



RINGETTE BC Excellence Ringette Program Guidelines



Table of Contents

1. Introduction	3
1.1. Purpose Statement	3
1.2. Stages of Excellence Ringette	4
1.3. Strategic Initiatives.....	4
2. Governance	4
2.1. Ringette BC Staff	4
2.2. The Role of Leagues and Associations.....	5
3. The Excellence Ringette Program	5
3.1. Program Principles	5
3.2. Program Standards.....	5
3.3. Excellence Participation Boundaries.....	6
3.4. Athlete Eligibility	6
3.5. Expression of Interest and Athlete Selection	6
3.6. Season Calendar	7
3.7. Excellence Ringette Program Costs.....	7
3.8. Participation Group Size.....	7
3.9. Athlete Absences.....	8
3.10. Training Expectations.....	8
4. Team BC	8
4.1. Athlete Eligibility	8
4.2. Expression of Interest and Athlete Selection	9
4.3. Calendar	9
4.4. Finances.....	10
4.5. Roster Sizes	10
4.6. Development Squad	10
5. Coaching and Team Staff	11
5.1. Team Staff Selection	11
5.2. Certification.....	11
6. Canada Winter Games	12
7. Appendix 1 – Program Responsibilities.....	13



1. Introduction

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. The 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.

Excellence Ringette will include the following key areas:

1. A daily training environment for athletes that seek access to a high-quality program and meet the standards for entry; and
2. Selection of both athletes and bench staff, training and management of Team BC for the Canada Ringette Championships (CRC) at the U16 and U19 division.
3. Management and oversight of a BC NRL (18+) team will compete in the National Ringette League operated by Ringette Canada

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.

Athletes within the program are rostered full time to Zone U16 and U19 teams, Team BC U16 or U19, or rostered or affiliated to an NRL team. Where there is no Zone team available for an athlete to participate on, Ringette BC will work with that athlete and their local association(s) to determine the best fit to maintain an appropriate training environment.

Team BC U16 and U19 will be selected from the athletes participating in the program. Program coaching staff (including for Team BC teams) will be selected through an application process to develop coaches alongside athletes. Zone athletes that are not selected to Team BC will continue to benefit from Excellence Ringette and the daily training environment, including access to program training tools, sport medicine, and other resources.

Athletes must commit to meeting program standards and expectations as outlined by Ringette BC. Ringette BC will be primarily responsible for program organization and delivery.

1.1. Purpose Statement

This sporting context provides systemic and systematic training and competition environments, based on Ringette Canada’s Athlete Development Matrix (ADM), with the intention of helping



athletes achieve their personal highest level of performance, and preparing them to represent their province at the Canadian Ringette Championships, Canada Games, play in the National Ringette League (NRL) and represent Canada at the World Ringette Championships.

1.2. 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. Athletes who are participating in these divisions as an under-age player are not eligible to enter the Excellence Ringette program.

For more information on the BC NRL team and its operation, refer to the Excellence Ringette Program NRL Guidelines.

1.3. Strategic Initiatives

Excellence Ringette aligns with several strategic initiatives and is a key component of the Ringette BC 2019 – 2023 Strategic Plan. The excellence program will:

- increase retention of athletes in the high-performance pathway;
- enhance long-term development of athletes;
- contribute to a clearly defined and accessible athlete pathway;
- provide greater alignment with principles of long-term athlete development;
- facilitate increased engagement;
- provide athletes in the pathway with access 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.

2. Governance

Excellence Ringette will follow a governance model whereby Ringette BC, as the Provincial Sports Organization, will be the program license holder in BC. Ringette BC will be responsible for delivering the Excellence Ringette program to its Members.

2.1. Ringette BC Staff

Ringette BC Program staff will be responsible for day-to-day program coordination of the Excellence Ringette Program, and will oversee the team staff for Team BC.



Program guidelines and expectations will be produced annually by Ringette BC in collaboration with the Leagues and Club Associations (as necessary). Ringette BC Staff will be responsible for ensuring that guidelines and program expectations are timely and relevant, and that they are followed by participants.

The Ringette BC Staff will:

- Ensure program standards are established and maintained;
- Coordinate athlete evaluations;
- Participate in the Coach selection process as per the Coach and Team Staff Selection policy;
- Enforce athlete agreements and Codes of Conduct for coaches, athletes, and officials; and
- Develop and implement training and development initiatives for coaches.

2.2. The Role of Leagues and Associations

Leagues will be responsible for ensuring that all Excellence Ringette program athletes are participating on a Zone team and have registered with a Club Association as per the Ringette BC Player and Team Registration Policy. Leagues may also be asked to verify status of coaches and athletes applying to the Excellence Ringette Program.

