



EXCELLENCE RINGETTE PROGRAM



Childrens
Ringette (F1)

Active Start

Childrens
Ringette (F2)

Fundamentals

Childrens
Ringette (U10)

Learn to Train

U12

Learn to Train

U14

50 / 50 games, limited travel
Sport for Life
Association Based

Train to Train

U16

Community Stream

Competitive Stream

Train to Compete

U19

Active
For Life

POE
Continues.
Run by
PSO.

Train to Win



TO LEAD IN THE
ADVANCEMENT OF
RINGETTE IN THE
PROVINCE OF BC



EXCELLENCE RINGETTE PROGRAM

PURPOSE



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 highest level of performance, and preparing them to represent their province at Canada Games, play in the NRL, and represent Canada at the World Ringette Championships.



The goal of the Excellence Ringette Program is to support athletes, coaches, and officials in advancing along a High Performance sport pathway, by providing them with access to resources and training, while meeting clear standards that will create a sustainable, quality high performance program.

EXCELLENCE RINGETTE PROGRAM

VALUES



RESPECT
INTEGRITY
COMMITMENT
TEAMWORK
ATHLETE DRIVEN
EXCELLENCE



RINGETTE
BRITISH COLUMBIA

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RINGETTE
BRITISH COLUMBIA

EXCELLENCE RINGETTE PROGRAM

OBJECTIVES



- Build the athlete pool for athletes in late train to train, train to compete and train to win stages
- Build better athletes and in turn build better players and better people
- Provide a training environment that will assist in the development of athletes and help them reach their potential
- Support coaching development and engagement
- Support officiating development and engagement



COLLABORATION

WORKING WITH OTHERS TO BUILD EXCELLENCE



- While developing the Excellence Ringette Program, Ringette BC collaborated with, and reached out to
 - Ringette Canada
 - Various Provincial organizations in Ringette
 - ViaSport
 - Master Coach Developers
 - SportMed BC
 - SportBC
 - Other sport organizations with existing High Performance Programs
 - Soccer, Lacrosse, Softball, Rugby, Field Hockey etc.
 - Own the Podium
 - RBC Training Ground



EXCELLENCE RINGETTE PROGRAM

A NEW ELITE RINGETTE MODEL



- Administered by Ringette BC
 - Program Details, Budget, Coach Selection, Athlete Selection Processes, Competitions, Events
- Collaboration with coaches and sport professionals to create a program that supports athletes in developing along their desired athlete pathway
- Program will run by, and meet clear standards
- Training camps held throughout province
- Athletes in the Excellence Ringette Program are eligible to be selected to Team BC for the Canadian Ringette Championships

EXCELLENCE CENTERS



Excellence Centers

- Ringette BC will have three Excellence Centers
- The primary center is the lower mainland simply because it has the majority of resources available and has the largest concentration of athletes in ringette
- The satellite centers are the Okanagan and Northern Region
- Connections with high performance sport centers and professionals across BC to ensure access to resources for all athletes

EXCELLENCE RINGETTE PROGRAM

TRAINING CONTENT



Training Content

- Excellence Athletes will develop alongside one another at training camps, learning skills, strategies and concepts identified by the coaching team as our Winning Style of Play
- This content is then further developed in more detail at Team BC Training Camps to prepare for competition across Canada



EXCELLENCE ATHLETES

Better Athletes make Better Players



ATHLETE ELIGIBILITY



- Born in or before 2011
- Female & Male Programs
- Be in good standing with their local club, league and Ringette BC
- Be rostered to a Competitive Zone team, rostered to Team BC U16 or U19, rostered or affiliated to an NRL team in the coming season



ATHLETE BENEFITS



Excellence Athletes receive

- Coaching from selected high-performance coaches
- Access to an Integrated Support Team and sessions led by sport professionals
 - Mental Performance Program
 - Skating coaching
 - Goalie coaching
 - Additional virtual programming
- Support with developing a daily training environment that will assist in their athletic development and help them reach their high performance potential
- Sport carding with the Canadian Sport Institute (CSI)

EXCELLENCE RINGETTE PROGRAM

COACHES



- Coach Selection is currently underway
- Coaches are
 - CI Certified (at minimum)
 - Complete additional training and required certification
- 2-3 coaches are appointed as Program Head Coaches
- All coaches work together to put together and implement a Yearly Training Plan to support athlete development





