

Ringette
4U

PROGRAM MANUAL

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What is Ringette4U?

Ringette4U is an Instructor led package of lessons that are designed to tailor the ringette experience to each individual young player. The Ringette4U program is a mixture of skill specific lessons and small ice games designed to expand the skill level of its participants while having fun and participating in meaningful competition. All the lessons encourage participants to try new skills while playing appropriate games for their development.

The purpose of this program is to focus on developing player's skills to help them build confidence in themselves and their squad. Ringette4U is designed to break each skill down to its base and teach it correctly from the very beginning in a way that a young player can understand.

Each stage in this program is broken down into a set of individual skills, focusing on the basics and then adding team skills to them as they progress through the stages. Ringette4U makes sure that every player can learn at their own pace without compromising the "team-like" environment that draws so many to our sport.

Every child is going to experience Ringette4U differently, depending on what skills they currently have and how they acquire new skills. At the beginning of the year, each child is assessed to make sure that they are entering the Ringette program at the right stage for them. Players are given an achievement card at the beginning of the year and again at the end of the year so that they can see how they have progressed.

Ringette4U is also incredibly beneficial to the development of our future coaches and volunteers. It allows them to learn the game of ringette while observing and interacting with trained and certified Instructors to gain the skills, confidence and connections. All of these things will be useful to them in their coaching careers and benefit all of the young players that they may coach in the future.

Why Ringette4U?

It is because of the importance of development in children aged 3 – 8 that we have decided to pursue a 2-stage development program. This program focuses more on developmental ability and physical literacy than chronological age, offering a unique opportunity for players to progress at a pace that is right for them, not just right for their age group.

Ringette4U strives to have players participating more and staying active for as much of those 60 minutes as possible. That could be by practicing drills, playing different sized games, or interacting with an instructor to learn different skills and the rules of the game.

The Biggest Benefits of Ringette4U:

- Players get to learn at their own pace from certified Instructors who are taught “How to teach” and how to break down skills to the level of participants.
- Players get direct contact with a young female role model who knows the game of ringette. They get to know their instructor(s) and build lasting relationships with them as they progress through the program.
- Players get to learn in an environment that is made for their developmental level to help build their confidence.
- Coaches get more support and hands on learning throughout the season through step by step lesson plans and certified on-ice Instructors.
- Coaches have a knowledgeable resource available to them every ice time so that they can ask questions, learn more about the game, and even get contact information for future years.
- Parents get to see their kids receive more specific attention while having fun and improving at their own pace.

Why Smaller Ice Games?

- Modified playing environment to fit the physical size of our kids (Like other sports do; Lacrosse, Tennis, Soccer, Baseball and Hockey)
- More touches
 - When a kid gets more touches that means they will develop more.
 - How can kids develop if they aren't participating?
- For Experienced Players
 - They no longer have the comfort of open ice; they are forced to make quicker decisions because the ice is smaller.
- For Less Experienced Players
 - They get better because they spend more time with the ring.
- Promotes Creativity.
- Increases player participation.
- Speeds up the learning process.
- Improves decision making skills.
- Increased competition for all skill levels.

The Benefits of Smaller Ice Games:

- Increases the use of core skating skills like agility, balance, coordination and quickness.
- Number of ring battles is significantly increased.
- Being able to make plays and protect the ring in traffic is a huge difference maker on kids succeeding at higher levels.
- Fundamental skills are reinforced at a greater rate through game play
- Less time and space; which increases the frequency of making decisions, provides a better environment for teaching ice awareness and boosts game sense.
- Higher intensity level of competition, playing against others who are at the same stage as you are.
- Builds confidence of our lesser skilled players
- Creates a stronger challenge for more skilled players by having them face more opposition in a smaller space and therefore requiring more skill improvement.

The Benefits of Station Based Practices:

- Kids are more active than in traditional practices.
- The player will get more opportunities for individual coaching during a practice.
- More repetition with-in a drill, which equals more development.
- Drills are appropriate for their skill level.
- Kids progress through the drill at a pace that is similar to all of the others in that group, no one is rushing up behind them forcing them to go faster and forget the basics of the skill, and no one is in front of them slowing them down.

