



# SASKATCHEWAN HEAT NRL PROGRAM

## Table of Contents

ABOUT THE NATIONAL RINGETTE LEAGUE .....	2
PROGRAM MANDATE .....	2
PROGRAM OBJECTIVE .....	2
PROGRAM GOALS.....	3
PROGRAM FUNDING.....	3
PROGRAM TIMELINES – 2021/22 Season .....	4
TEAM STAFF .....	4
ATHLETE ELIGIBILITY .....	7
CONDUCT .....	7
MISCELLANEOUS INFORMATION.....	7
KEY PERFORMANCE INDICATORS .....	7

## **ABOUT THE NATIONAL RINGETTE LEAGUE**

The National Ringette League (NRL) is a high-performance training and competition program conducted and administered by Ringette Canada. It is the showcase league for the highest level of ringette in Canada and strives to be the premiere women's sport league in the country.

Ringette Canada provides technical and administrative oversight of the NRL as well as technical leadership for the program. Technical and administrative standards associated within the league aim to provide athletes with a quality sport experience which ensures a safe, welcoming, and developmentally appropriate training and competition environment for all participants.

Athletes playing in the NRL train at a standard equal to or greater than that of Train to Compete athletes, as described in Ringette Canada's Long-Term Athlete Development Model. Please visit [Long-Term Ringette Development](#) for important and relevant information. Teams are committed to providing a daily training environment which supports athletes in this stage of development, while ultimately striving to develop an environment which can support training to win athletes, independently of the National Team program by 2025.

## **PROGRAM MANDATE**

The mandate of the Saskatchewan Heat NRL Program is to provide a continuum of athletes and coaches with a high-performance daily training environment that will significantly improve performance levels and standings of Saskatchewan athletes and teams at National Ringette League competitions, including the Canadian Ringette Championships.

In addition to success at these competitions the program is geared to develop selected athletes' technical, physical, and psychological skills by exposing these athletes to enriched levels of training and competition. Aside from skill acquisition, athletes will be provided opportunities for personal development.

Use of the Sport Medicine and Science Council of Saskatchewan's programs and services will be required for this program. These programs will help support and optimize competitive sport performance through the delivery of high quality and evidence-based sport medicine and science services.

The Saskatchewan Heat NRL Program will also assist in the development of the sport throughout the province by working in conjunction with other coaches and volunteers committed to the development of high-performance athletes and coaches.

## **PROGRAM OBJECTIVE**

Saskatchewan Heat NRL Program is an opportunity for athletes in the [Train to Compete](#) and [Train to Win](#) stages to compete at the National Ringette League level.

The objectives of the National Ringette League are:

- To provide a quality daily training environment for high performance ringette athletes in Canada
- To move ringette into the mainstream of Canadian sport activity
- To encourage greater public awareness of ringette
- To achieve positive financial results at both a league and team level

## PROGRAM GOALS

- Develop physical talents to maximize an athlete’s potential by engaging in competitive activities, while promoting sound health, safety, and physical fitness.
- To promote athlete, coach, and official development. Specifically building a larger pool of Competition Development Certified coaches.
- To provide an athlete-centered ringette experience that complements long-term athlete and coach developmental plans, generally in the LTAD Train to Compete and Train to Win stages of development.
- Following the Athlete Development Matrix, the athlete will build key skills through their participation in the sport at the high-performance levels.
  - [Athlete Development Matrix – Train to Compete](#)
  - [Athlete Development Matrix – Train to Win](#)
- Strengthen ringette through NRL by celebrating and inspiring the next generation, whether that be an athlete, coach, volunteer, or association.
- To provide a provincial showcase of ringette which increases public awareness and support for ringette.
- Enhance and strengthen collaboration throughout the province.
- Provide a legacy for growth of the sport across the province.

## PROGRAM FUNDING

### *Sponsorship*

A sponsorship package has been developed and Ringette Saskatchewan will use our contacts to distribute said package. However, most of the sponsorship will be up to the team staff and athletes to seek out on their own.

Athletes who have family members who own a business will have the opportunity to seek sponsorship from them with 50% of the money they receive going towards their individual’s athlete account and the other 50% going towards the team account.

### *Remuneration – Coaches*

- Ringette Saskatchewan will reimburse the team staff for expenses related that were actually and properly incurred in the performance of their service provided such expenditures have been duly authorized by the Ringette Saskatchewan Executive Director. All expenses are to be properly submitted with corresponding receipts.
- Expenses will follow Ringette Saskatchewan’s most current Honorarium and Expenses Guidelines document.

