

# 2024/2025 U14 Train to Excel Program

## Virtual and Team BC Program Outline

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. The U14 Train to Excel program consists of two streams:

- U14 Train to Excel Virtual – open to all U14 athletes
- U14 Team BC – open to all female U14 athletes

For more information on the U14 Train to Excel Program, including the Virtual and Team BC Program, please read the [U14 Train to Excel Guidelines](#).

### U14 TRAIN TO EXCEL – VIRTUAL

The U14 Train to Excel Program will continue to offer virtual training opportunities to all interested U14 aged athletes. The Virtual program is open to male and female athletes between the ages of 12 and 13 (by December 31<sup>st</sup> of the current playing season) who are registered and a member in good standing with one of Ringette BC's local club associations. You can view the virtual program schedule [HERE](#).

### **Registration Fee: \$50**

Registration will be completed through RAMP and will remain open until January 31st. Registration fees will not be prorated, as recordings of previous sessions will be made available to all registrants.

[CLICK HERE TO REGISTER](#)

### U14 TEAM BC

The U14 Train to Excel Team BC program will provide interested athletes with the opportunity to represent Ringette BC at the Western Canadian Ringette Championships (WCRC). Ringette BC will send up to two (2) U14 teams to the WCRCs. These teams will be selected from athletes in the U14 Train to Excel Program.

### **Registration and Eligibility**

Athletes wishing to be considered for U14 Team BC must register for the U14 Train to Excel Team BC Evaluation and Selection Package, in addition to the Virtual Program noted above. The Evaluation Package Fee of \$400 will include:

- One (1) Regional Evaluation Session led by U14 Train to Excel Coaches
- Up to one (1) league or tournament play evaluation by U14 Train to Excel Coaches or approved evaluators
- Participation at the Team BC Selection Camp **November 23 – 24, 2024 in Port Coquitlam, BC**
- Program Jersey

All registered athletes will be invited to attend the Team BC Evaluation Camp in November (see Calendar below). Registration will take place via RAMP and must be completed by **October 1st**.

The steps of selection are included below

1. Register for the U14 Train to Excel Virtual Program
2. Register for the U14 Team BC Evaluation and Selection Package
3. Attend your local regional evaluation
4. Attend the Team BC Selection Camp (November)
5. Hear of your status in the U14 Team BC program no later than December 15<sup>th</sup>.

[CLICK HERE TO REGISTER](#)

Athletes selected to either U14 Team BC roster will have additional fees of \$2200 per player, which will include:

- Two training camps
- Two tournaments
- Western Canadian Ringette Championships
- Team BC Jersey & Apparel Kit
- Program Administration
- Integrated Support Team
- Coach and Team Staff Expenses

### Selection and Draft Overview

After completing the steps above, U14 Team BC coaches will select athletes to their rosters following the draft procedure outlined in the U14 Train to Excel Program Guidelines. Evaluation ordinals from the regional evaluations and Team BC selection camp will be utilized as a tool for selection but will not be the sole determinant of selection.

U14 Team BC rosters will have a minimum of 12 and a maximum of 18 players per roster. For more information, please refer to the U14 Train to Excel Guidelines.

### Calendar

Athletes will be expected to attend the following events:

- October / November – Regional Evaluation Session, LMRL, Northern BC, TORL
- November 23 – 24, 2024 - Team BC Selection Camp (all registered athletes), Port Coquitlam
- January 3-5, 2024 – Team BC Training Camp (selected athletes, roster & affiliates), with Team BC U16 and U19, Langley
- Two tournaments, options include:
  - January 17-19, 2025 - Calgary Golden Ring
  - February 7-9, 2025 - Pacific Challenge Cup, Richmond
  - February 2025 - Spruce Grove Sweetheart
- March 26-29, 2025 – Western Canadian Ringette Championships, Langley

### 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 registration fees.

*Respect Integrity Commitment Teamwork Athlete Driven Excellence*