Ringette4U Program:

The Ringette4U Program encompasses everyone within Manitoba. Rural communities participate as a town, Urban communities participate as an association/club.

Lessons:

- Lessons are run by Ringette Manitoba Instructors and follow the Ringette4U Lesson plans provided for each stage.
- There will be 2-3 Instructors on the ice for any given Lesson. (Except in extenuating circumstances where this number cannot be accommodated.)
- There will be approx. 4 Lessons per month that take place in your community (or closest available community)
- Lesson format will see each squad divided into their 2 stages to focus on the skills and lessons of each stage.

Games:

- There will be 1 Instructor supervising the on-ice game section played at each Level.
- It is very important that Instructors and Head Coaches follow the game format provided as deviating will affect the consistency and delivery of the program from community to community.
- On game day teams will see Red players playing the Red game format against the other team's red players, while blue players play against opposing blue players using the blue game format.

Ringette4u Assessment Process:

REGISTRATION:

A maximum of 30 participants will be eligible to be on the ice at any assessment skate. It is advised to go with fewer participants on the ice at a time to possibly accommodate participants who need to change to a different time due to conflicts. Everyone must be assessed prior to the start of the program.

ASSESSMENT DAY SET-UP AND PARTICIPANT SIGN IN:

An identifiable table will need to be set up 45 minutes prior to the Assessment skate. This table will hold the pinnies (or Timbit's Jerseys), sign in sheets and information for the Instructors and Evaluators. Each association will be required to fill this table with volunteers for every Assessment skate. All participants must sign in for their evaluation. At the time of sign in each participant will receive a pinnie number.

POST ASSESSMENT & SQUAD FORMATION:

The completed Assessment sheets will be forwarded to the Ringette Manitoba office by the Head Evaluator and Ringette Manitoba will then update the player reports for each association based on the results of the assessment. Associations will then form their squads for the year and submit their rosters to Ringette Manitoba.

LOCAL ASSOCIATION SUPPORT DURING AN ASSESSMENT:

- 1) Provide 2 sheets of ice per 24 - 30 participants between the October 1st and October 18th.
- 2) Schedule and contact players to attend assessment skates. Please emphasize the importance of attending all the skates.
- 3) Schedule and contact coaches (or older players in your association) at a ratio of 1 coach for every 5 players to attend and assist on the ice during assessment skates. Please make sure they know that they need to wear a helmet, have gloves and a stick.
- 4) Provide a list for each series of assessment skates that consists of:
 - Players First and Last Name
 - Current Email Address
 - Pinnie Number

Player Info must be sent to Ringette Manitoba immediately following each assessment skate so that the results may be tabulated in a timely manner. (Templates will be provided.)

- 5) Provide each player with a numbered pinnie or jersey (Preferably the same number for the duration of assessments so there is no confusion.)
- 6) Provide a registration table at every assessment skate manned with someone from your association to:
 - Fill out the assessment sheets with correct pinnie numbers.
 - Check in players.
 - Distribute jerseys.
 - Answer questions.

ASSESSMENT FORMAT:

The Assessment process will be broken down in the following format:

Coaches are encouraged and needed on the ice during assessments. **The coach to player ratio should be 1 to 5. No more than 5 coaches should be on the ice at a time.**

Skate 1 - Group Assessment:

There will be Ringette Manitoba Instructors and should be 2-4 Coaches on the ice plus 2-4 Ringette Manitoba Assessors on the ice (depending on size of group). Players will be divided into 2 groups if needed. The Instructors on the ice will run the players through a Lesson while the Assessors are assessing on the ice.

Skate 2 - Stage Assessment:

There should be 3 Coaches on the ice plus Ringette Manitoba Instructors. Based upon the first skate, players will be broken down into Red and Blue groups. They will be put through a series of drills specific to their level. The coaches & Instructor will then move players to a different group if they feel that they are not being challenged, being challenged too much or are standing out in their group. * Possible discussion between Instructor and Head Coach in regard to assessment.

