

# Excellence Ringette Program Updates Overview

April 2024

The development of the Excellence Ringette Program is intended to create an accessible high-performance program that provides quality development opportunities to a wider base of athletes; some of whom have historically lacked access to these opportunities and resources. After almost three seasons of the Excellence Ringette Program, we have learned what is working well, and what needs to be improved to take our program, as well as our athletes and coaches, to the next level, while continuing to offer a quality, sustainable high-performance program to a larger audience.

## Challenges

The challenges the Excellence Ringette Program currently faces are

- Lack of competition opportunities for Team BC athletes at the “AA” level
- Scheduling difficulties between Team BC and Zone programs
- Affordability of participating on two teams both with travel requirements
- Logistics and feasibility of offering a training camp in December
- Strong desire from membership to include game and practice evaluation in the intake process
- Understanding and create a positive culture of high performance has been a difficult transition

## Suggestions for Improvement

### Intake Procedures

The Athlete Intake procedure will now include a practice and a game where athletes will be evaluated, with Ringette skills added into the factors assessed for intake. To support this, the assessments will now take place in more of a camp style, with the following taking place

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

Where the previous weighting for intake was On Ice Assessments (50%), Off Ice Assessments (30%) and Application Package and Interview (20%), the updated intake weights will be:

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

### Calendar

Since it's inception, the Excellence Ringette Program has hosted three (3) training camps, in July, August, December. Consistently, the December training camp has been difficult to host, both logistically in terms

of planning, but also in execution due to athlete absences, illnesses, and burnout, as well as availability of key personnel such as Coaches, Integrated Support Team Members and Officials. With no other availability to add a third training camp during the season due to tournament and program schedules, the Excellence Program will move forward with a three-camp system (including the Athlete Absence and Intake Camp), as well as regional and virtual programming during the season to maintain engagement and development with our athletes after the final in-person camp has completed.

<b>April - June</b>	Expression of Interest, Assessment & Intake Camp 1 & Selection
<b>July</b>	Excellence Training Camp 2
<b>August</b>	Excellence Training Camp 3 & Team BC selection
<b>September – March</b>	Virtual and Regional Development

Regional Development will take place in regions where there are a minimum of ten (10) athletes screened into the Excellence Ringette Program, and will offer a one-hour practice or skill development session in conjunction with an off-ice learning activity.

## Double Carding

When the Excellence Ringette Program was developed, the intention was for the Zone Program to provide the daily training environment for Excellence Athletes, giving them access to weekly practices and games between Excellence events. While this model still holds true and works well for the majority of Excellence athletes, it has become a barrier to participation in the Team BC Program.

Currently, athletes rostered to Team BC are required to double card to a local Zone team. Between their two teams, these athletes are travelling to upwards of ten tournaments a season, while trying to juggle the commitment to two competitive pathway teams. In addition to the heavy burden on the athlete themselves, the economy is very different from the one during the timeframe in which this program was developed. It is no longer feasible to require families to commit to two competitive teams that both require a lot of travel and training.

For the 2024/2025 season, Team BC rostered athletes will have the choice of whether they wish to double card to a Zone team, or solely participate with the Excellence and Team BC program. For athletes who choose to play Zone, Team BC will be the priority in the event of a conflict, with the exception of the Zone Provincial Championships. Athletes who choose not to play Zone will need to provide their Team BC Head Coach and Ringette BC with a plan, in writing, on how they intend to maintain their training levels. In addition, Team BC staff will work with Ringette BC to find creative solutions in programming to provide regional training and development opportunities for Team BC athletes.

Team BC athletes will get together approximately twice a month from September to April, in a combination of tournaments and training camps. Team BC staff and Ringette BC will explore avenues to decrease travel and accommodation costs for families, which may include billeting, or team transportation and/or accommodation.

## Mental Performance Integration

Over the three seasons the Excellence and Team BC program has been in operation, Coaches and Ringette BC staff have identified a key gap in our athletes' abilities to prepare themselves mentally to both participate in a high-performance program, and successfully compete and train in high pressure situations. In addition, Ringette BC seeks to develop a positive, collaborative high performance sport culture, with education being one of the key strategies for success.

For the 2024/2025 season, Ringette BC has partnered with Mental Performance Consultant Poonam Sandhu-Mooker. Poonam is a mental performance consultant with the Canadian Sports Psychology Association. She attributes her passion for sport psychology to her career with the national women's field hockey team and during her time as a UBC Thunderbird both as an athlete and coach.

Together with Excellence Ringette Program Coaches, Ringette BC and Poonam have developed a framework, curriculum and calendar to support athletes, families and coaches to successfully participate, and thrive, in a high-performance environment. Her sessions will include group workshops through the Excellence Ringette Program, as well as individual athlete sessions for all Excellence athletes.

In addition, Poonam will work with our Team BC program, both in group work and individual work, where each team will be provided with two group sessions, and each athlete will be provided with one additional individual session.

## Supporting Documents

For more information, please refer to the supporting documents below

- [Excellence Ringette Program Guidelines](#)