



Nepean

Ringette Association

Competitive Team Information (includes Tryout Information)

The Nepean Ringette Association competitive teams provide an opportunity for players who want to play ringette at a higher level. As such, there is an expected level of commitment of time, energy and money associated with competitive teams.

The purpose of this document is to provide information to players and parents/guardians regarding team expectations, commitments and costs before deciding to tryout and play at the competitive level. This document also contains important information about the competitive Tryout process and team formation. **Please read this entire document (parent and player) prior to attending the tryout sessions.**

Competitive players are expected to make ringette their primary sport activity during the winter ringette season. Players are expected to attend all team activities including practices, league games, tournaments, play-offs, provincials, off-ice training sessions, fund-raising opportunities and all other organized team events. The occasional absence due to illness, injury, family or school event is unavoidable, but all absences must be reported to the Head Coach in writing (via email or text), in advance of the absence. If repeated absences occur, the Head Coach has the right to raise a concern with the Nepean Ringette Executive.

Competitive players are expected to attend Provincial Championships, National Ringette Championships or Eastern Canadian Championships if their team qualifies. For the upcoming season the Nepean Ringette Association intends to host the following competitive teams:

U12 Provincial (Blue and Red)
U14 AA and A
U16 AA and A
U19 AA and A

Advanced Skating Skills Development

Based on overwhelming feedback from parents, coaches, and players, along with a competitive review, the Nepean Ringette Association will be implementing a more aggressive skating development program for the 2018-2019 season.

Though the details are still being worked out, and efforts are being made to mitigate schedule and cost impacts, parents of competitive players should expect the following:

- One **additional** ice time per week dedicated to skating skills development
- Additional costs commensurate with the above

Tryout Information

Tryouts are coordinated across Eastern Region and the complete tryout schedule and other important information is posted on the Eastern Region Ringette Association website:

http://easternregionringette.ca/page.php?page_id=89135

Pre-Registration:

All players trying out for any competitive level for any association (including their Home Association) must pre-register at this link prior to tryouts:

http://ncrrl.on.ca/erra/tryout_registration.shtml

Nepean Ringette will contact each registered player approximately one week prior to the first tryout session to confirm their participation and will provide a detailed document that explains the Nepean tryout process.

Nepean Ringette Association Tryout Fee:

As long as a player is registered for the Nepean tryout in advance, tryout fees will be a flat fee of \$85 per player covering all sessions until the player is placed on a team, with a minimum guarantee of 2 sessions. This Tryout fee includes two Nepean Ravens Tryout jerseys which the player must bring to all tryout sessions. Tryout fees can be paid in cash or by cheque and are collected at the first tryout session. **If a player arrives at the tryouts without having pre-registered Nepean Ringette reserves the right to refuse to allow the player to tryout, since there is a limit to the number of players the ice can support.** Also, players who have not pre-registered will be charged a tryout fee of \$100 per player. Each Association has set their own tryout fees, so if players are trying out for other Associations players should consult association websites for a list of their fees.

Tryout Release:

Any Nepean Ringette Association player wanting to try out for another Association must complete a Tryout Release and have the release signed by the President, Nepean Ringette Association. The tryout release form can be found here:

<https://www.ontario-ringette.com/wp-content/uploads/2015/02/M-F-07-Player-Tryout-Release.pdf>

Parents should complete "Part 1" of the form then print, sign, scan and send it via email to the President. Releases must be obtained and presented to the other Association before a player

will be allowed to participate in a tryout session. Do not complete Part 2 of the Tryout Release form.

Our [Policy for Out-of-Association players](#) trying out for our competitive teams is available [here](#). Consult our webpage for a list of [Executive members](#), including contact information for the current President.

Competitive Coach Selection:

Nepean Ringette does a call for Coach applications weeks or months prior to the start of Tryouts. A committee of Executive members is formed to evaluate the submitted applications and select interview candidates. Not every candidate who applies for a Head Coaching position is granted an interview, depending on the number of candidates and their qualifications. A “shortlist” of Head Coach candidates is created and individuals are contacted for an interview. Candidates are brought in for an interview and asked a variety of questions by the committee. After the interview process is complete, the committee reviews and discusses the results of each interview, and a Coach is selected. If the selection is not unanimous, a majority vote is used to finalize the Head Coach position. Each candidate is then informed of the results of the interview process.

If the Head Coach applicant is an “independent” Coach; that is, they do not have a child who is a player trying out for the team in question, then the Head Coach can be named prior to the tryout process.