Red stage

Red Season Format:

October:

- Assessment Camp (2 Sessions)

November-February:

- 1x Lesson during the week in your community (or closest available community). Ice for lessons should be split the same as games. In the event a community must split ice with another team for R4U lessons, the red and blue would each have $\frac{1}{4}$ of the half.
- 1x Game during the weekend (could be home or away)

Adult to Player ratio at every ice session should not exceed 1:4

Red skills to be learned:

Skating Skills:

- Demonstrate the basic Ringette stance
- Fully capable of getting back up after falling
- Balance on Skates
- Basic ability to skate with the ring
- Basic ability of stops and starts (snow plow and v start)
- Basic ability to glide on 1 foot
- Basic ability to move in a backward direction
- Have a basic forward stride
- Basic ability to make a turn on 1 side

Ring Skills:

- Fully capable to hold the stick correctly to receive a pass
- Basic ability to pass the ring to a target
- Basic ability to receive a pass from an instructor
- Basic ability to shoot the ring (forehand sweep) into the net
- Concept of checking

Red Games:

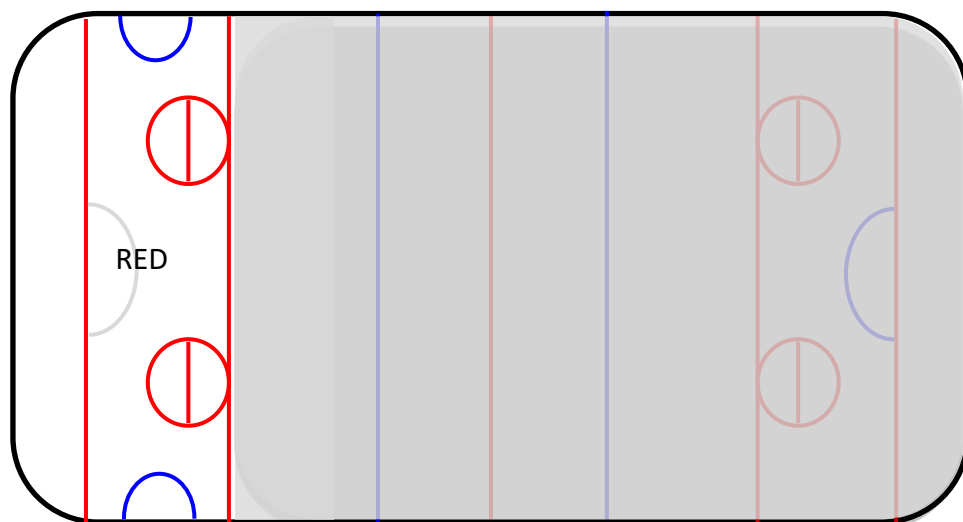
Format:

For the first half of the season, game day, ice time should be split 10 minutes of skill games (british bulldog, red light-green light, etc), 40 minutes of actual game and finished with 10 more minutes of skill games. Second half of the season would see 60 minutes of game time.

- Cross ice games 1/4

Rules:

- There are no official rules at this stage.
- Games are played 3 on 3 (or 3 on 4; 4 on 4... depending on numbers)
- Games use smaller nets, or 2 pylons set up as a net.
- There are no goalies at this stage.
- There is no score, or standings kept at this stage.



Blue stage

Blue Season Format:

October:

- Assessment Camp (2 Sessions)

November-February:

- 1x Lesson during the week in your community (or closest available community). Ice for lessons should be split the same as games. In the event a community must split ice with another team for R4U lessons, the red and blue would each have $\frac{1}{4}$ of the half.
- 1x Game during the weekend (could be home or away)

Adult to Player ratio at every ice session should not exceed 1:4

Blue skills to be learned:

Skating Skills:

- Basic ability to turn on both sides
- Fully capable of carrying the ring while skating through obstacles
- Have a basic backward stride (both sides – C cuts)
- Concept of basic parallel stop on both sides
- Fully capable to transition for backward to forward
- Fully capable to transition from forward to backward.
- Basic ability of forward crossovers.

Ring Skills:

- Fully capable to pass and receive the ring while skating
- Basic ability to shoot the ring backhand into the net
- Fully capable to shoot the ring forehand and hit a target
- Fully capable to check the stick

Goalie Skills:

- Basic understanding of Goalie Stance

Knowledge:

- Basic understanding of all positions.