### *Travel*

- Travel required as part of the Saskatchewan Heat NRL Program shall be coordinated or consulted with Ringette Saskatchewan staff.
  - All travel and accommodation will adhere to Safe Sport best practices.

### *Accommodations*

- Reasonable hotel accommodation is a legitimate expense

## PROGRAM TIMELINES – 2021/22 Season

	2021	2022
January		TBD – Hub Weekend (Edmonton)
February		TBD – Hub Weekend (Saskatoon)
March		March 12/13 – Hub Weekend (Manitoba)
April		April 3-9 – CRC (Calgary)
May		
June		
July		
August	NRL Town Hall	
September	Sept 11/12 – Tryout Camp Sept 15 – Team Selection Sept 17-21 – Coach/Athlete Meetings Sept 25/26 – Team Camp	
October	Oct 9/10 – Team Camp Oct 23/24 – Team Camp	
November	Team Camp Exhibition Games	
December	Dec 4/5 – Hub Weekend (Edmonton) Team Camp	

### Daily Training Environment Requirements:

- Average of 2 on ice training sessions per week during the NRL season
- Plus, an individualized training program that supports the overall development of all athletes
- At least 4 sessions with a mental performance coach
- 1 pre-season, 2 in-season, 1 year-end debrief
- Injury Prevention warm-up provided by Ringette Canada
- Mandatory fitness testing twice a year
- Start of the on-ice season (August)
- Mid-season (during World Championship Blackout)
- Each team will establish a relationship with local sport medicine providers.

## TEAM STAFF

### Head/Assistant Coaches

#### A. Minimum Application Requirements 2021-2022 Season

NRL coaches shall be Comp-Dev Certified or on track to be fully certified for the 2022-23 season.

#### COACHES NOT YET CERTIFIED MUST:

- Certified with at least 1 Competition Development multi-sport module since April 15, 2021
- Complete Making Headway in Sport
- Complete Respect in Sport
- Complete Safe Sport Training
- Successful completion of a Criminal Record Check with Vulnerable Sector Check
- Must complete any required training outlined by Ringette Canada for NRL Coaches

- Ex. Participate in at least 2 of the NRL coach specific professional development opportunities offered for the 2021-22 season.

## B. Selection

For the 2021/22 season, the Ringette Saskatchewan coaches would be selected from a pool of interested coaches who at minimum meet the eligibility criteria above. A minimum of 4 people must be named to the team staff:

- Head Coach
- 2 Assistant Coaches
- Trainer (a trainer can also be a coach, as long as they meet minimum certification requirements and have qualifications as a trainer)

There must be at least 1 female coach on the bench for all games as per the coach requirements. There must be at least 2 members of the bench staff present for all games and practices (1 coach and 1 trainer).

## C. Expectations

### Head Coach

- Complete all relevant coach certification requirements
- Follow and adhere to NRL standards
- Recruit and train athletes to compete in the NRL
- Conduct an athlete selection process (as per Ringette Saskatchewan guidelines)
- Plan on and off ice training for athletes
- Select assistant coaches and a management team
- Work with Assistant Coaches and Ringette Saskatchewan to create a season plan
- Commit to at least 2 years in this position
- Attend Hub weekend games
- Attend the Canadian Ringette Championships at the conclusion of the season
- Serve as a positive role model for Ringette in Saskatchewan
- Uphold Ringette Saskatchewan's values and Coaches Code of Conduct

Responsibilities and services will be highlighted and explained in detail in the coach contract that will include the following key areas obligations, program management, athlete selection, athlete and team preparation, and training and competition events.

### Assistant Coach(es)

- Complete all relevant coach certification requirements
- Follow and adhere to the NRL standards
- Work with the Head Coach and Ringette Saskatchewan staff to create a season plan
- Support the Head Coach in implementing the NRL Program Plan over the course of their term
- Support the planning and attend all selection and training camps, pre-games tournaments and other team related events and activities
- Serve as a positive role model for Ringette in Saskatchewan
- Uphold Ringette Saskatchewan's values and Coaches Code of Conduct

- Support the Head Coach in the evaluation and release of athletes through the selection process
- Support the Head Coach in selecting athletes to the Saskatchewan NRL Team

### *Trainer*

#### A. Eligibility

Any additional team staff, such as trainers, athletic therapists or managers must satisfy the requirements for their specific role, as outlined in the Ringette Canada NRL Guidelines. In addition to meeting those criteria, Ringette Saskatchewan requires all team staff to complete the following:

- Respect in Sport
- Safe Sport Training
- Successful completion of a Criminal Record Check with Vulnerable Sector Check