If the Head Coach applicant has a child who is a player trying out for the team in question, then one of two scenarios applies:

- If the committee is confident that the player is clearly in the “top half” of the team, they could choose to award the Head Coach position to that player’s parent. “Top half” assessment could be determined by any of the following: player history, statistical data from past tryouts, independent assessment of the player’s skills, etc.
- If the committee is NOT confident that the player is clearly in the “top half” of the team, they could either choose NOT to announce the Head Coach assignment, or they could choose to make a “conditional” announcement, pending player evaluation and placement. The intent of the committee is to ensure that the player in question is granted a position on the team that is independent of their parent’s selection as Head Coach. Sometimes this means that the Head Coach is not permitted to participate in the formation of the team and the selection of players, since they have a conflict of interest with regards to their own child, who must “earn their spot” on the team.

Tryout Format:

Nepean Ringette has established a Tryout format that consists of the following:

1. A first session focused on player drills that test a number of ringette skills with no direct competition. Skills assess include skating, agility, speed, offensive and defensive positioning, passing, stabbing the ring, tactics, scrimmage play, etc. Dedicated drills for goalies that test skills required to play this position such as crease movement, recovery, rebound control, butterfly etc.
2. A second session that is usually a full scrimmage to assess game play skills before the first releases are made. Depending on available ice an additional intra-squad scrimmage or 1 to 2 exhibition games played against other Associations also going through the

tryout selection process are scheduled to assess game play with releases afterwards. The final session is an exhibition game against another Association. After the final session the team is finalized.

The process to secure evaluators starts weeks before tryouts and involves contacting many Ringette coaches, assistants, former as well current U19-aged players, Executives and Out of Association knowledgeable ringette persons. Above all we look for significant experience and complete impartiality as key drivers. That said, finding volunteers for the 20+ hours of tryout ice is challenging so if you know of someone who would be a good candidate to be an evaluator please contact the Competitive Director of Nepean Ringette at competitive.director@nepeanravens.ca .

The Tryout Experience:

Arrival and Registration Processing:

Players should attempt to arrive 1 hour before the start of the tryout session. This allows us to process their registration and payment and gives them enough time to dress and receive instructions.

Upon arrival at the arena, players and parents should locate the tables set up by the Association to receive and direct players. This desk is manned by 2-3 Nepean Ringette volunteers. Players are asked to confirm their name to ensure the volunteer can locate them on the tryout registration list. They will then be asked to verify certain information, such as their birth year, the name of their home association, and their position preference. **Out-of-association players must also provide a copy of a signed Tryout Release.** The volunteer will provide the player with a coloured, numbered piney. The piney is used to identify the player during the evaluation process. The player may be assigned a different colour/number at each session, or they may keep their same number. Piney assignment is usually random and is done by the volunteer at the desk or in advance based on some type of random selection criteria such as alphabetical order. There is no “good or bad” colour or number. It’s essential that the correct piney number is recorded for each player so they can be properly evaluated. The player must provide payment for the tryout at the first tryout session.

Players are then directed to a designated change room. The change room will be monitored by a female volunteer to ensure there aren’t any behaviour problems or issues while the players dress. This female volunteer can also assist with equipment (such as tying of skates). No parents or male volunteers are permitted in the dressing rooms unless they are the assigned female monitor. If a player needs help from a parent to get dressed or tie skates, they should either ask the female monitor or go out into the hallway to locate their parent.

On-ice experience – Tryout Session #1 or 2 (drills and scrimmage):

At the start of the tryout session players will be directed to take the ice. Players will be asked to warm up by circling the ice a few times. The on-ice instructor will then signal with a whistle to all players to assemble for instructions. The on-ice instructor will give instructions for the first drill and station, often with a partner who demonstrates the drill. Players are then directed to participate in the drills & stations in a sequential and organized way. Players are often sorted by colour and number for these drills to make it easier for evaluators to assess them in order.

On-ice experience – Tryout Session #3 or 4 (Blue vs White / Exhibition Game):

Scrimmages and Exhibition Games allow Nepean Ringette to evaluate players in a “real” game format. Upon arrival at the Exhibition Game arena, players should check in with the Nepean registration desk to receive a numbered jersey. Players will then be assigned to a dressing room. All players should be dressed and ready in full equipment 15 minutes prior to the start of the game. At that time, either the Head Coach or a Nepean Executive member (along with a female Monitor) will come into the dressing room to talk about player position assignment, lines, and expectations for game play. Players should listen attentively and ask questions to clarify any points they don’t understand. Players will then be directed to take the ice and do a short warm up, circling the ice. Players then assemble on the bench and game play begins.