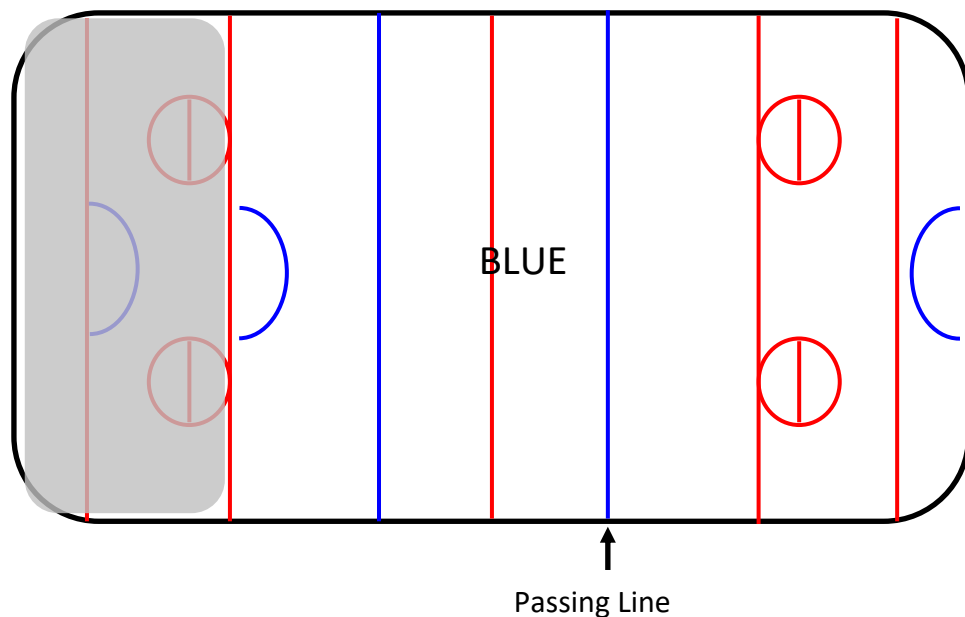
Blue Games:

Format:

- Warm-up (5 minutes)
- 3/4 Ice Game (25 minutes)
- Half Time (2 minutes)
- 3/4 Ice Game (25 minutes)

Rules:

- Nets should be placed:
 - 1 against boards
 - 1 with the back of the net on the opposite ringette line.
 - A crease should be drawn on to the ice with an ice marker or bingo dabber.
- Games in the 1st half are played 4x4 (4 players plus a goalie)
- Games in the 2nd half are played 5x5 (5 players plus a goalie)
- Line changes every 3 minutes at the whistle. Players should rotate with each whistle and play every second shift (unless large team number do not permit). Each player should play goal once per game.
- Teams should switch ends at the half.
- Players must pass over one blue line (indicated below) to their team mates
- The Clock is set for 60 minutes running time, with a short 2 minute break.
- There is no score, or standings kept at this stage.
- There are no penalties called at this stage.



| Ringette4U Skills Matrix | Red Stage: | Blue Stage: |
|---------------------------------|--|--|
| Skating Skills | Demonstrate the basic ringette stance | Able to turn on both sides |
| | Show the ability to get back up after falling | Show the ability to carry the ring while skating through obstacles |
| | Balance on skates | Have a basic backward stride (both sides – C cuts) |
| | Show the ability to skate with the ring | Concept of basic parallel stop on both sides |
| | Complete stops and starts (snow plow and v start) | Able to transition from backward to forward |
| | Able to glide on 1 foot | Able to transition from forward to backward |
| | Ability to move in a backward direction | Basic ability of forward crossovers |
| | Have a Basic Forward Stride | |
| | Able to make a turn on 1 side | |
| Passing / Receiving Skills | Able to hold the stick correctly to receive a pass | Able to pass and receive the ring while skating |
| | Able to pass the ring to a target | |
| | Able to receive a pass from an instructor | |
| Shooting Skills | Able to shoot the ring (forehand sweep) into the net | Able to shoot the ring backhand into the net |
| | | Able to shoot the ring forehand and hit a target |
| Checking Skills | Concept of checking | Able to check the stick |
| | | |
| Goalie Skills | | Basic grip of Goalie stick (modified) |
| | | Basic understanding of Goalie stance and positioning |
| | | Mobility and Stick work |
| | | Ring distribution |
| General Knowledge | | Basic understanding of all positions |
| | | Demonstrated knowledge of the rules |
| | | Concept of 1 vs. 1 offensively |
| | | Concept of 1 vs. 1 defensively |
| | | Basic defensive team and individual tactics |

