Coaches Orientation
South Calgary Ringette Association
September 17, 2018
Part 1 Agenda

- Mandatory RC Meeting
- Player and Coach development
- Player and referee management
- Incidents
- Certifications
- Fair Play and Code of Conduct
- Resources & Conducts
Mandatory RC Meeting

Wednesday, October 3 and Thursday, October 4
Triwood Community Association – Collingwood Hall
2244 Chicoutimi Dr NW Registration 6:30, Meeting 7:00 pm

For all teams participating in Ringette Calgary league play, the HEAD COACH IS REQUIRED to attend one of two Ringette Calgary Mandatory Head Coaches Meetings held each season.

Regardless of how many teams an individual is associated with they may NOT represent multiple teams at the coaches meeting. It is also recommended that in addition to the head coach, the team manager attend.
Coach & Player Development Programs (2018/2019)

- Power Skating - Lisa Clark
  - Participate and engage with the kids and instructor
  - Handout with tips is on SC website
  - Designate a skating coach on each team
  - Coach only sessions

- NRS
  - Guest Coaching sessions requested by HC
  - Requires your input and engagement.
  - Tell them what you want to practice in advance.
  - Opportunity to engage and learn
Coach Development Programs

- Gym times - Start in October
  Level of interest in continuing?
  West Hillhurst Mondays & Bethany Chapel

- Starter practice plans for AS and U10 on the website

- Will place Ringette Canada practice plans for all levels on the SC website
Coach Development Programs

- Coach Clinics
- Female Coach Development
- Junior Coaching
- Junior Coach Goalie Development
Coach Development

- Junior Coaches
  - 14-17 current players. Partner program
  - Critical to support and give opportunity to run drills, be involved and engaged
  - Very important role for coach to develop

- On-ice Assistants
  - Help at practices and not games
  - Must be > 18 years old
  - Mentor and engage

The same holds for your coaching staff – engage them in plan development and allow opportunities for leadership.
Goalie Development

- Celebrate the goalie
- Include goalies in practice planning – every minute
- Goalie Clinics
  - Monthly for U12 and below
  - Designate a goalie coach for each team
  - U10 Goalies goal is to introduce the role and reduce fear of position. Focus on skating, edges, T push and positioning
  - U12 Goalies focus on finding girls with interest in full time and introduce butterfly
  - U14-16 Goalies add in mental toughness
Managing The Bench Reminders

- Allowed up to 5 coaches
- Strongly recommended to have 4 or less on the bench
- Set expectations for each coaching role on the bench
- Recommended that door coach focus on shift lengths, fair rotation of players and communicate any issues to HC
- Too much coaching from multiple coaches is very counter productive and a negative experience for the players
- Keep enthusiasm high but yelling low
- MAXIMUM 10 GOAL SPREAD
Respect Referees

- As a general comment coaches overall need to show more respect toward referees
- There is no need to engage a referee
- Just kids learning
- Any negative behavior towards referees will not be tolerated and will result in disciplinary action
- Be a leader and positive role model
Dressing Room Supervision & Female Coaches

- 2 responsible adults (either female parents of the players and/or screened volunteer) before and after each ice time. Still important as girls get older.
- Prevent any disorderly conduct, bullying and vandalism in any form.
- Males not allowed in room at U12.
- Minimum 2 coach on bench at least 1 female. If female can’t make it use certified coaches
Incident Management

- Concussions – had numerous concussions in our association last year. Make sure you know what to watch for – be prepared to say “no” to parents.
- Ringette Canada is encouraging the use of [Concussion Pre-season Education Sheet.pdf](Concussion-Pre-season-Education-Sheet.pdf)
- Return to play – Doctors clearance required
- Would like all players and parents to review and sign.
Incident Management

- Emergency/injuries – always be prepared with players health forms and parent contacts. Report serious injuries to VPOperations@southcalgaryringette.com
- Contact protocol
- Report injuries that require withdraw from play on the Alberta Ringette website home page - “Injury Tracking Report”
New policy this year

