

U14 Development Program

Ringette PEI is offering the opportunity for a development program at the U14 level to be formed for the 2023-24 ringette season. It will be open to all U14 aged athletes who are registered with an Island association and not currently part of a U14 Wave or Edge roster.

- Program will operate with a weekly ice time, day, time and location TBD
- The program will be limited to 32 athletes, with evaluations taking place if initial registration exceeds this number

Purpose:

- To provide extra training for those players who want to improve their fundamental ringette skills (skating, passing, shooting)
- To provide challenging playing opportunities with inter squad and U12 Development games
- 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 U14 aged players (born in 2010 or 2011 for the 2023-24 season) who want to improve their strong base of ringette skills. Players should be committed to attend regularly and be motivated to build upon a strong fundamental base of existing ringette skills.

Only 32 athletes will be accepted into the program. At program commencement, all athletes 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 32 athletes accepted. The program will attempt to have representation from all club associations, assuming athletes meet the minimum skill levels required to participate. Athletes who are currently on a U14 Wave or Edge roster are **not permitted** to attend this program.

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.

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 32 athletes to determine team formation for inter squad games; Phase 3 all 32 players will continue with skill development.

There may be the opportunity to play a number of exhibition games against the U12 Development teams as well as teams of similar caliber from NB and NS. The team will be granted a maximum of 2 travel permits for the season, this may change depending on team scheduling. **No tournament play will be permitted.** Travel permits must be submitted to and approved by Ringette PEI prior to travel. The rosters for games will include a minimum of 15 and a maximum of 17 players. The program will also be

permitted to host teams on the Island.

Registration

Registration for the program will be completed through the Ringette PEI and will open at a later date.

There will be a cost to participate in this development program in the \$100-\$150 range, but will be determined following the first initial sessions.

This 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.