Ringette4U Instructor Roles & Responsibilities

Instructor Certification:

- Required to complete the Instructor Certification as outlined in the Ringette Manitoba Policy Manual.

Instructors will receive access to Ringette4U lesson plans electronically.

During the Lesson:

The Instructor is leading the ice time in partnership with the Head Coach.

Once on the ice:

- Follow the Lesson Plan:
 - Gather the players so you can show them the correct technique for a skill as needed in the lesson plan.
 - Explain a drill while you have one of the Assistant coaches demo it as needed in the lesson plan.
 - Once players are established in the drill, provide feedback to the players (separately).
 - Such as: Good Job Suzy! That's a great stop
 - Or: Hey Suzy! Try moving your foot this way when you're trying to stop.
- Help the coaches learn how to teach skills to the players; answer questions and provide feedback.
- May need to perform other duties as needed.

During the Game:

- Enforce rules as defined by each stage.
- Adapt rules for squads as needed
 - Ex. 1 squad is more dominant than the other, so you say to that squad that they need to pass to every player before they shoot on net.

In the Dressing Room Before/After Ice time:

- Review the Lesson plan **BEFORE** you arrive at the ice time.
- Ask questions if you do not understand something.
- Be dressed (Skates on) 15 minutes **BEFORE** the scheduled ice time.
- **Go over the Lesson plan with the coaches 15 minutes BEFORE the ice time.** If this is not taking place, and there is an issue, contact the Ringette Manitoba Program Coordinator.
- Allow some time for the coaches to ask questions.
- Talk to the players in the dressing room prior to your ice time.
- Explain some of the things you will be working on that day
- Get them excited to go on the ice.

After the ice:

- Say a few words in the dressing room afterwards...
 - "Good Job everyone! You did great today!"

Ringette4U Head Coach Roles & Responsibilities

Coaches may be asked by their association to go on the ice during assessments.

Coaching Certification:

- Required to complete Ringette 4U coaching quiz (online).
- Required to complete Coach Initiation in Sport (online).
- Required to complete [Respect in Sport](#) online.
- Required to fill out and submit a Child Abuse Registry Form and Bench Staff Code of Conduct to Ringette Manitoba (annually).

Responsibilities during the Lesson:

The Head Coach oversees all the assistant coaches.

- **Review the Lesson plan with the Instructor.** If this is not taking place, please contact the Ringette Manitoba Program Coordinator.
- The Head Coach will help ensure that players are paying attention to the instructor when she is talking (both on and off the ice)
- The Head Coach will direct the assistant coaches what to set up for the next drill as the Instructor is explaining it.
- The Head or Assistant Coach will demo the drill while the Instructor talks to the players.
- If a player needs assistance because of injury, water, needs a break; the Head coach will organize an assistant coach to accompany them or get a parent.
- Head Coach may need to assume the Roles and Responsibilities of the Instructor if the Instructor is absent.
- Head Coach may need to perform other duties as required.

During the Game:

- Have lines made up for the game
 - Ex. Who is playing Defense/Forward/ Goalie Rotation if applicable. (Blue)
- Direct Assistant coaches to where they are needed
 - Opening the gate, 1 coach being on the ice to help direct, etc.
- When there is only 1 female coach available, they should always be present on the bench for games, (or assisting with the practice) not being the on-ice game coach.

Behind the Scenes:

The Head Coach is responsible for working with the Squad Manager to ensure that:

- All forms are handed in on time and correctly.
- Be a contact for Ringette Manitoba
- Certification of all coaching staff is complete and correct.
- Planning additional activities for your squad.
- Holding a Parent meeting to discuss:
 - The Season Plan (How things will work)
 - Tournaments

Ringette4U Assistant Coach Roles & Responsibilities

Assistant coaches may be asked by their association to go on the ice during assessments.