- Volunteers on the team must be 16 years of age or older and get a police check (Coaches, Guest Coaches, Trainers, On-Ice Helpers, Team Managers – anyone having contact with the girls more than a couple of times over the year)
- Under 16 volunteers restricted to Junior Coaches and other SCRA registered players.
- Dressing Room Supervision – 2 in the dressing room at all times (female parents - police check not required). Junior Coaches are not dressing room supervisors.
Certification/Training - websites

www.ringettealberta.com
Coaches Tab: links to important info: clinic schedule, explanation of CSI and CI certification videos

www.ringettealberta.com/where-to-start
how to go about getting registered in clinics and creating an account

www.coachingringette.ca (Ringette Canada)
Where you register for ringette coaching clinics

www.coach.ca (Coaching Association of Canada)
Check your coaching status, register for multi-sport programs
Certification/Training

Classroom (due by Dec 15):

*Community Sport Initiation Clinic (CSI)*: 1 day clinic or 2 evenings
Active Start, U10, U12B and U12C division and possibly U14C???

*Competition Introduction Clinic (CI)*: full weekend (Fri-Sun) clinic (on-line workbook to be completed before allowed to register)

*Competition Introduction On-Ice Evaluation*:
U16A, U19A

*Making Ethical Decisions Classroom Module*: All coaches new to ringette

On-Line Training:
*Coach Initiation eModule* (due before registering in above classroom session): All new coaches to ringette, Junior Coaches, On-ice Assistants.

*Making Ethical Decisions Evaluation* (due Dec 31) – to be done AFTER the Making Ethical Decisions Classroom module for new coaches.
Certification/Training

If you got certified in 2013, your certification may be expiring.
CSI – 10 P.D points
CI – 20 P.D points

www.coach.ca

To check your coaching status. If you are having trouble logging in - Do NOT create a new account.
Email: bronwen@ringettealberta.com

Information on maintaining your points:
www.ringettealberta.com/nccp-professional-development
Certification/Training cont’d

On-Line Training cont’d

*Respect in Sport – Activity Leadership Certification* (due Nov 30):
All bench staff (Head Coach, Assistant Coach, Trainer) except Junior Coaches (to be renewed every 5 years). Will accept RIS – Activity Leadership completed through another sport.

https://ringettecalgary.ca/information/ris

- **Police Check:** Due November 30 to remain on the roster
### 2016 – 2017 Coach Requirements Chart

<table>
<thead>
<tr>
<th>Division</th>
<th>Level</th>
<th>Qualified Female on the Bench</th>
<th>Position</th>
<th>Make Ethical Decisions (MED)</th>
<th>Community Sport Initiation (CSI)</th>
<th>Competition Introduction (CI)</th>
<th>Competition Development (CD) (Level 3 Certified)</th>
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<td>U9</td>
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<td>✓</td>
<td>All Coaches</td>
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<td>U10</td>
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<tr>
<td>U12</td>
<td>C &amp; U12B</td>
<td>✓</td>
<td>All Coaches</td>
<td>✓</td>
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<td>✓</td>
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<tr>
<td>U14</td>
<td>A</td>
<td>✓</td>
<td>Head Coach</td>
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<td>Assistant Coaches</td>
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<td>CIT</td>
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<td>U14</td>
<td>B</td>
<td>✓</td>
<td>All Coaches</td>
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<tr>
<td></td>
<td>AA</td>
<td>✓</td>
<td>Head Coach</td>
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<td></td>
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<td>Assistant Coaches</td>
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<td>CIT</td>
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<tr>
<td>U16</td>
<td>C</td>
<td>✓</td>
<td>All Coaches</td>
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<td>U19</td>
<td>B</td>
<td>✓</td>
<td>All Coaches</td>
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<td>A</td>
<td>✓</td>
<td>All Coaches</td>
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<td></td>
<td>AA</td>
<td>✓</td>
<td>All Coaches</td>
<td>✓</td>
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<tr>
<td>Open</td>
<td>C, B, A</td>
<td></td>
<td>All Coaches</td>
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<td></td>
<td>There are no coaching requirements for Open division coaches. Coach requirements will be set by the Province.</td>
</tr>
<tr>
<td>U19 Canada East / West National Team</td>
<td>AAA</td>
<td>✓</td>
<td>All Coaches</td>
<td>✓</td>
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<td></td>
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<tr>
<td>U20 Canada Winter Games</td>
<td>AAA</td>
<td>✓</td>
<td>All Coaches</td>
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<tr>
<td>NRL</td>
<td>AA</td>
<td>All Coaches</td>
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<tr>
<td>30+ (Masters)</td>
<td>All</td>
<td>All Coaches</td>
<td>✓</td>
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</table>
Fair Play and Code of Conduct