TEAM BC AND THE CANADIAN RINGETTE CHAMPIONSHIPS



**CHAMPIONNAT
CANADIEN DE RINGUETTE
CANADIAN RINGETTE
CHAMPIONSHIPS**



TEAM BC SELECTION



Provincial Team Geography

- Under the Excellence Ringette Program, athletes from across BC will be selected to be on Team BC in U16 and U19



CANADIAN RINGETTE CHAMPIONSHIPS



- Play top teams in your division from across Canada
- Can be over 20 teams in a single division
- Event Format
 - Approx. 6-8 round robin games
 - Playoffs
 - Championship Round
 - Consolation Round
 - Week long event

TEAM BC SELECTION



Team BC Coaches will be selected from screened Excellence Coaches

- Team BC Head Coaches for each division will be selected by May 30th

TYPICAL PROGRAM CALENDAR



Team BC

- Team BC athletes can expect to participate in 1-2 Team BC events per month
- Training Camps & Play Weekends
- Tournaments (examples)
 - November - Regina
 - December – Edmonton Wood
 - January – Calgary Golden Ring
 - February – Spruce Grove
 - April – Canadian Ringette Championships
 - Local tournament options – pending registration



TEAM BC EXPECTATIONS



Team BC Athletes will

- Potential of attending the August Excellence Camp as a shortlisted athlete
- Attend **4-5 additional Team BC Training Camps, 2-3 tournaments, and the Canadian Ringette Championships**
- Sign an Athlete Agreement accepting their position on Team BC





ATHLETE INTAKE & SELECTION



ATHLETE INTAKE & SELECTION



To Become an Excellence or Team BC Athlete, athletes will

1. Complete their Athlete Application Form
2. Attend an in-person Assessment & Intake Camp

Athletes will be ranked and selected based on the following weighting

- Practice & Game Evaluation – 40%
- On Ice Assessments – 25%
- Off Ice Assessments – 15%
- Application Form & Interview – 20%

ATHLETE INTAKE & SELECTION



1. Application and Interview (20%)

Online Registration / Application Form through Microsoft Forms

- Athlete will answer a number of questions about their
 - ringette experience
 - accomplishments
 - goals
 - community involvement



ATHLETE INTAKE & SELECTION



Athlete Interview

Once registration closes for each assessment, Athletes will receive a link to sign up for an Athlete Interview

Interviews will be completed either in person at the Athlete Assessment and Intake Camp, or virtually.

- All athletes will
 - receive 8-10 interview questions ahead of their interview for preparation
 - complete a 10 minute interview
 - be asked 4-5 of the questions they were provided with

ATHLETE INTAKE & SELECTION



2. On & Off Ice Assessments

Registration through RAMP with Application Form

On Ice (25%)

- 30 metre forward sprint
- 30 metre backward sprint
- Weave Agility (tight turns with a ring)
- Transition Agility

Off Ice (15%)

- Push ups (in a minute)
- Plank
- Vertical Jump
- Broad Jump
- Beep test



ATHLETE INTAKE & SELECTION



3. Practice and Game Evaluation (40%)

- Physical Performance
- Technical Skills
- Tactical Understanding
- Game IQ
- Effort and Intensity
- Communication and Leadership



EXCELLENCE RINGETTE PROGRAM

INTEGRATED SUPPORT TEAM



Testing & Assessments

Competitive Thread

- On and Off Ice Testing utilizing unique and accurate technology
- Database of appropriate benchmarks to create the profile of a high-performance ringette athlete
- These profiles enable athletes to set goals and create their roadmap



