



## Ringette Saskatchewan High Performance Training Assistance Program

Ringette Saskatchewan's High Performance Training Assistance Program has been established to enhance and equalize the athlete training opportunities for High Performance teams across the province. In partnership with the Sport Medicine and Science Council of Saskatchewan (SMSCS), the program offers assistance to teams in the areas of:

- Concussion Education
- Injury Prevention & Care
- Mental Performance
- Sleep & Performance
- Sport Nutrition
- Biomechanics
- Exercise Physiology & Fitness Testing
- Strength Training

Divisions eligible to receive funding through the Ringette Saskatchewan High Performance Training Assistance Program:

- Saskatchewan Heat (NRL)
- U19AA
- U16AA
- U14AA
- Canada Winter Games
- U19A
- U16A

Applicant teams are eligible to receive:

1. **Two (2) program hours from SMSCS.** These hours can be used in Sport Medicine or Sport Science areas. These hours must also be conducted by an SMSCS approved consultant. Programs, services, and approved consultants can be found on the SMSCS website [HERE](#). Teams wishing to use more than 2 program hours in the Sport Medicine or Sport Science areas, must do so at their own expense. Contact Tyson Brinkworth ([services.smscs@sasktel.net](mailto:services.smscs@sasktel.net)) at the SMSCS to access these programs.

***\*\*Teams must use all program hours (2) to be eligible to apply for exercise/strength training assistance below.***

2. **A minimum of \$150 towards Exercise and Strength Training.** Teams must use an SMSCS approved instructor/coach. A list of approved instructors/coaches can be found [HERE](#). All exercise/strength training session arrangements must be done by individual teams.

***\*\*Please ensure the instructor/coach is SMSCS approved prior to starting a program or your team will NOT be eligible for assistance.***

Ringette Saskatchewan High Performance Training Assistance funds will be issued on a reimbursement basis. Receipts for exercise/strength training services must be submitted with the team application.

Deadline to submit team applications for the Ringette Saskatchewan High Performance Training Assistance Program is **February 1, 2024**. Based on the number of applicant teams and current funding, teams may be eligible for additional exercise/strength training reimbursement.

Application form can be found on our website [HERE](#)