

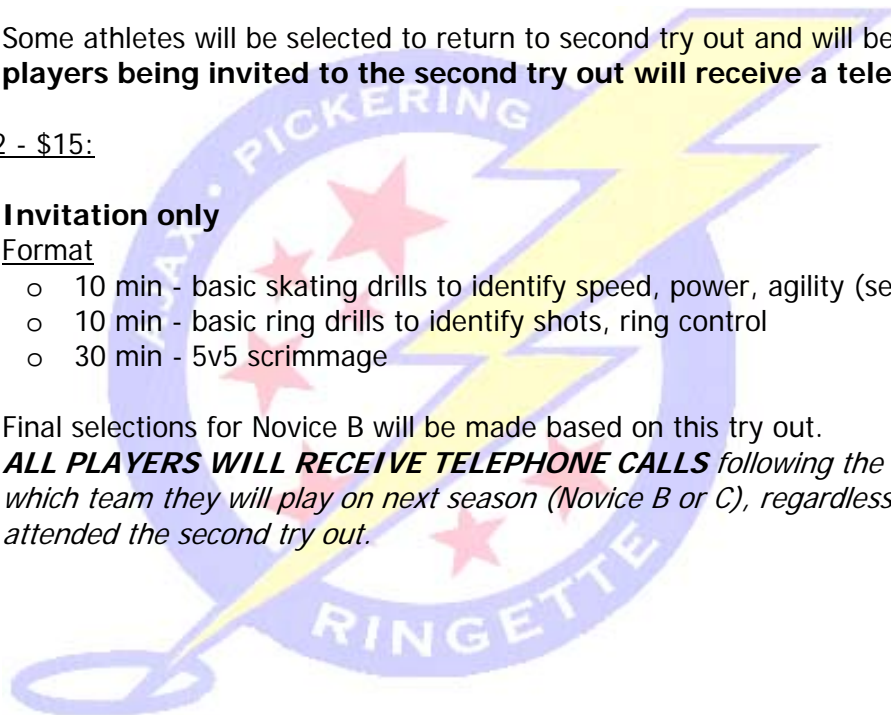
Ajax-Pickering Ringette Associations
2010 Try – Outs: NOVICE AND PETITE

Novices: Try-Out 1 - \$15

- All players intending to play on a regional Novice team should attend the first Novice “B” tryout
- Format
 - 10 min - basic skating drills to identify speed, power, agility (see attached drill plans)
 - 10 min - basic ring drills to identify shots, ring control
 - 30 min - 5v5 scrimmage
- Some athletes will be selected to return to second try out and will be notified by telephone. **Only players being invited to the second try out will receive a telephone call.**

Try-Out 2 - \$15:

- **Invitation only**
- Format
 - 10 min - basic skating drills to identify speed, power, agility (see attached drill plans)
 - 10 min - basic ring drills to identify shots, ring control
 - 30 min - 5v5 scrimmage
- Final selections for Novice B will be made based on this try out.
- ***ALL PLAYERS WILL RECEIVE TELEPHONE CALLS*** following the second try out to advise which team they will play on next season (Novice B or C), regardless of whether or not they attended the second try out.



Petites: Try-Out 1 - \$15

- **All Petites should attend the first tryout (excepting those who will only be playing house league).**
- Format
 - 10 min - basic skating drills to identify speed, power, agility (see attached drill plans)
 - 10 min - basic ring drills to identify shots, ring control
 - 30 min - 5v5 scrimmage
- Some athletes will be selected to return to second try out and will be notified by telephone. **Only players being invited to the second try out will receive a telephone call.**

Try-Out 2 - \$15

- **Invitation only – PROVINCIAL PETITE final skate**
- Format
 - 10 min - basic skating drills to identify speed, power, agility (see attached drill plans)
 - 10 min - basic ring drills to identify shots, ring control
 - 30 min - 5v5 scrimmage
- Final selections will be made based on this try out.
- ***ALL PLAYERS WILL RECEIVE TELEPHONE CALLS*** following the second try out to advise which team they will play on next season – even if they did not attend the second try out.

