



## Frequently Asked Questions (FAQ)

### Question: What is AA Ringette?

AA Ringette incorporates elite training and competition, a supportive team environment and the encouragement of a healthy and active lifestyle, exclusively to female athletes.

### Question: What is the financial commitment?

The financial commitment will vary amongst the AA teams and the age level. There are some basic costs such as league fees, practice ice, dryland training and mandatory team wear that are fairly standard, but other costs are team decisions. Variables that affect the cost include:

- The number of tournaments, both home and away, that a team decides to participate in.
- The types of away tournaments they may attend (driving vs. flying). (Families may choose to use Airmiles or points to decrease the expense when flying.)
- Number of family members attending away tournaments (family decision on whether a player goes with another team member, or if one parent attends the tournament, or the entire family goes to support the player).
- The additional type of training that a team may want to add to their own program (power skating, etc.).
- Additional team bonding functions or optional team apparel.
- Number of players on the team which will split all shared costs.
- Coaching costs (e.g. Team Jacket, accommodations, flights) are typically covered by the team.
- Each team has the option to help offset the costs by doing team fundraising.

Teams previously participated in tournaments such as:

U14: 2 local tournaments and 1 out of province tournament

U16: 2 local tournaments and 2 out of province tournaments (1 east and 1 west)

U19: 2 local tournaments and 2 out of province tournaments (1 east and 1 west)

### Question: What is the time commitment?

Like the financial commitment, this could vary from team to team and between age levels. A good guideline is as follows:

- 2 to 3 weekly ringette sessions (ice and dryland) of 60 to 90 minutes each.
- Approximately 18 games but may vary depending upon the number of teams in the loop.
- Practice and League game days will vary depending upon ice availability.
- Game schedule is posted in September for the entire season.
- Practice and dryland schedules are provided as soon as they are available, to try and avoid conflicts with other commitments.
- Poor attendance commitment may lead to decreased playing time.

### AA Timelines:

- **March/April** – Preconditioning Tryout Camp
- **April** – Tryouts
- **May** – Teams are announced
- **May to June** – First team meeting
- **July – August** – Summer training (optional)
- **September – Weekend Ringette Retreat (Varies by Association)**
- **September – February** – AA regular season practices, games & tournaments
- **February/March** – Provincials
- **March/April** – Canadian Ringette Championships (CRC's) (U16 & U19) and Western Canadian Ringette Championships (WCRC's) (U14) for eligible teams. Westerns is a three day competition plus two travel days and CRC's is a six day competition plus two travel days.

**Question: Who organizes the tryouts?**

Tryouts are organized by the Ringette Manitoba's (RMB's) AA committee. This committee includes members from each local AA association, an Age Convenor for each age level, Ice Scheduler, Tryout Coordinator and RMB'S Director of High Performance.

**Question: How many teams are going to be formed?**

The number of teams being formed depends upon how many register for tryouts and the skill level of these players, regardless of AA experience.

**Question: When is AA registration and how do I register?**

Registration for AA typically opens in late February/ early March and for 2018 will remain open until April 10 (April 4-10 includes late fee). All players wishing to play AA must register online directly through the RMB website-online registration system, not with their local association. Manual registrations will not be accepted.

**Question: Are there camps available to players wishing to try-out for AA?**

Most associations will host a pre-tryout conditioning camp prior to the tryouts to give all returning, as well as any newcomers, the chance to get in condition. Please contact your local association regarding the dates/times.

**Question: Do I get to see my daughter's evaluation?**

At present RMB and the AA committee does not allow this.

**Question: If my daughter played on a AA team one season, and is successful in making a AA team the next season, will she be on the same team?**

There are no guarantees from year to year that players/goalies will be placed on the same team.

**Question: Can a girl tryout for a position or are they all evaluated as one group and then assigned positions when they are placed on a team?**

A player can put her position preference on the registration form (and is encouraged to). Coaches have the discretion to have a player tryout at a different position than indicated. In the end, the coaches will have final say in what position they feel the player would be best suited.

**Question: How are the coaches selected for each team?**

All coaches wishing to coach at the AA level must apply in writing with a complete coaching resume to Ringette Manitoba by a predetermined date. Coaches applying must have required certifications. The local association then conducts individual coaching interviews to select the coach.

**Question: How do I get more information on AA Ringette?**

**Another source is to contact your Local Association AA Convenor**