3. The Excellence Ringette Program

3.1. Program Principles

The Excellence Ringette 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; and
- the program will have a foundation in the Ringette Canada Corporate Values and the Values of Ringette BC.
- The program will also contribute to a Coach Development Pathway, the development of Officials, and to Standards of Professionalism. Athletes, Parent/Guardians, and Coaches will all commit to the program through a written agreement outlining responsibilities.

3.2. Program Standards

Program standards are required to ensure that the program is delivered consistently and to ensure a quality experience for all participants. Ringette BC will establish and deliver the program standards as the operator of Excellence Ringette.



Standards will:

- Establish a clear distinction between Excellence Ringette and other ringette sport contexts to best manage expectations and behaviors of all participants;
- Provide a foundation for quality assurance and equity; and
- Align with other provincial ringette authorities and Ringette Canada around athlete preparation, resource allocation and competition design.

3.3. Excellence Participation Boundaries

Excellence Ringette is open to players throughout the province that qualify to participate. Training camps and events are scheduled throughout the province, with consideration given to where athletes are historically located.

3.4. Athlete Eligibility

The Excellence program is for Athletes aged U16, U19 and 18+. To be eligible for the Excellence Ringette program athletes will need to meet the screening criteria published in the program standards, and as outlined in the information package distributed by Ringette BC each season.

Athletes must be a resident of BC and in good standing with Ringette BC and their local Association to register. All athletes are required to sign an athlete agreement as part of the Excellence Ringette program and will be required to continue to maintain program standards in order for continued participation.

Excellence Ringette Program athletes are expected to register and try out for their local Zone team. Where there is no Zone team in an athlete's area, they may either apply for a release, or request an exemption to participate on a local club team. Athletes who are successful at screening into the Excellence Ringette Program are not guaranteed a position on their local zone team.

3.5. Expression of Interest and Athlete Selection

Ringette BC will host orientation sessions for players and parents each Spring. These orientation sessions will inform eligible athletes of the Excellence Ringette program parameters. Players interested in the Excellence Ringette program must express their interest by the deadline provided each season. Screening sessions and initial assessments will take place in late April and May.

Ringette BC will distribute an Athlete Intake and Assessment Overview each season with details on the process and upcoming dates.

Athletes will be selected to the Excellence Ringette Program based on:

- On and Off Ice Assessments
- Athlete Application Interview
- Practice and Game Evaluation



While all interested athletes can apply, only selected players will be invited to participate. Athletes must attend at least one of the two Excellence Ringette Program training camps to be considered for Team BC. Exemptions may be made for athletes who are injured at the time of evaluation, and will be reviewed on a case by case basis.

Ringette BC’s Excellence Ringette Program Standards are to be used as a guide to support athletes in their training and development for, and in the Excellence Ringette program. Athletes must be able to safely manage the training and competition load of the program. Athletes must also meet minimum acceptable performance levels of individual skills, individual tactics, and team tactics. Ringette BC recognizes that not every athlete is at the same stage of development. However, access to certain programs, competitions, and developmental opportunities require athletes to be at a certain stage in their development to ensure that the athlete is able to have a positive and meaningful experience and the program is able to serve their individual needs.

Where feasible, athlete assessment will seek to use objective measures and, when not feasible, subjective measures will be used but will be designed to provide, as much as possible, the same conditions for each athlete. Assessments are also designed to limit the influence of previous coaching (i.e. an athlete can’t perform something they were not taught). Athlete assessment will include opportunities for athletes to listen to the instruction, process the information, and then perform.

3.6. Season Calendar

The Excellence Ringette season calendar is outlined below. These timeframes are an estimate and may be adjusted slightly each season.

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

3.7. Excellence Ringette Program Costs

Excellence Ringette Program costs will cover Integrated Support Team fees, facility rentals, coach expenses, equipment and other operational costs required to administer the program. Excellence training events will be facilitated in different geographical locations throughout the province subject to access for athletes, costs and venues.

3.8. Participation Group Size

The size of the Excellence Program cohort will be dependent on the number of athletes that apply, and the capacity within the program in a given year.

To form a training group within the Excellence Ringette Program, a minimum of ten (10)



athletes must successfully screen into the program. Training groups include, but are not limited to

- U16 Female
- U17 Male
- U19 Female
- U20 Male

Should less than 10 athletes apply to any given division, the athletes will be given a refund for their application fee ahead of the Athlete Intake and Assessment Camp. Pending registration, these athletes may be provided the opportunity to participate in part or all of the Athlete Intake and Assessment camp at a pro-rated cost.

3.9. Athlete Absences

Should an athlete be unable to attend an Excellence Ringette program training camp, they must complete the Athlete Absence and Injury form, as per the Athlete Absence and Injury Exemption Policy.