Try-Out 3: If required – Free for players who attended 2nd try out (otherwise \$15 – see FAQ)

- Depending on the number of players there may be enough to have two regional Petite teams.
- In order to seed more than one regional petite team, a third skate will be scheduled for Tuesday, April 20, 2010 at 6:30PM at O'Brien rink (indicated as SPARE) on the try-out schedule.
- **Players will be notified of the third skate when they receive their phone call following the second try out.**

Coach Selection Process – Novice and Petite

All coaches must have their children independently evaluated prior to selection. The coaches are selected by the Coaching Coordinators and Committee after the first try outs and announced at the second try out.

Player Selection Process

All players will be evaluated using a holistic marking scheme by a group of independent evaluators in addition to ALL coaching applicants. Final team selection will be via deliberations in the presence of all evaluators, and moderated by an APRA Executive Member *who did not evaluate the try-out.*

There may be no less than 2 Independent evaluators and not less than 5 evaluators total including coaching staff and all evaluation records will be kept for future reference.

Evaluator Criteria:

Independent Evaluators:

- Must be qualified to coach or have experience coaching the caliber being evaluated
- May not have a child playing at the age group being evaluated

Coaching Applicants:

- Coaching applicants may not evaluate their own child. Coach's children will be evaluated on the first try-out before coaches are selected and announced

Executive Moderators

- The APRA Executive Moderators are responsible for ensuring fair execution of process and keeping the discussions on track
- To ensure the executive moderators are completely free from bias, the executive member must not have witnessed the try-out or have a child playing at the age group being discussed

Miscellaneous

Out of Town Athletes:

- All out of town players must be accompanied by a signed release to skate at the first try-out to be permitted on the ice
- In order to provide the most possible positions for local talent, out of town players must be deemed a significant enhancement to the roster in order to be offered a position on our team (i.e. an out of town player ranking on the bottom half of the team may not be offered a position displacing a local athlete).
- All offers to play for out of town players are conditional on providing a signed release within a reasonable timeframe.
- It is the responsibility of the out of town player to obtain releases from all pertinent parties in compliance with ORA guidelines.

Payment Policy:

- Athletes are only required to pay for the first two try-outs that they attend. I.e. If an athlete attends the first two try-outs and does not make the team, she is not responsible for paying for the third (or fourth) try-out.

Underage/Overage Players:

- Please note that in extenuating circumstances the APRA will permit under/overage players with prior written consent from the Executive.

Players Unable to Attend Try Outs:

- Players who do not attend try outs will not be added to team rosters after the teams have been selected. Exceptions can be made with prior consent from the Coaching Coordinators and Presidents for extenuating circumstances such as injury, pre-planned travel, or emergency.

Test Anxiety:

- Many players experience nervousness when they know they are being evaluated. This is commonly referred to as test anxiety. Some tips when dealing with test anxiety include:
 - Avoid mentioning what is at stake...every player will have a place to play
 - Ensure that your daughter is well hydrated and has received the proper nutrition. Avoid greasy foods the day before and the day of try outs and keep the pre-try out meal nice and light...upset tummies can make a child nervous and/or yield a poor showing
 - Highlight the exciting part of try outs, meeting new friends, trying new drills, and of course, playing RINGETTE!!
- Unfortunately exceptions cannot be made if you disagree with the results of your daughter's evaluation because of test anxiety. To maintain transparency in the process we use independent evaluators in addition to coaching applicants, but they can only evaluate the performance they see on the ice.

