



RINGETTE BC Excellence Ringette Program Guidelines



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1. Introduction

The Ringette Canada Competition Review introduced the “Pursuit of Excellence” as a sporting context that offers athletes a “high quality daily training environment with sound technical leadership, quality coaching, and consistent access to sport science and sport medicine.” Further detail is provided in the [Competition Review](#) on Pursuit of Excellence program fundamentals and requirements as a guide and as direction to the provincial sport bodies to update their own high-performance programs. The Excellence Ringette program fundamentals and related guidelines were subsequently created in cross-Canada consultation and collaboration, especially with Ringette Canada, Ringette Alberta and Ringette Saskatchewan.

Excellence Ringette will include the following key areas:

1. A training environment for athletes that seek access to a high-quality program and
2. Selection of both athletes and bench staff, training and management of Team BC for the Canada Ringette Championships (CRC) at the U16 and U19 division and U14 for the Western Canadian Ringette Championships.

Excellence Ringette provides participants with the training environment that will assist each athlete with attaining their personal success and individual goals. The Excellence Ringette Program will offer two streams of participation.

1. Excellence Ringette Development

Excellence Development opportunities will provide athletes with access to quality coaching and skill development. Development opportunities are open to all athletes from U12 to U19.

2. Excellence Ringette High Performance Training

The High Performance Training program is provided to U14, U16 and U19 athletes seeking higher level competition, and those selected for Team BC programming. Team BC programming includes periodization stages outlined clearly to the athlete, parent and coaches to ensure that athletes are reaching peak performance at the optimal time of the season but are also training effectively all season.

1.1. Purpose Statement

The Excellence Ringette program 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 personal highest level of performance, and preparing them to represent their province at the Canadian Ringette Championships, Canada Games, play in the National Ringette League (NRL) and represent Canada at the World Ringette Championships. Programming is offered to athletes in U12 and above to increase access to quality skill development and providing purposeful, developmentally appropriate training opportunities during key periods of development.



1.2. Stages of Excellence Ringette

Excellence Ringette Development

- **Late Learn to Train (U12):** Athletes who are participating in club programming and beginning to seek additional development opportunities.
- **Train to Train (U14 & U16):** Athletes who are participating in club or zone programming and looking to further their development.
- **Train to Compete (U16 & U19):** Athletes who are participating in club or zone programming and looking to further their development.

Excellence High Performance Training

- **Early Train to Train (U14):** An introduction to high performance training for athletes who will participate in both club or zone programming and a provincial league and the Western Canadian Ringette Championships.
- **Late Train to Train (U16):** Athletes who are participating in structured competitive provincial leagues and participating in the Canadian Ringette Championships.
- **Train to Compete (U19, 18+):** Athletes who are members of provincial team programs, part of the Team Canada – Junior Program, or who are in their first years of playing in the National Ringette League (NRL).
- **Train to Win (19+):** Established participants playing in the NRL and participants vying for a position on Team Canada.

The Excellence Ringette program is based off birth year. Eligible ages will be posted with the program outline each year. Athletes must participate in the group according to their birth year.

For more information on the BC NRL team and its operation, please contact the BC Thunder directly.

1.3. Strategic Initiatives

The Excellence program will:

- increase retention of athletes in the high-performance pathway;
- enhance long-term development of athletes;
- contribute to a clearly defined and accessible athlete pathway;
- provide greater alignment with principles of long-term athlete development;
- facilitate increased engagement;
- provide athletes in the pathway with access to a daily training environment that is appropriate for the athletes age, caliber and abilities; and
- develop athletes, coaches, administrators and officials for long-term sport sustainability.

2. Governance

Excellence Ringette will follow a governance model whereby Ringette BC, as the Provincial Sports Organization, will be the program license holder in BC. Ringette BC will be



responsible for delivering the Excellence Ringette program to its Members.

2.1. Ringette BC Staff

Ringette BC Program staff will be responsible for day-to-day program coordination of the Excellence Ringette Program, and will oversee the team staff for Team BC.

Program guidelines and expectations will be produced annually by Ringette BC. Ringette BC Staff will be responsible for ensuring that guidelines and program expectations are timely and relevant, and that they are followed by participants.

