



RAS HIGH PERFORMANCE TRAINING ASSISTANCE PROGRAM

Ringette Saskatchewan's High-Performance Training Assistance Program is to enhance and equalize the athlete training opportunities for all "A/AA" teams within the province.

Ringette Saskatchewan and its teams will use the programs offered by the Sport Medicine and Science Council of Saskatchewan (SMSCS). They offer assistance in the areas of Mental Training, Nutrition Training, and Exercise Training. Your use of these programs will ensure a higher profile for our sport and financial assistance from RAS for your team's training.

Each U14AA, U16, U19 and 18+ "A/AA" team is eligible to receive ONLY:

- 1) 3 "free" program hours from SMSCS. These free hours should be used in the Mental Training and Nutritional Training areas. If your team wishes to use more than 3 program hours in either of these areas, you will do so at your own expense. Contact Travis Laycock of SMSCS (travis.laycock@sasktel.net) to access these programs. **You must use at least one of each of these sessions to qualify for RAS funding outlined in #2.**
- 2) Up to \$450.00 from RAS toward your team's Exercise Training and/or Power Skating programs.

For the Exercise Training, you must use an instructor who is SMSCS approved. There is a list available on their website (<http://www.smscs.ca>). All arrangements are to be made by the individual teams. **Make sure that your instructor is approved before starting a program or you will NOT be eligible to receive funding.**

For Power Skating, you must use an accredited Power Skating Instructor. **Make sure of this accreditation before the start of your program as you will be required to submit proof of accreditation to RAS.** Teams are again responsible for making all arrangements with instructors. **Make sure that your instructor is approved before starting a program or you will NOT be eligible to receive funding.**

This RAS High Performance training assistance will be issued on a reimbursement basis. The application for assistance is enclosed. Receipts for expenses related to this program must be attached and received to the RAS office by February 28 of the season. Application for assistance can be made when the above criteria have been met and expenses totaling \$450.00 have been incurred.

If you have any questions, please contact me at the office.

Hope you all have a great season,

Ruchelle Himmelspeck, Executive Director
Ringette Saskatchewan
Ph. (306)780-9432
Fax (306)780-9480
Email: executivedirector@ringettesask.com