Frequently Asked Questions:

- **I played house league last year and only want to play “B” this year...which try outs should I attend?**
 - Please attend the first try out. You may be invited back for a second try out, or notified that you will play B next year.
- **I played regional last year and want to play regional again this year. Which try-outs do I need to attend?**
 - Please attend the first try out. You may be invited back for a second try out, or notified of your position on a B team. If there will be more than one regional team, you may be asked to come to a third skate.
- **I am only interested in playing house league. Do I need to attend try outs?**
 - No. Please register online to reserve your spot in our house league program for next season.
- **How do I know if I made the Novice B / Provincial Petite team?**
 - If you attended the first try-out but were NOT contacted by the coach, you were not one of the selected players. If you were contacted to return to the second try out, you will be notified by telephone of which team you will play on for next season.
- **I did not make the Novice B/ Provincial Petite team. Now what?**
 - For Novices, you will play Novice C and can expect a phone call you're your new coach. For Petites, you may be asked to attend a third skate to seed the regional teams, otherwise you can expect a phone call from your new coach.
- **I went to the first try out but was not invited to the second. When I received a phone call I was asked to attend the third try out to be seeded. Do I need to pay?**
 - Yes. The first two try outs are covered by the athlete at \$15 each. The third and fourth try outs if necessary is covered by the association.
- **I am attending my third try-out tonight, do I need to pay?**
 - No. You are only required to pay for your first two try-outs. Any subsequent try-outs will be covered by the association.
- **I am attending my third APRA try-out, but it's for a different age group, do I still have to pay?**
 - Yes. Only the third and fourth try-outs per age division are covered by the APRA. Please note that prior written approval from the APRA Executive is required to skate for a different age group.

Please direct any additional questions to the Coaching Coordinators:

Shannon Kay – skay@omerspe.com

Steve Peters – stevenpeters@sympatico.ca

Ajax-Pickering Ringette Association
2009-2010 Player Evaluation Criteria

The following pages contain the holistic marking scheme and evaluation worksheet used by the evaluators. There is also an example of the basic drills that will be used to determine the athletic abilities of each athlete.

| Rating | Description of Competencies |
|--|--|
| 5 Excellent Best Player(s) on Ice | <ul style="list-style-type: none"> ▫ Skating: Player demonstrates top decile straight line speed including: quickness of feet and length of stride. Player maintains speed during smooth directional changes (turns) and through crossovers. Player can change direction quickly and demonstrates strength of stride and comfort on edges. ▫ Ring Control: Player is able to pick-up a ring and shield from opponents. Player habitually keeps ring in motion and demonstrates accurate shot. ▫ Style: Player exhibits comfort in specific zone play and has an aptitude for in game tact in this area. |
| 4 Good | <ul style="list-style-type: none"> ▫ Skating: Player demonstrates top quartile straight line speed including: quickness of feet and length of stride. Player slows during smooth directional changes (turns) and through crossovers. Player can change direction quickly and demonstrates strength of stride and adequate comfort on edges. ▫ Ring Control: Player is able to pick-up a ring and shield from opponents. Player demonstrates accurate shot. ▫ Style: Player exhibits comfort in specific zone play and appears to understand in-game tact in this area. |
| 3 Satisfactory | <ul style="list-style-type: none"> ▫ Skating: Player demonstrates adequate straight line speed including: quickness of feet and length of stride. Player is able to engage smooth directional changes (turns) and crossovers. Player can change perform hard directional changes and demonstrates moderate comfort on edges. ▫ Ring Control: Player is usually able to pick-up a ring and shield from opponents. Player if often able to shoot with some degree of accuracy. ▫ Style: Player understands specific rules and zone play and appears to be learning about tact in this area. |
| 2 Below Average | <ul style="list-style-type: none"> ▫ Skating: Player is behind the majority of athletes on the ice. Player has some difficulty making smooth directional changes (turns) and crossovers. Player has difficulty stopping or requires assistance. ▫ Ring Control: Player has difficulty picking up a ring and does not shield from opponents. ▫ Style: Player seems uncomfortable in specific play and has a limited grasp of rules and strategy. |
| 1 Poor | <ul style="list-style-type: none"> ▫ Skating: Player appears to be new on skates and is not comfortable on her edges. ▫ Ring Control: Player is unable to pick-up a ring/ shield. ▫ Style: Player appears to be learning dynamics of ringette. |