• I will teach my players to play fairly and to respect the rules, officials and opponents. Absolutely no bullying or abusive behaviour.
• I will ensure that all players get equal instruction, support and playing time.
• I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.
• Report any illegal activity.
• Recognize the power inherent in the position of coach and respect and promote the rights of all participants in sport.
• Use inoffensive language, taking into account the audience being addressed – tone and volume matter

• See the SouthCalgaryRingette.com for full guidelines.
Resources

- Coaching manual, forms, resources on SC website
- Goalie drills and links to videos & power skating tips on SC website
- NRS - nationalringetteschool.com drills of the week
- Ringette Canada - Ringette ABC
- https://sites.google.com/a/ringette.ca/ringetteabc/ingette/http://www.coachingringette.ca/
- https://thelocker.coach.ca
Communicating with SCRA and Ringette Calgary

PARENT

COACH/MANAGER
(Wait 24 hour if heated situation)

South Calgary
Age Coordinator, VP Operations, then President

RINGETTE CALGARY
Contact Info

Mark Lyle – VP Coach & Player Development
coaching@southcalgaryringette.com

Tracy Ritchie – Coaching Administration
coachingadmin@southcalgaryringette.com

Goalie Development
goaltending@southcalgaryringette.com
Part 2 Agenda – New Coaches

- SCRA Vision
- Ringette Principles
- Ringette traditions
- Role of coach
- Coaching tips
- Parent communication
- Player Development and Practice Planning
- Game Management
- Other stuff
- LTAD
- Ringette Canada Ethical Literacy
Vision – SCRA is a leader in ringette played with enthusiasm by all ages and builds well rounded athletes who work hard and have fun

Mission – SCRA will achieve our vision through:
- high quality programs for our players focusing on teamwork fairness and excellence
- strong leadership that exemplifies sportsmanship and Respect in sport
- continuing efforts to make ringette a sport of first choice for athletes
Basic Ringette Principles

Ringette is different from hockey

- It is a possession game
- It is a game of short passes
- It is a support game, Offensive and Defensive (more like basketball and lacrosse)
- The game breaks out of your zone up the middle, not up the boards
- You break into the opponents zone into quiet ice.
- You uses the blue lines to your advantage, chase the ring carrier into the corners.
- It is a defensive containment game (with the shot clock)
- Speed kills
Traditions Unique to Ringette

Remember these are GIRLS!

- Half time songs U12 and under
- Banner party
- Stuffy mascots
- Party party party

- The social aspect is the primary element to why girls connect with ringette
Role of the Coach

Players:
• Social (part of a team, making new friends, participating with friends, team gatherings)
• Excellence (improve their skills, learn new skills, excel at Ringette)
• Sensation (excitement of the game, doing new drills in practice, the feelings of skating smoothly)
• Success (belonging, recognition, trophies, winning, health)
• Emphasize TEAM!

Coaches:
• Meeting the needs of the player - involve everyone.
• Reflecting optimal physical, psychological and social development of players
• Need to be an effective leader, teacher and organizer
• Encourage and support players - Deal with dysfunctional behavior promptly
• Coach enthusiastically
• Express genuine concern for the players’ total TEAM development and well-being

The players’ decisions about long-term participation in sport are largely determined by coaching the type of impact you the coach have on them.
General Coaching Tips

- Stay positive!!!
- Emphasize skill development and all will win
- Raise the profile of goalies
- Praise Defence too! Steals, checks, man on man
- Dressing room speeches
  - Keep them short (only a few themes each game)
  - Be interactive … ask kids to replay what you said
  - How long can you pay attention to a meeting at work?
  - Let kids take the lead and be involved.
- Assume you are being watched/recorded at all times!
  - Don’t do/say anything you wouldn’t want repeated
- Ask for help/guidance in tough situations
- USE EMAIL CAREFULLY!
Parent Communication

• First and foremost, it is important to make as early contact as possible and make your expectations simple and clear.

• As early as possible, have an informal parents’ and team party.

• Be as calm and open as possible with parents at all times. Parents must realize there are proper times to bring up concerns. Always project the image of being concerned with their child.

• Don’t let problems simmer!

• Encourage parents to NOT make discouraging or disparaging remarks about coaches, referees, opponents, other parents or teammates at any time – especially in the presence of players.

