

2024/2025 U14 Train to Excel Virtual Program Schedule

Date	Time	Topic	Description
Monday, October 14, 2024	6:00pm – 7:00pm	Program Introduction with Special Guests	This session will kick-off the virtual program by reviewing the topics and introducing program leaders, including appearances by Ringette BC high performance athletes.
Monday, November 4, 2024	6:00pm – 7:00pm	Mental Performance Basics	In this session, athletes will engage in techniques to boost focus, resilience, and overall psychological readiness for peak athletic performance.
Monday, November 25, 2024	6:00pm – 7:00pm	Game Preparation Part 1	This session will cover key practices for effectively preparing both mentally and physically before a game.
Monday, December 16, 2024	6:00pm – 7:00pm	Game Preparation Part 2	Building on the previous sessions, athletes will create a focused plan to refine their game preparation and enhance their performance.
Monday, January 6, 2025	6:00pm – 7:00pm	Game Intelligence	In this session athletes will explore key strategies and decision-making skills that enhance on-ice performance and tactical awareness.
Monday, January 27, 2025	6:00pm – 7:00pm	Rules 101	This session is designed to provide a clear and concise overview of the essential rules and regulations to enhance athlete understanding and application in the game.
Monday, February 17, 2025	6:00pm – 7:00pm	Goal Setting for the Off-Season	In this session, athletes will learn how to set effective and achievable objectives that will drive their development and performance through the off-season.
Monday, March 17, 2025	6:00pm – 7:00pm	Capstone	In this session, athletes will bring together and apply the insights from all previous sessions in a fun wrap-up to the program.