

## **U12 Development Program**

Ringette PEI is continuing with a development program at the U12 level for the 2023-24 ringette season. This will allow U12 athletes that are committed to and interested in higher performance and enhanced skill development to achieve those goals.

- Program will operate Saturday mornings out of the Morell Community Rink, initial startup date TBD
- 60 athletes will be accepted into the program. If initial registration numbers exceeds this, evaluations will be done to determine those continuing with the program

Purpose:

- To provide extra training for those players who already have a strong base in fundamental ringette skills (skating, passing, shooting)
- To provide challenging playing opportunities with counterparts in New Brunswick and Nova Scotia running their own U12 Development Programs
- This program is geared towards athletes looking to advance from “Learn To Train” to the “Train to Train” stage of the Canadian Sport for Life Long Term Athlete Development model

### **The Development Program**

The program is open to U12 aged players (born in 2012 or 2013 for the 2023-2024 season) who want to improve their strong base of ringette skills. Players should be committed to attending regularly and be motivated to build upon a strong fundamental base of existing ringette skills.

Due to facility size and ice time availability, 60 applicants will be accepted into the 2023-2024 program. At program commencement, all applicants will take part in a skating assessment, ringette skills assessment and a game play assessment to determine their level of ringette skills. These assessments will be used to determine the 60 athletes accepted into the U12 Development Program if initial registration numbers exceed 60. The program will attempt to have representation from all club associations, assuming athletes meet the minimum skill levels required to participate.

The program will include approximately 20 training sessions, led by a team of coaches, roughly 1 per week. The program will focus on increasing skills and preparing players for provincial team training when they are older.

The Program will be conducted in multiple phases; Phase 1 being skating, ringette skills and game play assessment to determine entrance into the core program; Phase 2 will be approximately four to six sessions whereby the coaches will continue to assess the 60 players to determine travel teams; Phase 3 all 60 players will continue with skill development. Players identified with above average ringette and skating skills during Phase 2 will focus more training time on game strategy and team tactics. These players may also get the opportunity to play a number of exhibition games against U12 teams of similar

caliber from NB and NS and/or against PEI U14 house league teams. The team will be granted a maximum of 4 travel permits per season. **No tournament play will be permitted.**

The roster for these games will include a minimum of 15 and a maximum of 17 players.

## **Registration**

The cost to participate in the development program this season will range from \$100-\$200. Those players participating in games will pay an additional fee, this will be determined following the first initial sessions.

The development program will focus on skill development and is meant to encourage more players to reach higher levels. The program was developed with Long Term Athlete Development principles in mind, which stress the overall well-being of the athletes over the long term, rather than short term competitive goals.

Due to the number of athletes participating in the program, it may be necessary to divide into two ice sessions. The way the groups are divided for each session will change. The divisions will occasionally be based on the alphabet but will also be based on the makeup of the Training Team. The group may also be divided for specific positional practices (offense/defense) or other configurations as determined by the coaching staff.

Participant registration for this program will open at a later date.