The Ringette BC Staff will:

- Ensure program standards are established and maintained;
- Coordinate athlete evaluations;
- Participate in the Coach selection process as per the Coach and Team Staff Selection policy;
- Enforce athlete agreements and Codes of Conduct for coaches, athletes, and officials; and
- Develop and implement training and development initiatives for coaches.

2.2. The Role of Leagues and Associations

Leagues may be asked to confirm the standing and registration of an Excellence Athlete, or to verify the status of coaches and athletes applying to the Excellence Ringette Program. Leagues and Clubs should share Ringette BC programming information to their members.

3. The Excellence Ringette Program

3.1. Program Principles

The Excellence Ringette Program will meet the standards and guiding best practices of safe sport initiatives, policies and practices. The program will embody the following principles:

- Athletes, Coaches and Administrators will be guided by the *True Sport Principles* and will be ambassadors of *True Sport* in Ringette;
- the program guidelines and policies will work to promote the principles of meaningful competition and the Guiding Principles of Competition;
- the program will be as financially accessible as possible; and
- the program will have a foundation in the Ringette Canada Corporate Values and the Values of Ringette BC.
- The program will also contribute to a Coach Development Pathway, the development of Officials, and to Standards of Professionalism. Athletes, Parent/Guardians, and Coaches will all commit to the program through a written agreement outlining responsibilities.

3.2. Program Standards



Program standards are required to ensure that the program is delivered consistently and to ensure a quality experience for all participants. Ringette BC will establish and deliver the program standards as the operator of Excellence Ringette.

Standards will:

- Establish a clear distinction between Excellence Ringette and other ringette sport contexts to best manage expectations and behaviors of all participants;
- Provide a foundation for quality assurance and equity; and
- Align with other provincial ringette authorities and Ringette Canada around athlete preparation, resource allocation and competition design.

3.3. Excellence Participation Boundaries

Excellence Ringette is open to players throughout the province that qualify to participate. Training camps and events are scheduled throughout the province, with consideration given to where athletes are historically located.

3.4. 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.

3.5. Season Calendar

The Excellence Ringette season calendar will be distributed each year. In general, the following timeline is followed

- **April – June:** Excellence Ringette Development Festivals & Team BC Tryouts
- **July – August:** Team BC and High Performance Training Program Selection
- **August – April:** Team BC and High Performance Training Program training and competition

4. Excellence Ringette Development

Excellence Ringette Development will provide development and training opportunities for athletes in U12 to U19. Development Festivals will support opportunities for athletes of all skill levels, as well as coaches and officials.

4.1. Athlete Eligibility

The Excellence program is for Athletes aged U12 to U19. To be eligible for the Excellence Ringette program athletes will need to meet the criteria published in the program outline distributed by Ringette BC each season.

4.2. Excellence Ringette Program Costs

Excellence Ringette Program costs will cover Integrated Support Team fees, facility rentals, coach expenses, equipment and other operational costs required to administer the



program. Excellence training events will be facilitated in different geographical locations throughout the province subject to access for athletes, costs and venues.

4.3. Participation Group Size

The size of the Excellence Program cohort will be dependent on the number of athletes that apply, and the capacity within the program in a given year. Registration will be on a first come first serve basis, with registration maximums set based on the availability of resources.

5. High Performance Training Program & Team BC

5.1. Athlete Eligibility

Athletes interested in being named to the High Performance Training Program & Team BC in U14, U16 or U19 must attend Team BC tryouts.

Team BC athletes must commit to participating fully in the Excellence High Performance Training Program and Team BC. All Team BC Athletes and Parents will be expected to review and sign the Team BC Athlete Agreement, which outlines expectations for participation, conduct and communication. All athletes will be required to continue to maintain program standards in order for continued participation.

i. Double Carding

Team BC U14 athletes will be required to double card to a local Zone or Club team.

Team BC U16 and U19 athletes will be provided the option to double card. Team BC U16 and U19 Athletes may choose to single card to Team BC only, but must provide, in writing, their plan to maintain appropriate training levels between Team BC training camps and events.