No exemptions will be provided to athletes who are unable to attend the Athlete Intake and Assessment Camps due to scheduling conflicts. It is expected that athletes attend one of the offered sessions, which does not have to be in their local area. Athletes injured, or unable to participate in an assessment due to illness, at the time of Athlete Intake and Assessment Camps will follow the Athlete Absence and Injury process noted above.

3.10. Training Expectations

It is expected that athletes who successfully screen into the Excellence Ringette Program are actively participating in the provided training program, which may include, but is not limited to, fitness programming, virtual check ins, virtual training sessions, and goal setting.

Athletes will receive Canadian Sport Institute High Performance Carding, which provides them with access to local resources, professionals and facilities at no or discounted costs. Athletes will be responsible for completing the registration process with their local CSI chapter upon receiving their registration letter.

Team BC athletes are expected to participate in any virtual or regional in person training opportunities with the Excellence Ringette Program during the season. Absence from these events will follow the Athlete Absence and Injury Process.

4. Team BC

4.1. Athlete Eligibility

Athletes interested in being named to Team BC and competing at the Canadian Ringette Championships (CRC) must participate in Excellence Ringette. Team BC U16 and U19 female will be selected from the pool of athletes successfully screened into the Excellence Ringette program.

Team BC athletes must commit to participating fully with both the Excellence Ringette Program



and Team BC. Absences must be documented via email to both the Team BC Head Coach and Ringette BC Staff. All Team BC Athletes and Parents will be expected to review and sign the Team BC Athlete Agreement, which outlines expectations for participation, conduct and communication.

For the 2024/2025 season, Team BC athletes will be provided the option to double card to a Zone team. Athletes may choose to single card to Team BC only, but must provide, in writing, their plan to maintain appropriate training levels between Team BC training camps and events. For athletes who chose to double card, priority in the event of a conflict will go to Team BC, with the exception of Zone Provincial Championships, or unless otherwise agreed upon by the athlete, the Team BC Head Coach, and the local Zone Coach.

Team BC rostered athletes are not eligible to participate at the Western Canadian Ringette Championships or BC Winter Games.

4.2. Expression of Interest and Athlete Selection

When athletes apply to the Excellence Ringette Program, they will be asked if they would like to be considered for Team BC. Athletes who answers “Maybe” or “No”, will be asked to confirm their choice ahead of the Excellence Ringette Program training camp in July.

Ringette BC and Team BC coaches will host an information session ahead of the second training camp to provide information on the upcoming season and answer any Team BC related questions.

Team BC athletes will be evaluated at the two Excellence Ringette Program training camps in July and August. Evaluators will consist of Excellence Ringette Program coaches as well as evaluators selected by Team BC Coaches and Ringette BC staff. Team BC rosters for U16 and U19 will be finalized by September 15th of each playing season.

4.3. Calendar

The **tentative** Team BC Calendar will be released each season ahead of the Team BC Orientations. This calendar is subject to change, due to tournament acceptance and facility availability. Team BC Athletes can expect to participate in one to two team events per month from August to April, including training camps, tournaments, and other competitions. Athletes and families should be prepared to travel around British Columbia, as well as outside the province for team events. Measures to reduce travel and accommodation costs will be explored each year, which may include billeting or team accommodation.

Team BC Coaches may opt to add training camps or events as the season progresses and will coordinate with Ringette BC prior to booking or confirming any events in addition to the approved calendar of events. Team BC Coaching staff will not deviate from the approved Team BC Training Calendar without prior approval from Ringette BC.



4.4. Finances

Team BC costs will be shared each season at the Team BC Orientations, and will include costs specific to participation, training, and competition with Team BC. Team BC fees can be paid in installments. A Team Budget will include coach travel, tournament fees, operational costs (ice, gym, referees, coaches travel), administration, uniforms, training camps and sport science (psychology, athletic therapy, fitness trainer).

Excellence Ringette program costs and finances will be separate from the Team BC teams. One of the guiding principles of Excellence Ringette is to ensure the program is as economical and accessible as possible. A budget will be provided prior to the August Excellence Camp that will include the program's season schedule and estimated costs. Teams are encouraged to fundraise and locate sponsorship to help offset costs of the program.

Ringette BC will set the program and 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 Canadian Ringette Championships.

4.5. Roster Sizes

i. Rostered Athletes

The Team BC CRC roster size will be dependent on the registration numbers within a division and the skill of athletes available for coach selection. The maximum roster must meet the Ringette Canada Technical Rules for the Canadian Ringette Championships. The minimum roster will be fifteen (15) players.

ii. Affiliate Athletes

The Team BC CRC teams can name up to a total of six affiliates, with no more than five skaters and no more than two goalies. Affiliate athletes are required to be rostered and to participate with a Zone team and will be expected to train and participate with the Team BC CRC team as arranged. Team BC coaches will work with their affiliate's Zone coaches to avoid conflicts where possible.