During Scrimmage & Exhibition Games, Nepean Ringette often asks parents or other volunteers to take on the following positions:

- Timekeeper
- Scorekeeper (optional – not usually needed)
- Shot Clock Operator
- Bench staff – Trainer, Door operator, coach, assistant coach

Evaluation Process:

Nepean Ringette Association has developed an evaluation methodology designed to assess players in terms of both their ringette skills and their game play. Each player is evaluated at each session by at least 2 evaluators. Scores and rankings are assigned, and comments are recorded. Results are tabulated by our independent evaluators and reviewed by our Tryout statistician.

Communication of Tryout Results

The Division Convener for the age group in question will send emails to notify players after each tryout session. Releases are typically made after sessions 2, 3 and 4. We try to send emails as quickly as possible after each session, to avoid stress and anxiety. Any parent or player who wants detailed feedback about a player's tryout performance can make that request, and the coach or Convener will contact them with further feedback or details. Contact information for each Nepean Ringette Executive member is available on our website:

<http://www.nepeanringette.ca/people/executive-members/>

Volunteers and Evaluators – Qualifications and Conflict of Interest

Nepean Ringette makes every attempt to ensure that the volunteers who are participating in the tryout process are unbiased, meaning they don't have a player who is trying out for the team. That being said, there are times when this is not possible or practical, based on schedules, availability of volunteers and safety concerns. For example, in an Exhibition Game, the preference is that we have Bench staff that are qualified and certified to be on the bench for the age group in question. Sometimes this means that parents of players trying out will be asked to participate as a Bench staff member, if needed. The safety of the players is our primary concern, and we don't want to have a situation where there is an injury or some kind of scenario which the Bench staff are not qualified to address.

Nepean Ringette is proud to have many dedicated and talented volunteers who serve us by donating hundreds of hours of their time throughout the season and during tryouts. The expectation is that during the tryout process all volunteers will be treated with respect, and any abuse of volunteers will not be tolerated.

Quick Facts – AA and A Teams – U19, U16 and U14

Commitment – Player and Parents/Family

Description	AA	A
Number of practices per season	55 to 60 (twice per week avg)	42 to 48 (1.5 times per week avg)
Practice schedule	Variable – could be any weeknight (5 pm to 9 pm) or weekends (6:30 am to 9 pm)	Variable – could be any weeknight (5 pm to 9 pm) or weekends (6:30 am to 9 pm)
Practice arenas	Walter Baker, Splex, Merivale, Bell, Carleton University, Minto	Walter Baker, Splex, Merivale, Bell, Carleton University, Minto
Number of regular season games	20 – 22 (LERQ)	18 – 20 (NCRRL – U14; LRQ – U16 & U19)
Distance to regular season games	Ottawa area, Montreal (all AA ages), Quebec City (U16 and U19 only)	Ottawa area (NCRRL for U14; Ottawa, Montreal and Quebec City areas for U16 and U19)
Dryland – number of sessions	Yes – usually once per week	Usually – depends on coach
Number of Local Tournaments	2	2
Number of Out of Town Tournaments	2	2-3
Power Skating	Under review	Under review
Attendance expectations - All team events unless sick, injured or there is another legitimate reason for an absence, communicated to Head Coach in advance of absence	100%	100%
Parent Volunteering – Minor official game duties (time clock, score keeping, shot clock)	Yes	Yes
Parent Volunteering – Fundraising	Yes	Yes
Parent Volunteering – Nepean Tournament	4 hours per player (approx)	4 hours per player (approx)
Dates of all tournaments	Set by August	Set by September
Dates of Provincials	TBD	TBD
Location of Provincials	TBD	TBD
Location of Nationals (AA) and Easterns (A)	TBD	TBD