EXCELLENCE RINGETTE PROGRAM

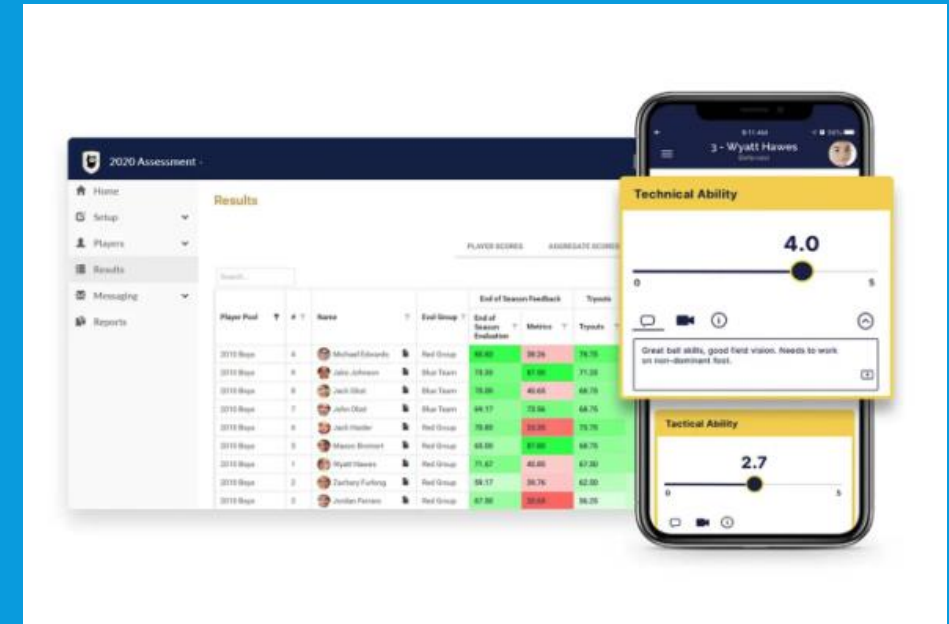
INTEGRATED SUPPORT TEAM



Testing & Assessments

Team Genius

- **Streamlines player evaluations** with mobile-friendly tools, custom scoring (including fitness data), and automated rankings to save time and reduce admin work.
- **Tracks athlete progress over time** in a centralized database, helping coaches make data-informed decisions throughout the season.
- **Ensures fair, consistent assessments** through standardized criteria and shareable feedback reports, integrating seamlessly with tools like TeamSnap and Excel.





WHERE ARE WE AT TODAY?



May Excellence Intake - Cancelled



Despite efforts to bring the intake process to each region (NORTH, TORL, LMRL) to reduce travel barriers, participation remained low in under-represented areas — particularly in the North and Interior. Even with local access and with a \$500 intake fee, many families did not register, leaving too few athletes to run meaningful or equitable evaluations.

The regional model was designed to improve access by removing the burden of travel, but in reality, it spread resources thin without producing the balanced athlete pool or consistent intake experience required for program delivery.

Ultimately, this model is unsustainable and does not meet its intended goals.

Data Collected So Far



- **The connection between Excellence and Team BC is seen as valuable, but not essential.**
Most families support alignment between the two programs, but many do not believe Excellence should be a mandatory part of the Team BC pathway.
- **Intake format preferences are mixed:**
Many families indicated a preference for a **blended model**, where registration is open but skill-based groupings or assessments are still used. Some prefer structured tryouts to maintain standards, while others emphasize inclusivity and access.
- **Top barriers to participation in Excellence and Team BC include:**
 - Cost
 - Travel requirements
 - Scheduling conflicts
 - Communication and clarity
 - Perceived exclusivity or uncertainty in the pathway
- **Families expressed concern about long-term accessibility**, particularly for younger or newer athletes. They also emphasized the need for:
 - Earlier and more developmentally appropriate entry points
 - Flexible options to fit different athlete needs

Long-Term Next Steps



- Re-evaluate the overall program structure
- Reconsider how athletes enter and move through Excellence and Team BC
- Explore alternatives to regional tryouts, including centralized or blended intake formats
- Engage more deeply with families, coaches, and stakeholders
- Align our offerings with the realities of athlete distribution and program capacity

Short-Term Next Steps



- Finalization of the 2024 Team BC budget, and development of an approximate 2025–2026 budget
- July 3–6 (Kelowna): Combined Intake Camp for Excellence, Team BC, and CWG athlete identification
- Coach selection for Excellence, Team BC, and CWG will be finalized prior to the July intake
- Athletes will be streamed into Team BC or Excellence based on evaluation at the intake camp
- Excellence will be scaled down to one camp in August, aligning with current demand and capacity
- August 16-18 (Langley)
 - Excellence Camp 1
 - Potential Team BC Camp 1 for shortlisted athletes, delivered in parallel allowing for shared resources and staff capacity