• Ask for feedback throughout the year and also when they hear about any potential issues. Check throughout the season.
Scheduling, Practice times, and Tournaments

- Stay in close communication with the SCRA ice schedulers. Always inform them of tournaments you have applied to and other events that would prevent you from practicing on a certain date or time.

- If you have any scheduling issues that do not require immediate attention i.e. confirmation of ice time due to a double booking – please direct your comments and concerns to the Ice Coordinator vpscheduling@southcalgaryringette.com
Scheduling, Practice times, and Tournaments

- The SCRA ice schedulers receive their ice time from three separate sources and then allocate it to the teams as soon as possible.
- Try to allocate ice in 3-4 week periods, providing the times on the SCRA website 10-14 days in advance of the first ice time of the period.
- Cannot control everything. Patience is needed and special appreciation for ice scheduler is welcomed.
- 1 block before and after Christmas EGRT excluded.
Scheduling, Practice times, and Tournaments

All younger teams will receive 1-2 early morning ice times and are expected to use them. Returning these times will not result in a replacement ice time, you will simply lose that practice.

The ice schedulers prefer to have 7 days notice when you return ice. Failure to return an ice time with at least 48 hours notice will result in your team being charged the full value of the ice.
Season Plan

- Focus on skills - younger ages 80+% 

- Concentrate on skating, passing, shooting and ring skills Individual tactics 

- Team systems - U12 - 25% 

- Strategy - Younger ages none. Older ages 10%
Practice Planning

GOAL - MAXIMUM DEVELOPMENT – MINIMUM ICE TIME

Ringette FACTS:
• One effective 60 minute practice = 11 games to simulate the amount of skill repetition
• One continuous hour of ring control = 150 – 200 games of ring possession
• Player has ring possession for 30 – 60 seconds per game
• 90% of the game is played away from the ring

PROVIDE PRACTICE RULES

CREATE A POSITIVE LEARNING ENVIRONMENT
• Positive talk and positive gestures
• Talk to every player every practice
• Provide positive feedback throughout practices
• Relate drill to related game situation
• Ask players what they see
• Ask if you’ve missed anything
• Demonstrate drills, be patient
• Find and discuss teaching moments, positive commentary
Practice Planning

GOAL - MAXIMUM DEVELOPMENT – MINIMUM ICE TIME

AS – share ice with 3 teams. Each one take a station.

BALANCE INDIVIDUAL SKILL WITH SMALL GROUP/TEAM PLAY WORK
• Vary on the formations/alignments
• Use stations and minimize standing around, keep goalie involved every drill

INCORPORATE CHALLENGES AND FUN GAMES
• Open and close with a bang
• Fun skills together
• Use games as team building
• Competitive challenge practices

HAVE TEACHING AIDS AVAILABLE
• Ropes – tires – pylons – arena boards – spray paint – bouncey balls - chairs

CONDUCT A WARM-UP AND CONDITION YOUR TEAM OFF THE ICE
• Stretch as a group
• Vary conditioning
• Drills may simulate conditioning needs
Game Management

- Less coaching
- Set one or two goals per game
- Treat games like practices until Christmas
- Progress happens in practice
Other Important Stuff

- On-ice helpers
- Maximizing the value of your manager!
- Know Affiliate rules
- 10 Goal Maximum spread
- Ask for help
- Assistance with development program needed
Long Term Athlete Development

• LTAD is a framework for the optimal development of athletes of all ages, interests and abilities.

• LTAD is a guide for program structure and design at the national, provincial community and club levels.

• The LTAD framework identifies specific athlete needs and therefore influences coach education programs.

• LTAD helps ensure that all participants have the opportunity to reach their potential and that Canada is continually represented on world podiums.

• [http://ltrd.ringette.ca/athlete/](http://ltrd.ringette.ca/athlete/)
KEEP IT FUN: Ringette is still fun for me. I want to keep playing!
GO FOR IT: I give my best at all times because it’s honours the game and my team.
PLAY FAIR: I choose to make ethical choices (e.g., no bending the rules, no drug use, no cheap shots)
RESPECT OTHERS: I strive for good team chemistry and a positive interaction between everyone involved in the game (coaches, parents, officials)
STAY HEALTHY: I find that sport can be a stress reducer for me.
INCLUDE EVERYONE: My teammates and I take part in team-building activities to help us and our families get to know one another and build our ringette community.
GIVE BACK: My teammates and I use the True Sport Principles to find ways to give back to our community.