Team BC athletes who are double carding should do so to a Zone team so long as one is accessible to them. Team BC U19 athletes may double card to an 18+ team with approval. Double carding to a club team may be permitted on a case by case basis. Priority in the event of a conflict will go to Team BC, with the exception of Zone Provincial Championships, or unless otherwise agreed upon by the athlete, the Team BC Head Coach, and the local Zone Coach.

ii. Event Eligibility

Team BC U16 and U19 rostered athletes are not eligible to participate at the Western Canadian Ringette Championships or BC Winter Games.

5.2. High Performance Training Program & Team BC Registration

Ringette BC will host orientation sessions for players and parents interested in the High Performance Training Program and Team BC each Spring. These orientation sessions will



inform eligible athletes of the Excellence Ringette program parameters. Players interested in the High Performance Training program must express their interest by the deadline provided each season.

Ringette BC will distribute an Athlete Intake and Assessment Overview each season with details on the process and upcoming dates.

Athletes will be selected to the Excellence Ringette High Performance Training Program based on:

- On and Off Ice Assessments
- Athlete Application
- Practice and Game Evaluation

While all interested athletes can apply, only selected players will be invited to participate.

Ringette BC's Excellence Ringette Program Standards are to be used as a guide to support athletes in their training and development for, and in the Excellence Ringette program. Athletes must be able to safely manage the training and competition load of the program. Athletes must also meet minimum acceptable performance levels of individual skills, individual tactics, and team tactics. Ringette BC recognizes that not every athlete is at the same stage of development. However, access to certain programs, competitions, and developmental opportunities require athletes to be at a certain stage in their development to ensure that the athlete is able to have a positive and meaningful experience and the program is able to serve their individual needs.

5.3. High Performance Training Program

Ringette BC will review registration, successful intake and interest each season, and determine whether additional training and development may be available in a certain training group to provide additional opportunities to Excellence athletes who are not selected to Team BC. Offerings may include an additional training camp, access to virtual resources, regional training opportunities, or participation in a development team at an early season tournament out of province. Whether additional High Performance Training and/or a Development Team is formed will depend on registration, interest, facility, and resource availability.

5.4. Team BC Athlete Selection

Athletes will register for Team BC tryouts as per the instructions distributed each year in the program outline.

Athlete assessment will include a combination of objective and subjective measures. Assessments are also designed to limit the influence of previous coaching (i.e. an athlete can't perform something they were not taught). Athlete assessment will include opportunities for athletes to listen to the instruction, process the information, and then



perform.

Potential Team BC athletes will be evaluated at the Team BC tryouts as indicated in the program outline each season. Evaluators will consist of Excellence Ringette Program coaches as well as evaluators selected by Team BC Coaches and Ringette BC staff. Shortlisted athletes will be invited to attend an invite only Team BC selection Camp. Team BC rosters for U14, U16 and U19 will be finalized by August 15th of each playing season.

In the event that is determined that more than one team will be formed in a given division, the Draft Guidelines in Appendix 2 will be followed.

5.5. Athlete Absences

Should an athlete who is seeking selection to Team BC and/or the High Performance Training Program be unable to attend tryouts, they must complete the [Athlete Absence and Injury form](#), as per the [Athlete Absence and Injury Exemption Policy](#).

No exemptions will be provided to athletes who are unable to attend tryouts due to minor scheduling conflicts. It is expected that athletes attend one of the offered sessions, which does not have to be in their local area. Athletes injured, or unable to participate in an assessment due to illness, at the time of Athlete Intake and Assessment Camps will follow the Athlete Absence and Injury process noted above.

5.6. Training Expectations

It is expected that athletes who successfully screen into the High Performance Training Program are actively participating in the provided training program, which may include, but is not limited to, fitness programming, virtual check ins, virtual training sessions, and goal setting.

Athletes may receive Canadian Sport Institute High Performance Carding, which provides them with access to local resources, professionals and facilities at no or discounted costs. Athletes will be responsible for completing the registration process with their local CSI chapter upon receiving their registration letter.

5.7. Calendar

The **tentative** Team BC Calendar will be released each season ahead of Team BC selection. This calendar is subject to change, due to tournament acceptance and facility availability.