Coaching Certification:

- Required to complete Ringette 4U coaching quiz (online).
- Required to complete Coach Initiation in Sport (online)
- Required to complete [Respect in Sport](#) online.
- Required to fill out and submit a Child Abuse Registry Form and Bench Staff Code of Conduct to Ringette Manitoba (annually).

Responsibilities during the Lesson:

- Review the Lesson plan with the Instructor and/or Head coach
- The Head Coach or Assistant Coach will demo the drill while the Instructor talks to the players.
- If a player needs assistance because of injury, water, needs a break; the Head coach will organize an assistant coach to accompany them or get a parent.
- Assistant coach may need to perform other duties as required by the Instructor or Head Coach.

During the Game:

- Head coach will direct Assistant coaches to where they are needed (Opening the gate, 1 coach being on the ice to help direct, etc.)
- When there is only 1 female coach available, they should always be present on the bench for games, (or assisting with the practice) not being the on-ice game coach.

Behind the Scenes:

- Assistant coach may need to perform other duties as required by the Instructor or Head Coach.

Ringette4U Manager Responsibilities

Manager Certification:

Required to fill out and submit a Child Abuse Registry and Bench Staff Code of Conduct forms to Ringette Manitoba (annually).

General Responsibilities:

- Main liaison between your squad and Ringette Manitoba
- Understand and communicate Ringette4U program rules
- Promote sportsmanship and fair play both within the team and towards the instructors
- Initiate dialogue, communication and involvement among all parents
- Encourage and promote squad spirit

Duties:

- Complete Jamboree Registration Form
- Create a squad calendar. Include Lesson times, tournaments, player's birthdays and all extra squad activities.
- Maintain team lists, phone numbers, etc.
- Make everyone aware of any player allergies
- Obtain and review Ringette4U program rules
- Obtain information on tournaments, submit applications
- Collect any money required for tournaments, travel, squad photos, etc.
- May include other duties as required.
- Gather medical and contact information
- Run the end of the season social event

Suggestions:

- Promote squad spirit by organizing activities.
- Use parent meetings to communicate information and gather opinions and assistance.
- Assist Head Coach in running a parent meeting at the beginning of the season.

*Managers are not permitted on the ice for R4U, but are able to help out on the bench.

RINGETTE4U POLICY (FROM RINGETTE MANITOBA POLICY MANUAL)

SECTION 28 – RINGETTE 4 U

1. What is Ringette 4 U?

Ringette 4 U is an instructor led Ringette program focused on developing athletic abilities in children aged 3-8. This program is a mixture of skill specific lessons and split ice games to expand the skill level of its participants while having even more games and fun competition. All the lessons are packed with fun and encourage participants to try new skills while playing appropriate games for their development.

At the beginning of each year, each child is assessed to make sure that they are entering the Ringette 4 U program at the right stage for them. Every stage is tailor made to add more fun into physical activity and keep children in motion while learning a new sport.

Ringette 4 U is a program that is based off each child as an individual within a group or team environment. Too often children are grouped with a team, and the children that don't fall right in the middle of that group are lost or forgotten.

Participants are assessed at the beginning of the season.

2. What are the Ringette 4 U Stages?

- a) Red Stage – This stage is for players who are primarily new Ringette players that have never skated or who are just beginning to skate. In this stage players participate in a weekly practice and a weekly game. The season culminates with a fun filled Ringette Jamboree for all participants.
- b) Blue Stage – This stage is for players who have all the skills required to pass Red. In this stage players participate in a weekly practice and a weekly game

3. General

- 3.1 Ringette 4 U eligible players shall remain at their home Community Club/Town. If a Community Club/Town does not have enough Ringette 4 U eligible players for a squad, the players from that Community Club/Town shall, wherever possible, be transferred as a group to the nearest Community Club/Town requiring players.
- 3.2 In cases of extenuating circumstances Ringette Manitoba can approve Ringette 4 U overage player requests.
- 3.3 R4U Players may not be TP's outside the R4U program.
- 3.4 Age Advance Requests
 - a) In extenuating circumstances, a Local Association can apply to Ringette Manitoba to age advance a player out of the Ringette 4 U Program to U10. The application can only be made for players turning 7 before December 31st of the current playing season. Any player applying for age advance must be able to show the ability to complete all skills within the matrix.