Affiliate athletes will be guaranteed participation at three (3) Team BC Training camps. If affiliate athletes are invited to attend additional training camps, competitions or events, they will be invoiced for additional participation costs.

4.6. Development Squad

Ringette BC will review registration, successful intake and interest each season, and determine whether a development squad may be formed in a certain training group to provide additional training and competition opportunities to Excellence athletes who are not selected to Team BC. Whether a development squad is formed will depend on registration, interest, facility, and resource availability.

Participation on the Development Squad may include an additional training camp, participation



at an early season tournament out of province and additional virtual training sessions.

If a development squad will be formed, Ringette BC will provide opportunity for athletes in the designated training group to indicate their interest prior to the second Excellence Ringette Program training camp.

5. Coaching and Team Staff

There will be various opportunities for coaches to participate in the excellence program, including through Training Camps, the athlete selection process, and as the Coach or Team Staff of Team BC. Team BC Coaches will be selected from the pool of Coaches that are screened into the program.

The excellence program will encourage and support the development of elite and high-performance coaches by ensuring that there are targets, action plans and training opportunities within Excellence, while fostering opportunities for Excellence coaches to give back to their League and Club Associations.

Once coaches are selected into the program, they will be provided roles to ensure that they are able to participate based on their individual goals, availability and skills. All Coaches will report to the Program Director and will be expected to adhere to the Excellence Ringette program guidelines. Coaches will receive training, development, leadership support, and mentorship as part of their participation in Excellence Ringette.

5.1. Team Staff Selection

The coaching application process will open in March/April and will conclude by May 31st. The Coach Selection Committee for the excellence program will be comprised of individuals who have demonstrated knowledge and expertise in coaching, high performance sport, or sport organization governance. Where possible, Ringette BC will strive to achieve diversity amongst the panel members. Excellence and Team BC Staff selection will otherwise follow Ringette BC's established process for Coach Selection.

Coaches wishing to be considered for Team BC will declare this on their Excellence Application, or via written expression to Ringette BC staff by the Excellence Ringette Program Coach Application deadline. The Head Coach of Team BC U16 and U19 will be selected by July 1st each season. The Head Coach can then recommend Team Staff from the remaining pool of Excellence Ringette Program coaches for review and approval and by Ringette BC staff.

5.2. Certification

Team staff is defined as all coaching staff including the Head Coach, Assistant Coach, Coach-in-Training, Goaltending Coach, Team Manager, Trainers and Sport Science personnel.

Excellence Ringette Program and Team BC Team staff must meet the requirements as outlined in the Ringette BC Team Leadership Qualifications policy. In addition, Team BC staff must meet



any requirements outlined by Ringette Canada in their coaching or competition policies and technical document.

The minimum certification requirements for a U16 and U19 CRC teams are as below:

Role	Safe Sport Training: Direct Athlete Contact	Respect in Sport: Activity Leader	NCCP Making Headway	NCCP Making Ethical Decisions Training	CI Certified
Excellence Head Coach	X	X	X	X*	X
Excellence Assistant Coach	X	X	X	X*	X

* NCCP Making Ethical Decisions Training includes BOTH the course module AND online Evaluation.

6. Canada Winter Games

The Canada Winter Games take place every four years, with the next two events set to take place in 2027 (Quebec) and 2031(TBA). Program Guidelines specific to the Canada Winter Games program will be released approximately two years prior to the scheduled event. Athletes selected to Team BC for the Canada Winter Games will be expected to participate in the Excellence Ringette Program. The Canada Winter Games Program must follow any additional criteria outlined by Ringette Canada, Team BC, and the Canada Games society.



7. Appendix 1 – Program Responsibilities

The general responsibilities and/or leadership for specific areas of responsibility are as in the table below:

	Ringette BC	Leagues	Clubs	Head Coach	Team Staff
Program Guidelines	X				
Program Calendar	X				
Excellence Coach Selection	X				
Team BC Staff Selection	X				
Team BC Staff Approval	X				
Player Registration	X				
Excellence Athlete Intake	X				
Team BC Player Evaluations	X			X	X
Team BC Formation	X			X	X
Team BC Roster				X	X
Team BC Budget	X			X	
Tournament Registration	X				X
Ice and Facility Booking	X			X	X
Ice Allocation	X			X	X
Training Camp Logistics	X			X	X
Discipline (Staff/Players/Parents)	X			X	
Referee Development	X				
Referee Payment	X				
Coach Development	X				