In-Season Planning



In-season planning for Excellence will begin after the August camp, taking into consideration:

- Athlete and family feedback
- Zone coach input
- Updated budget and staffing capacity
- CWG and BCWG cycles, which may significantly influence planning and resource allocation

July 3rd – 6th Intake in Kelowna



Date	Intake Component
July 3 rd	<ul style="list-style-type: none">- CWG ID- Optional "rust removal" ice with Excellence Coaches
July 4 th	<ul style="list-style-type: none">- On-Ice Testing- Off-Ice Testing
July 5 th	<ul style="list-style-type: none">- Game Evaluation- Practice Evaluation
July 6 th	<ul style="list-style-type: none">- Game Evaluation – departure by 12pm

Intake Cost

\$350.00

- Does not include travel, accommodation, or meals
- Does not include CWG ID fee or rust removal ice

Four guaranteed ice times with Excellence Coaches. Skill, game, and practice evaluations

High-performance testing and evaluation with Competitive Thread and Team Genius, benchmarked to national standards

Cost-effective development opportunity with personalized feedback and a never-before-seen athlete report

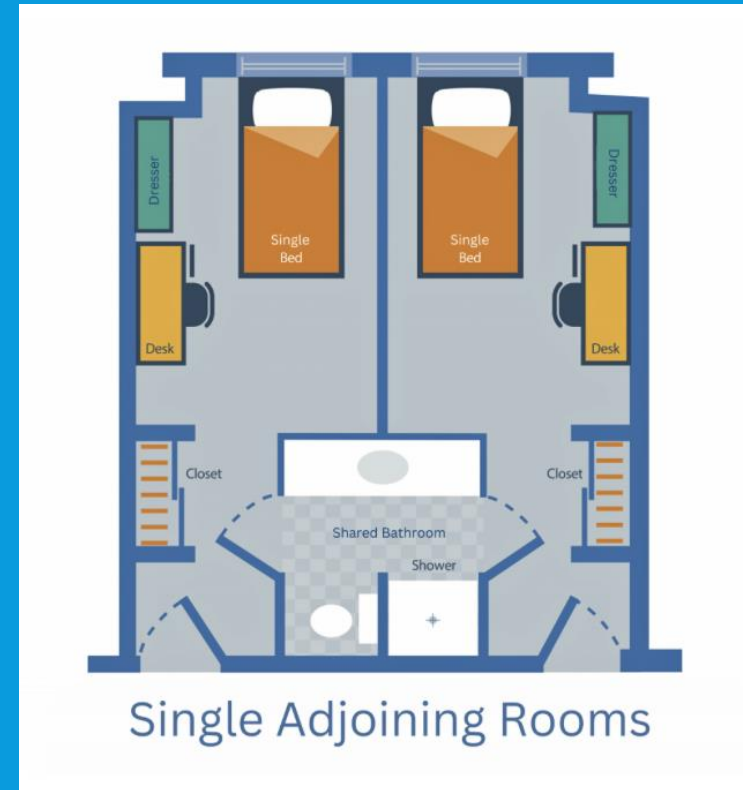
Ringette BC has secured cost-effective accommodation in partnership with UBCO: Single bed adjoining rooms for \$110 per night

July 3rd – 6th Intake Information



Ringette BC has secured cost-effective accommodation in partnership with UBCO:
Single bed adjoining rooms for \$110 per night

- ✓ Two connecting bedrooms with one single bed in each room
- ✓ Bedding, linens and towels for two guests
- ✓ Air conditioning
- ✓ Complimentary high-speed Wi-Fi
- ✓ Soap, shampoo/conditioner in the bathroom
- ✓ Private bathroom shared between the two rooms
- ✓ Desk, chair, dresser and closet in each room
- ✓ Hotel safe in each room
- ✓ Weekly housekeeping
- ✓ Complimentary short-term parking



ATHLETE ATTENDANCE



Athlete Attendance and Injury Policy

**There will be no late intake for scheduling conflicts during assessments.
Athletes must attend the July intake camp.**
Extenuating circumstances may be reviewed.

If any athlete is unable to attend the July intake, they MUST

- Complete the Athlete Attendance Form Online 2 weeks prior to the event in question
- Procedure will follow the Athlete Attendance and Injury Policy
 - Committee reviews and follows up on submissions



QUESTIONS...



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