Team BC U14 athletes can expect to participate in approximately one team event every 1-2 months from August to March. U14 athletes will continue to participate with their local teams as their regular weekly training.

Team BC U16 and U19 Athletes can expect to participate in one to two team events per



month from August to April, including training camps, tournaments, and other competitions. These athletes can also expect 1-2 local training sessions per week, with details confirmed upon roster confirmation.

Athletes and families in all divisions should be prepared to travel around British Columbia, as well as outside the province for team events. Measures to reduce travel and accommodation costs will be explored each year, which may include billeting or team accommodation.

Team BC Coaches may opt to add training camps or events as the season progresses and will coordinate with Ringette BC prior to booking or confirming any events in addition to the approved calendar of events. Team BC Coaching staff will not deviate from the approved Team BC Training Calendar without prior approval from Ringette BC.

5.8. Finances

Team BC costs will be shared each season at the Team BC Orientations, and will include costs specific to participation, training, and competition with Team BC. Team BC fees can be paid in installments. A Team Budget will include coach travel, tournament fees, operational costs (ice, gym, referees, coaches travel), administration, uniforms, training camps and sport science (psychology, athletic therapy, fitness trainer).

Excellence Ringette program costs and finances will be separate from the Team BC teams. A budget will be provided prior to the August Excellence Camp that will include the program's season schedule and estimated costs.

Teams are encouraged to fundraise and locate sponsorship to help offset costs of the program. Teams will set fundraising and sponsorship guidelines each season.

Ringette BC will set the program and will oversee the program finances. Participants will be made aware of any changes to the program budget and will receive a final year end statement following the final competition.

5.9. Roster Sizes

iii. Rostered Athletes

The Team BC roster size will be dependent on the registration numbers within a division and the skill of athletes available for coach selection. The maximum roster must meet the Ringette Canada Technical Rules for the Canadian Ringette Championships for U16 and U19, or the Western Canadian Ringette Championships Technical Package for U14.

iv. Training Squad (Affiliate) Athletes

Team BC teams can name up to a total of 10 Training Squad (Affiliate) Athletes. Training Squad athletes are required to be rostered and to participate with a Zone or Club team and will be expected to train and participate with Team BC as arranged. Team BC coaches will



work with their coaches to avoid conflicts where possible.

Training Squad Athletes will participate in weekly regional training, and may be invited to attend additional training camps, ice times, or competitions on as needed basis. If Training Squad athletes are invited to attend additional training camps, competitions or events, they will be invoiced for additional participation costs.

6. Coaching and Team Staff

There will be various opportunities for coaches to participate in the Excellence program, including through Training Camps, the athlete selection process, and as the Coach or Team Staff of Team BC. Team BC Coaches will be selected from the pool of Coaches that are screened into the program.

The Excellence program will encourage and support the development of elite and high-performance coaches by ensuring that there are targets, action plans and training opportunities within Excellence, while fostering opportunities for Excellence coaches to give back to their League and Club Associations.

Once coaches are selected into the program, they will be provided roles to ensure that they are able to participate based on their individual goals, availability and skills. All Coaches will report to the Program Director and will be expected to adhere to the Excellence Ringette program guidelines. Coaches will receive training, development, leadership support, and mentorship as part of their participation in Excellence Ringette.

6.1. Team Staff Selection

The coaching application process will open in March/April and will conclude by May 31st. The Coach Selection Committee for the Excellence program will be comprised of individuals who have demonstrated knowledge and expertise in coaching, high performance sport, or sport organization governance. Where possible, Ringette BC will strive to achieve diversity amongst the panel members. Excellence and Team BC Staff selection will otherwise follow Ringette BC's established process for Coach Selection.

Coaches wishing to be considered for Team BC will declare this on their Excellence Application, or via written expression to Ringette BC staff by the Excellence Ringette Program Coach Application deadline. The Head Coach of Team BC U16 and U19 will be selected by July 1st each season. The Head Coach can then recommend Team Staff from the remaining pool of Excellence Ringette Program coaches for review and approval and by Ringette BC staff.

