



2026/2027 Excellence Ringette Program

The Excellence Ringette Program is expanding! In addition to offering programming related to Team BC and High Performance training, Ringette BC has added a Development stream to provide support to more athletes from across the province.

Excellence Ringette will provide participants with the training environment that will assist each athlete in attaining their personal success and individual goals. Excellence Ringette Development Festivals will offer one-time opportunities for development for Ringette BC athletes, while simultaneously offering eligible athletes the choice to tryout for Team BC. The Excellence Ringette Program will offer two streams of participation.

Excellence Ringette Development: will provide U12 to U19 athletes with access to on and off ice skill development sessions.

Excellence Ringette High Performance Training: provides training and competition experience for athletes selected to Team BC U14, U16 and U19.

Tryouts for the High Performance Training Program and Team BC will occur alongside Excellence Ringette Development at the Excellence Ringette Program Development Festivals.

For more information on the streams of participation and the Excellence Ringette Program, please review the [link](#).

REGISTRATION OPENS FRIDAY, MARCH 27TH at 7:00PM

Excellence Development Festivals

Single weekend events for ALL athletes in U12 to U19

Team BC Tryouts

To be eligible for selection to Team BC in U14, U16 and U19, athletes must attend at least one of these sessions

On and Off Ice Assessments

Open to any athlete who wants to participate in the on and off ice assessments. Included in the registration for Team BC tryouts.

More details on each package and upcoming events are included in the document below. For questions, please contact Jeneca Bowering at jenecabowering@bcringette.org



Excellence Development Festivals & Team BC Tryouts

The upcoming Excellence Development Festivals will consist of both on and off ice development for all athletes in U12 and above, as well as separate tryouts for athletes in U14, U16 and U19 who are seeking selection to Team BC.

In addition to opportunities for athletes, the Excellence Development Festivals will also provide workshops and/or development sessions for coaches and officials.

Event Dates

Ringette BC will be hosting two (2) Excellence Ringette Program Development Festivals & Team BC tryouts.

- 1) **May 1-3** – Surrey, BC – Cloverdale Sport & Ice Complex
- 2) **May 8-10** – West Kelowna BC – Jim Lind & Royal Lepage Arenas

Athletes interested in being selected to Team BC must attend one of the Team BC tryout sessions above. Athletes are welcome to attend both Development Festivals and/or both Team BC tryouts.

A full event schedule will be distributed approximately 10-14 days prior to the start date of the event. Athletes should be prepared to have their on and off ice sessions scheduled:

- Friday – after 5PM
- Saturday – between 7AM and 9PM
- Sunday – between 7AM and 6PM

Athletes shortlisted from the Team BC tryouts above will be invited to attend a Final Team BC Selection Camp. Team BC rosters will be finalized after the camp below.

- 1) **July 17-19** – Surrey, BC – Surrey Sport & Leisure Centre

See Absence and Injury section below, and in the Excellence Guidelines for information on scheduling conflicts and Team BC selection.

Athlete Eligibility

Athletes must be residents of BC and in good standing with Ringette BC and their local Association to register. Athletes who are registered with associations outside of BC may be accepted on a case-by-case basis.

Athletes will be placed in groups based on divisions and birth years for the 2026/2027 season. For the Excellence Development Festival training groups will be made based on age, experience and caliber.

U12	U14	U16	U19
2015	2013	2011	2008
2016	2014	2012	2009
			2010

For Team BC tryouts and selection in U14, U16 and U19, athletes will be grouped by birth year as above.

Athlete Registration Packages

Registration for the Excellence Development Festivals will open on **Friday, March 27th**.

[CLICK HERE TO REGISTER](#)

Registration packages for the Development Festival and Team BC tryouts will be separate, allowing athletes to choose to do one or both. Athletes choosing to participate in both the Excellence Development Festival and Team BC tryouts must register for both packages 1 and 3 below. Schedules will allow for athletes to participate in both the Development sessions and Team BC tryouts.

A separate registration package is also available for any athletes participating in the Excellence Development Festival that would like to participate in On and Off Ice testing (see details below).

1. Excellence Development Festivals

- Registration for the Excellence Development festivals is on **a first come first serve basis**. Please register on the waitlist if your age division fills, as we will work to include more athletes where possible.
- Athletes: All U12 – U19
- Registration Options → Select appropriate division
 - May 1-3 – Surrey (Cloverdale Sport & Ice Complex)
 - May 8-10 – West Kelowna (Jim Lind & Royal Lepage Arenas)
- Cost: \$275
- Includes
 - A minimum of 4 ice times
 - 1-3 off ice development sessions
 - Excellence Practice Jersey
- Registration for the Team BC registration Package is in addition to the Excellence Development Festival.