### *Manager*

Responsibilities may include, but are not limited to:

- Work closely with Ringette Saskatchewan and provide additional assistance
- Overall responsibility of the day to day managerial and/or administrative responsibilities of the Saskatchewan Heat NRL Program
- Required to register with and be in good standing with Ringette Saskatchewan
- Required to complete the Ringette Canada Manager's Certification program
- Required to comply with Ringette Canada's Screening Policy
- Required to participate in educational sessions designated by Ringette Canada
- Required to submit a Team Personnel Agreement to Ringette Canada
- Required to complete the Respect in Sport – Activity Leader online education

### *Media/Public Relations Representative*

Responsibilities may include, but are not limited to:

- Management of the Saskatchewan Heat NRL Program's digital presence, including social media and websites
- Coordination with Ringette Canada for new collateral and digital materials
- Participation and execution for NRL wide communication initiatives
- Required to register with and be in good standing with Ringette Saskatchewan as a volunteer
- Required to comply with the Ringette Canada and Ringette Saskatchewan Social Media policies

### *Athlete Representative*

Responsibilities may include, but are not limited to:

- Being an advocate for an athlete-centred system within ringette
- Communicate regularly with peer athletes, team personnel and Ringette Canada
- Main point of contact and will provide representation on behalf of the athletes on the Saskatchewan Heat NRL team
- Frequently liaise and communicate with team personnel

- Know and understand the policies and issues of the NRL, Ringette Canada, and Ringette Saskatchewan
- Actively participate in exchanges and/or meetings with other Athlete Representatives

## **ATHLETE ELIGIBILITY**

- Graduating U19AA athletes
- Athletes must be registered Participants in good standing with Ringette Saskatchewan to play in the NRL

## **CONDUCT**

The use of alcohol or drugs that are in contravention of the Criminal Code of Canada, are strictly prohibited while in attendance at any training or competition functions. Malicious damage to accommodation, competition sites, transportation vehicles or any other personnel misconduct causing harassment to participants or spectators will not be tolerated. In all cases, damage to property will be the responsibility of the individual at fault (in the case of minors it will be the responsibility of the parent). Any misconduct of the nature mentioned above may result in:

- Immediate dismissal of the individual from the SaskFirst program
- Further suspension by the RAS
- Prosecution by law

The use of banned substances as specified by the Canadian Centre for Ethics in Sport are also prohibited.

All individuals involved in the Saskatchewan Heat NRL program must adhere to RAS policy. Ringette Saskatchewan is committed to the safety and wellbeing of all participants, and the following requirements are in place to ensure the Saskatchewan Heat is governed and operating in a safe environment:

- Ringette Saskatchewan's Code of Conduct and Ethics Policy
- Ringette Saskatchewan's Screening Policy
- Ringette Saskatchewan's Discipline and Complaints Policy
- Ringette Saskatchewan's Appeal Policy
- Ringette Canada's Concussion Policy and Return to Play Protocol
- The application of the Rule of Two
- Mandatory Education – Respect in Sport (Activity Leader)

The Head Coach will be expected to sign a contract that lays out specific expectations as it relates to coaching and them always acting in a professional manner.

Additionally, the Team Personal will sign contracts with Ringette Canada including the Head Coach.

## **MISCELLANEOUS INFORMATION**

Ringette Saskatchewan Logo Requirements/Apparel

- On and off ice apparel needs Ringette Saskatchewan approval to ensure alignment with branding requirements.

## **KEY PERFORMANCE INDICATORS**

1. Improvement in the final standings position of the team in the 2022-23 season from 2021- 22 season.

2. All games played at National Ringette League be within a 1-2 goal spread.
3. Athletes meeting or exceeding National Ringette League fitness testing standards each season.
4. All athletes' fitness testing results improve throughout the season.
5. 90% of athletes in attendance at all camps and competitions.
6. At least one athlete identified/invited to try out for Junior or Senior National Team.
7. 80% of athletes satisfied or above satisfied with the program each season.
8. 90% of athletes from 2021-22 season tryout for the 2022-23 season.
9. A mixture of Saskatoon and Regina graduating AA players trying out for the Saskatchewan Heat NRL Program.
10. Host two successful showcase events that increases our social media presence.
11. All Saskatchewan home games be well attended (i.e., strive for rink seating capacity).
12. Saskatchewan Heat coaches and program aligned and feel they were collaborated with.
13. Head and Assistant Coaches Competition Development-Certified by the start of the 2022-23 season - no exceptions.
14. Coaching representation from Saskatoon and Regina for the 2022-23 season.

DRAFT