6.2. Certification


Team staff is defined as all coaching staff including the Head Coach, Assistant Coach, Coach-in-Training, Goaltending Coach, Team Manager, Trainers and Sport Science personnel.



Excellence Ringette Program and Team BC Team staff must meet the requirements as outlined in the Ringette BC Team Leadership Qualifications policy. In addition, Team BC staff must meet any requirements outlined by Ringette Canada in their coaching or competition policies and technical document.

7. Canada Winter Games

The Canada Winter Games take place every four years, with the next two events set to take place in 2027 (Quebec) and 2031 (Quebec). Program Guidelines specific to the Canada Winter Games program will be released approximately two years prior to the scheduled event. Athletes selected to Team BC for the Canada Winter Games will be expected to participate in the Excellence Ringette Program. The Canada Winter Games Program must follow any additional criteria outlined by Ringette Canada, Team BC, and the Canada Games society.





Appendix 1 – Program Responsibilities

The general responsibilities and/or leadership for specific areas of responsibility are as in the table below:

	Ringette BC	Leagues	Clubs	Head Coach	Team Staff
Program Guidelines	X				
Program Calendar	X				
Excellence Coach Selection	X				
Team BC Staff Selection	X				
Team BC Staff Approval	X				
Player Registration	X				
Excellence Athlete Intake	X				
Team BC Player Evaluations	X			X	X
Team BC Formation	X			X	X
Team BC Roster				X	X
Team BC Budget	X			X	
Tournament Registration	X				X
Ice and Facility Booking	X			X	X
Ice Allocation	X			X	X
Training Camp Logistics	X			X	X
Discipline (Staff/ Players/Parents)	X			X	
Referee Development	X				
Referee Payment	X				
Coach Development	X				



Appendix 2 – Draft Guidelines

Should it be determined that more than one team will be formed in a given division, teams will be formed via a draft following the procedure below.

Objectives

1. Equally-balanced teams
2. Transparency
3. Fair and non-judgmental process for all players
4. Allows for matching coaching style to player style

Selection Order

Round	Coach #1	Coach #2
1	1 st pick	2 nd pick
2	4 th pick	3 rd pick
3	5 th pick	6 th pick
4	8 th pick	7 th pick
5	9 th pick	10 th pick
6	12 th pick	11 th pick
Continue this pattern		

Draft Guidelines

1. Both teams will draft the same number of players.
2. Skaters and goalies shall be drafted in separate drafts.
3. First pick shall be decided by a coin toss. The winner of the coin toss shall have the choice of drafting either goalies or skaters first and gets the 1st pick of the first draft.
4. The loser of the coin toss shall have first pick of the second draft.
5. Affiliate/Training Squad athletes will be drafted after the agreed upon roster size has been filled, and start at Round 1 again
6. Draft order shall remain confidential to the coaching staff and Ringette BC
7. A Ringette BC representative will observe the draft and ensure Coaches are following this drafting process.
8. Each team is permitted a maximum of one staff member (Head Coach) to attend the draft
9. When two or more teams are to be formed where Head Coaches are parents of players involved, the Coaching Staff of all teams and the Ringette BC representative shall meet prior to the draft and to determine in which round of the draft that parents shall select their child, and the assistant coaches' children. All Coaches and the Ringette BC representative must agree prior to the start of the draft. During the draft, the child shall be picked in that position, no exceptions. If unanimous agreement cannot be reached, the Ringette BC designated representative shall make the decision and that decision shall be final



10. As Assistant coaches are not assigned to specific teams ahead of the draft, any Assistant Coach with a child participating in the draft shall be assigned to the team their child is selected to. Following point 9. above, the Head Coaches and the Ringette BC representative will determine which round the Assistant Coaches' children are selected.
11. Except under exceptional circumstances, requests for specific Coaches or placement on a certain team will not be entertained. The Ringette BC representative shall be responsible for assessing and deciding upon exceptional circumstances. In each case, the Ringette BC designated representative's decision is final.
12. Coaches are encouraged to draft a mix of athletes from multiple teams and Club Associations to provide athletes with new friendship possibilities and exposure to players that may become future teammates.