2. *On and Off Ice Testing*

- Registration for On and Off Ice Testing is on a first come first serve basis. Please register on the waitlist if your age division fills, as we will work to include more athletes where possible.
- Athletes: All U12 – U19
- Registration Options
 - May 1-3 – Surrey (Cloverdale Sport & Ice Complex)
 - May 8-10 – West Kelowna (Jim Lind & Royal Lepage Arenas)
- Cost: \$50
- Includes
 - On Ice Testing
 - Off Ice Testing

3. *Team BC Tryouts*

- Athletes: U14 – U19, Female
 - To be eligible for selection to Team BC, athletes must attend at least one of the Team BC Tryouts listed below
- Registration Option → Select appropriate division
 - May 1-3 – Surrey (Cloverdale Sport & Ice Complex)
 - May 8-10 – West Kelowna (Jim Lind & Royal Lepage Arenas)
- Cost: \$150
- Includes
 - Three (3) Ice Times
 - Practice Evaluation
 - Game Evaluation
 - On Ice Testing
 - Off Ice Testing
 - Team BC Information Session: Parents & Athletes
- Registration for the Excellence Development Festival is in addition to the Team BC registration Package.

Northern and Island Athlete Discount

Athletes from Northern BC and Vancouver Island can register for the Excellence Development Festival for \$125 using the code **ERP26NIL**. This Discount Code is limited to 35 registrations – any subsequent registrations from Northern and Island athletes will be at the full registration fee of \$275. Team BC Tryout Registration and On and Off Ice testing are not included in the discount and will be charged at the full package rate.

On and Off Ice Testing

On and Off Ice testing is done to provide athletes with an objective measure of their skating and physical fitness. All athletes trying out for the High Performance Training Program & Team BC must complete On and Off Ice testing (included in tryout fee). Athletes not participating in Team BC tryouts may also sign up to complete the On and Off Ice testing in addition to the Development Festival registration. The following tests are performed

On Ice Assessments	Off Ice Assessments
<ul style="list-style-type: none"> • All athletes <ul style="list-style-type: none"> ▪ 30M Forward Sprint with ring ▪ 30M Backward Sprint (no ring) • Skaters Only <ul style="list-style-type: none"> ▪ Weave Agility with ring ▪ Transition Agility (no ring) • Goalies Only <ul style="list-style-type: none"> ▪ Goalie Pro Agility ▪ Goalie Crease Movement 	<ul style="list-style-type: none"> • All Athletes <ul style="list-style-type: none"> ▪ Beep Test ▪ Vertical Jump ▪ Broad Jump ▪ Push Ups ▪ Plank

Athletes are provided with their results, compared to the group average for each test.

Team BC Evaluation and Selection

Evaluation

Team BC tryouts will consist of multiple components.

- 1 practice evaluation
- 1 game evaluation
- On and Off Ice testing
- Application form with standard questions

During the practice and game evaluation, athletes will be evaluated on specific criteria that will be distributed to all registered athletes ahead of tryouts.

For Game Evaluations, the format will be dependent on registration, and will follow the guidelines below:

- Four 8–10-minute periods
- Minimum of 9 skaters per team - Full Ice, 5 v 5
- Less than 9 skaters per team - Between Free Play Lines, 3 v 3 or 4 v 4
- Age divisions may be combined for game evaluations where registration numbers require
 - Where possible, shifts will consist of same age athletes
 - Evaluators will evaluate only one age division
 - Age divisions will have distinct pinny colours

Selection

Tryouts & Shortlist

Team BC Athletes will be ranked within their age divisions based on these weighted components

Tryout Component	Weighting
Application Package	5%
On Ice Skating Assessments	25%
Off Ice Fitness Assessments	15%
Game Evaluation	30%
Practice Evaluation	25%

Team BC coaches will utilize the rankings and raw data from each of the components above to create a shortlist of athletes to be invited to the Team BC Selection Camp.



The number of athletes invited to the Team BC Selection Camp will be determined after the final tryout. Once determined, 50% of the total number of skaters invited in each division will be based on the rankings above, while the remaining 50% will be chosen by the coaches based on factors such as coachability, position, handedness, or tryout results.

The process above will be used separately for both skaters and goaltenders.

Example: It is determined that 40 skaters are invited to the Team BC selection Camp in a division. The top 20 skaters from the rankings above must be invited, whereas the remaining 20 skaters can be selected from any other eligible athlete.

Further information related to Team BC can be found in the [Excellence Ringette Guidelines](#).

Team BC Roster Selection

After the Team BC Selection Camp, Team BC coaches will select their rosters based on evaluations of practice and games at the selection camp. Final selection will follow the [Team BC Selection Policy](#).

Athlete Injury & Absences

Per the [Athlete Absences and Injury Exemption Policy](#), if an athlete seeking selection to Team BC 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 minor scheduling conflicts. Athletes who have an approved absence will still be required to pay the Team BC Tryout Fee.

Refund Policy

Refunds will be provided, minus an administration fee of \$50, up to two weeks before the start of the event. Any withdrawals less than 14 days before the start of the event will be non-refundable.