Costs – Per Player (family) – U19, U16 & U14

Description	AA	A
Tryout Fee	\$85	\$85
Registration Fee – Early Bird (same for all Nepean Ringette players, paid before May 1) or Regular (paid after May 1)	\$595	\$595
<p>Team Fees – the player’s portion of the following costs, assuming an average of 14 players per team, and assuming that the team does NO fundraising activities. Note – these fees are collected by the team Manager or Treasurer based on the approved budget set at the beginning of the season)</p> <ul style="list-style-type: none"> • Tournament fees (4-5 tournaments plus Provincials) • Independent (non-parent) Coaches – hotel rooms and travel (variable depending on number of coaches) • Competitive fees due to ORA or League (LERQ for AA) • Additional ice time over and above allocation given to each Nepean team (24 half-ice practices for AA; 12 half-ice practices for A) • Team parties and coach gifts, costumes for Provincials • Administrative (stamps, referees for Exhibition Games, supplies, etc.) • Off-ice training • Other – as agreed by Bench staff, parents and players. 	<p>\$800 to \$1200</p> <p>Note: Most teams choose to try to reduce these costs with fundraising or sponsorship.</p>	<p>\$600 to \$1,000</p> <p>Note: Most teams choose to try to reduce these costs with fundraising or sponsorship.</p>
Travel – Hotel rooms for out of town tournaments (2) – parents book and stay in a room with their player	4-5 nights @ \$150 per night per room	4-5 nights @ \$150 per night per room
Travel – Hotel rooms for Provincials – parents book and stay in a room with their player	4 nights @ \$150 per night per room	4 nights @ \$150 per night per room
Travel – Meals while at out of town events	Variable, based on parent preferences	Variable, based on parent preferences
Travel – gas and meals for one-day trips to Montreal or Quebec City for LERQ	Variable based on car arrangements	n/a
Team clothing – Nepean on-ice ringette pants	\$90	\$90
Team clothing – Nepean off-ice jacket	\$90	\$90
Team clothing – warm up T-shirt	\$15	\$15
Total cost per player/family (average)	\$3,000 (approximate)	\$2,500 (approximate)

****Note:** If a team finishes #1 or #2 at Provincials and proceeds to National or Eastern Region Championships, costs for that trip could be high and are not reflected in these estimates. The intent to proceed is decided by the team (parents and coaches) in the fall.

Quick Facts – U12 Provincial

Commitment – Player and Parents/Family

Description	Blue or Red team
Number of practices per season	42 to 48 (1.5 times per week avg)
Practice schedule	Variable – could be any weeknight (5 pm to 8 pm) or weekends (6:30 am to 8 pm)
Practice arenas	Walter Baker, Splex, Merivale, Bell, Carleton University, Minto
Number of regular season games	18 (NCRRL)
Distance to regular season games	Ottawa area (from Kingston (west) to Clarence Rockland and Buckingham (east))
Dryland – number of sessions	Depends on coach
Number of Local Tournaments	2
Number of Out of Town Tournaments	2
Power Skating	Under review
Attendance expectations - All team events unless sick, injured or there is another legitimate reason for an absence, communicated to Head Coach in advance of absence	100%
Parent Volunteering – Minor official game duties (time clock, score keeping, shot clock)	Yes
Parent Volunteering – Fundraising	Yes
Parent Volunteering – Nepean Tournament	4 hours per player (approx)
Dates of all tournaments	Set by September
Dates of Provincials	TBD
Location of Provincials	TBD

Costs – Per Player (family) – U12 Provincial

Description	Blue or Red team
Tryout Fee	\$85
Registration Fee – Early Bird (same for all Nepean Ringette players, paid before May 1) or Regular (paid after May 1)	\$595
<p>Team Fees – the player’s portion of the following costs, assuming an average of 14 players per team, and assuming that the team does NO fundraising activities. Note – these fees are collected by the team Manager or Treasurer based on the approved budget set at the beginning of the season)</p> <ul style="list-style-type: none"> • Tournament fees (4 tournaments plus Provincials) • Independent (non-parent) Coaches – hotel rooms and travel (variable depending on number of coaches) • Additional ice time over and above allocation given to each Nepean team (24 half-ice practices for first team; 12 half-ice practices for second team) • Team parties and coach gifts, costumes for Provincials • Administrative (stamps, referees for Exhibition Games, supplies, etc.) • Off-ice training • Other – as agreed by Bench staff, parents and players. 	<p>\$600 to \$1,000</p> <p>Note: Most teams choose to try to reduce these costs with fundraising or sponsorship.</p>
Travel – Hotel rooms for out of town tournaments (2) – parents book and stay in a room with their player	4-5 nights @ \$150 per night per room
Travel – Hotel rooms for Provincials – parents book and stay in a room with their player	4 nights @ \$150 per night per room
Travel – Meals while at out of town events	Variable, based on parent preferences
Team clothing – Nepean on-ice ringette pants	\$90
Team clothing – Nepean off-ice jacket	\$90
Team clothing – warm up T-shirt	\$15
Total cost per player/family (average)	\$2,500 (approximate)

Special Notes for Goalies

Description	AA and PP	A and PP
Tryout Fee	\$85	\$85
Registration Fee – Early Bird (same for all Nepean Ringette players, paid before May 15) or Regular (paid after May 15) - *** see next line regarding goalie rebate)	\$595	\$595
Goalie Rebate – full time goalies are eligible to apply for a rebate which is paid back to them at the end of the season (March).	(\$200)	(\$200)
Goalie Training – 8 to 12 hours of specialized Goalie instruction for goalies only.	Yes	Yes