



# U14 TRAIN TO EXCEL

Program Outline

## INTRODUCTION

The U14 Train to Excel program offers an introductory pathway for athletes into High Performance Ringette and the Excellence Ringette Program, and bridges the gap between U14 Zone, and Excellence Ringette and Team BC at U16.

The U14 Train to Excel Program will include the following key areas:

1. The introduction to a daily training environment for athletes seeking access to a high- quality program;and
2. Selection of both athletes and bench staff, training and management of one (1) to two (2)U14TeamBC rosters forthe Western Canada Ringette Championships(WCRC)atthe U14 division;and

Athletes within the program continue to participate on their local teams, either Club or Zone, providing them with their main competition and training environment. The WCRC teams for U14 be selected from interested athletes participating in the program. Program coaching staff will be selected to develop coaches alongside athletes. Ringette BC Staff will be primarily responsible for program organization and delivery.

## ATHLETE DECLARATION OF INTEREST

Athletes interested in being considered for selection to U14 Team BC must register for this package on [RAMP](#). U14 Team BC will attend

- Two training camps
  - o December 20-22(LMRL)
  - o March 13-15(TORL)
- Up to two tournaments
- Western Canadian Ringette Championships

*\*These dates are subject to change pending facility and resource availability.*

Package Cost: \$175

Package Deadline: **November 2<sup>nd</sup>**

Athletes who register by Wednesday, October 22<sup>nd</sup>, and are attending the Okanagan Autumn Blast, may be evaluated at this event

This package includes

- Participation at **one (1)** U14 Team BC Evaluation Session
- A minimum of 1-2 Scouting opportunities between October and early December

Athletes and guardians are encouraged to read the [U14 Train to Excel Program Guidelines](#) prior to completing this declaration

After the registration deadline, all declared athletes will receive a link to a survey to complete that will provide the coaches with necessary information to be utilized during Scouting and Identification.

## IDENTIFICATION SESSIONS

At this time, Identification Sessions tentatively scheduled as below

### LMRL

- Saturday, November 8<sup>th</sup> – 9:45AM @ George Preston Arena, Langley, BC
- Friday, November 21<sup>st</sup> - Pitt Meadows Arena (Blue) - Pitt Meadows - 6:00PM - 7:00PM

### TORL

- Saturday, November 22<sup>nd</sup> - Jim Lind Arena - West Kelowna - 7:30AM - 8:30AM

Athletes must attend one of the above Identification sessions to remain eligible for selection. Athletes who are unable to attend either session must complete the [Athlete Absence Form](#) and may still be eligible for selection.

The schedule above is subject to change pending facility, personnel availability and geographic representation amongst declared athletes.

## SCOUTING

Scouting will take place during a combination of the following types of events, by U14 Team BC Coaching staff or approved evaluators

- Local League Play (LMRL, TORL, Island, Northern League)
- Ringette BC Sanctioned tournaments

Athletes will be evaluated using the Ringette BC standard evaluation criteria.

## TRAINING AND COMPETITION

After the Scouting and Evaluation Phase, athletes will be shortlisted to attend the December training camp. The December training camp often consists of both selection events, as well as team training, pending registration numbers.

Athletes successful in being named to Team BC are expected to attend all scheduled events and should

not accept a position without knowing they are available for all team events and competitions. The U14 Team BC roster fee is currently estimated to be between \$2400 to \$3000 depending on the final roster size.