette Program will consist of two additional training camps during the summer, with additional virtual and regional programming throughout the season. The dates below are tentative, and subject to change pending ice and facility availability.

- Camp #2
 - July 2024 (10-12, unconfirmed) – Lower Mainland (all screened in athletes)
- Camp #3
 - August 2024 (9-11, 16-18, unconfirmed) – TORL (one division)
 - August, 16-18, 2024 (confirmed) – Prince George (one division)

Team BC

If athletes are selected to Team BC, there will be additional commitments, including training camps, tournaments, and competitions. Team BC athletes can expect 1-2 team commitments per month, and can expect to travel out of province and across BC to train and compete.