4. Sanctioning

- 4.1 Ringette Manitoba will sanction Ringette 4 U tournaments upon receiving application from the hosting Local Associations. All squads participating in a sanctioned Ringette 4 U tournament must be registered with Ringette Manitoba.

5. Ice Scheduling

- 5.1 Local Associations, Teams, or Community Centers/Towns not meeting the deadline date for submitted ice slots will be fined 5% of the ice cost for each hour of ice, for each day the ice is late.
- 5.3 Each sheet of ice submitted before 5:00pm must pay additional funds (to be determined) to cover the costs of Instructors.
- 5.4 Any ice slots submitted by the Local Association to Ringette Manitoba for the purpose of R4U scheduling that are not returned within 14 working days of the ice submission deadline will become the sole responsibility of Ringette Manitoba.

6. Assessments

- 6.1 Every registered Ringette 4 U player must be assessed by a Ringette Manitoba Assessor at the beginning of each Ringette 4 U season. It is the Local Associations responsibility to ensure that all their players have access to an assessment skate.
- 6.2 In the case that a parent/guardian would like to request a review of the initial assessment results of their child and request a re-assessment of their child they must:
 - a) Should the request be approved a Forty (40) dollar fee will be charged to the Parent/Guardian to cover the cost of re-assessment.
 - b) Once approved, a re-assessment date and time will be scheduled by Ringette Manitoba.

7. Scheduling

7.1 Opt-Outs

- a) Squads may request to be omitted from the schedule, for a maximum period of four (4) days, once per season. Request will be accepted on a first come, first served basis.
- b) The lesser of four (4) squads or 50% of the squads in a stage may be omitted on any given weekend at the discretion of Ringette Manitoba.
- c) All requests must be submitted in writing in an email, sent directly to the Program Coordinator, with the subject opt-out, submitted by a person listed on the squad's roster.
 - The Program Coordinator will send a confirmation request has been received.
 - Unless the confirmation has been received there is no assurance that the request has been recorded.
- b) Requests must be received by the Program Coordinator by the following dates:
 - Omission from 1st half – October 15th
 - Omission from 2nd half – December 1st

1.2 Lesson/Game Cancellations

- a) If for any reason a lesson or game needs to be cancelled; the managers of both squads scheduled for the ice must discuss the need for cancellation and notify the R4U Coordinator and R4U Support Leader.
- b) Both squads must agree to cancel a lesson; or the lesson will go on as scheduled.
- c) As road conditions can be unpredictable in winter, squads shall not cancel a game more than four (4) hours prior but no later than two (2) hours prior to the scheduled start time if cancelling for weather or road conditions. It is up to the coaches/managers of both squads scheduled for the ice to assess the road conditions and determine the safety of travel. Should the decision be made to cancel, the Program Coordinator and R4U Support Leader must both be informed.
- d) Ringette Manitoba may cancel a lesson or game due to hazardous conditions if required.
- e) If at any time Ringette Manitoba must cancel a lesson, the coach(es) and instructor(s) will be notified, and the lesson/game will be cancelled on the online schedule.

1.3 No show squads

- a) If an instructor shows up to a lesson where their squad is not present, the local association of that squad will be billed the cost of sending out an instructor.

8. Format of Games

- 8.1 Red Games – All games will be played 3 on 3 in a Cross-Ice environment with modified nets and no goaltender.
- 8.2 Blue Games – 1st half games will be played 4x4 in a $\frac{3}{4}$ ice environment with regulations nets plus a goaltender, 2nd half games will be played 5x5 in a $\frac{3}{4}$ ice environment with regulation nets plus a goaltender.

If at any time you have any concerns or issues regarding your coaches, instructors or the way the program is running in your area, please contact **Ringette Manitoba**.