

## Team Sask 2023

### Canada Winter Games (CWG) Program Information

As a first step, we ask athletes and parents to please watch this [video message](#) from the coaching staff and Ringette Sask.

#### *General Information*

- Primary contact: Mel Brockman, Head Coach: [team.sask@outlook.com](mailto:team.sask@outlook.com)
- Level of play: U20 AAA
- [Long-term athlete development \(LTAD\) stage](#): Train to Compete (see pp. 58-71)
- Program length: January 2022 to February 2023
- Double-carded team: participation in the CWG program will be in addition to being on a AA, 18+A, or NRL team for both the 2021/22 and 2022/23 seasons
- Ringette's competition week at CWG: February 18-25, 2023 in PEI ([Montague Arena](#))
- Competition format: 2 pools of 4 and 5 teams (based on 2019 CWG standings) for a round robin preliminary round, followed by a playoff round with the top 8 teams; games will consist of 4 periods of 13 minutes
- Athletes' village: will be located at the [University of PEI](#)
- CWG website: [2023canadagames.ca](http://2023canadagames.ca)

#### *Program Eligibility Criteria*

- Birth years: 2003, 2004, 2005, and 2006
- Minimum 2 years of intent to play at the AA level, including the upcoming season, with intent defined as trying out for AA and either making the team or being released<sup>1</sup>
- Must be registered with your local association by December 31, 2022
- Must be a Canadian citizen or permanent resident
- Exclusions:
  - Senior national team members
  - Athletes who have previously competed at the Senior World Championships

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<sup>1</sup> This is aligned with Ringette Canada's guidance for provinces around how to select athletes: "Potential athletes should be involved in Pursuit of Excellence (POE) or AA programs."

### *Key Expectations*

- Athletes striving to earn a roster spot should have the following qualities:
  - Year-round commitment to being an elite ringette athlete: staying fit, leading a healthy lifestyle, and regularly engaging in ringette-specific training activities
  - Strong fundamental skating and ring skills
  - Ability to understand and execute more advanced tactical and strategic aspects of the game (e.g., breakout, support, use of timing to create opportunities)
  - Plays with grit and confidence; isn't afraid to take risks or make mistakes
  - Desire to constantly work hard, learn, and improve
  - Openness and resilience to adapt to change and adversity, accept feedback, and learn from mistakes
  - Contributes to a positive team culture by meeting expectations, being a good teammate, and always putting the team first
  - Respectful and sportsmanlike conduct as a representative of Ringette Sask
- Athletes must make every effort to attend CWG camps and tournaments
- 18+A athletes will be expected to participate in available practice/training opportunities (since these teams typically play league games only)
- Billeting will take place for camps; and to prepare athletes for the experience of staying in the athletes' village with teammates and coaches only, tournaments may involve travel arrangements and accommodations which replicate this experience

### *Athlete Selection Process*

- A Ringette Sask team selection policy is in development and will outline areas such as decision-making authority and criteria for selecting and releasing athletes
- Athletes will be evaluated through a combination of scouting at tournaments and assessments at CWG camps and competitions

### *Cost*

- As the CWG tournament locations and dates have not yet been finalized, we can only provide an estimate at this time:
  - For those who participate in the whole program (selected to final roster), the goal is to make the individual financial contribution in line with a AA season, with team fundraisers anticipated to offset costs
  - Fee structure for the remaining athletes will be proportionally scaled down to reflect their level of participation in the program

### Tentative Schedule<sup>2</sup>

Year	Date	Activity/Event	# of Athletes	
<b>2021</b>	Aug 17	Distribution of program info to athlete cohort	All interested & eligible	
	Sep 15	Deadline for athlete self-ID video submissions		
	Oct	Virtual Q & A (athletes, coaches, parents)		
	Oct/Nov	Program registration deadline		
	Dec 19	Virtual session (athletes and coaches)	All registrants	
<b>2022</b>	Jan 7-9	Camp #1, Regina		
	Feb/Mar	Athlete homework assignments (ringette IQ)		
	Apr 29-May 1	Camp #2, Saskatoon		
	May 20-23	Camp #3, location TBD		25-30
	June	Camp #4 or possible tournament		18-22
	July	Camp #4 or possible tournament		
	Aug	Possible tournament		
	Oct	Tournament		17-20
	Oct	Selection of final roster		16-18
Dec (or Jan)	Tournament			
<b>2023</b>	Jan/Feb	Weekly team practices, possible exhibition		
	Feb 18-25	CWG, PEI		
	May	Team wind-up		

<sup>2</sup> Subject to change based on any potential future COVID restrictions as well as budget or logistical constraints.