Evaluation Form

| | Speed | Agility | Power | Shot | Control | Movement | Offense | Defense | Recommendation | |
|----|---------|--------------|-------|------|---------|----------|---------|---------|----------------|-------|
| # | Skating | Ring Control | | | Style | | | | | Notes |
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Evaluator Comments:

Sample Drills

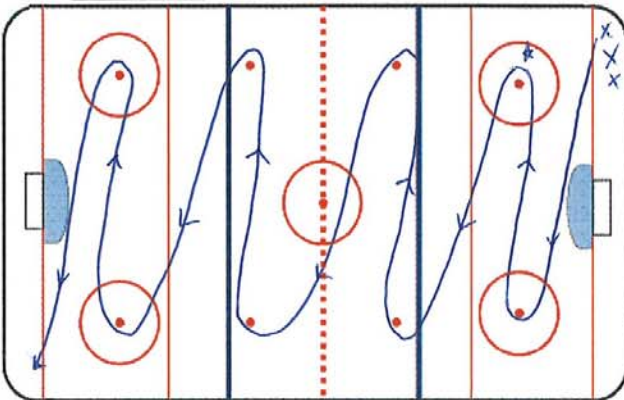
Try-Out #1

Warm Up:

Between the Blue - Players skate clockwise around ice surface. Instructor at centre ice to give direction to players as to activity to perform between blue lines (i.e. skate fast, skate backwards, stretch out, lunges, etc.) (2 minutes)

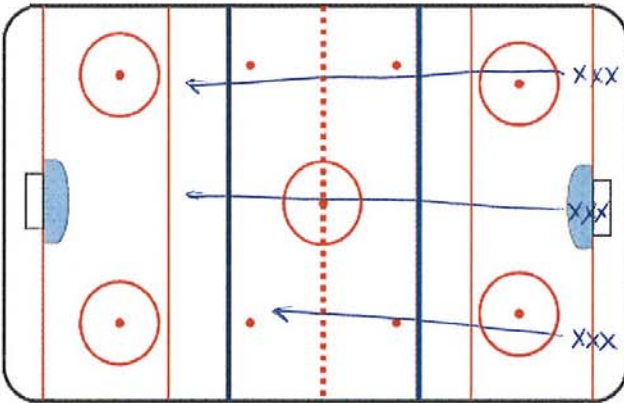
Break In - this is to allow players a chance to feel the ring before they are evaluated. 2 lines at blue facing the net. Players break into the zone and look for a pass from opposite line - shoot to warm up goalies (**not to score or deke - they are not being evaluated and we don't want injuries**). This is a chance for them to get a feel for the ring and warm up a few **shots**. (2 minutes)

Evaluation:



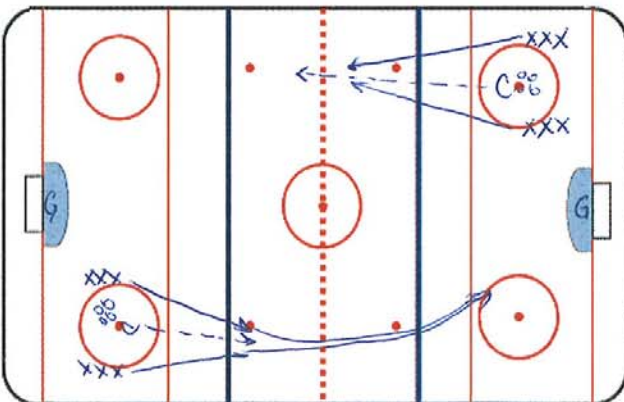
Tight turns: Players line up in corner in numerical order by jersey colour. First player skates as hard as she can across the ice and makes a tight turn around the opposite face-off dot. Player will zig-zag down ice surface making tight turns around every dot. The next player begins when the first player rounds the **SECOND** dot.

Variation - change direction on face-off dots (forwards to backwards).



Straight-Line Speed: Players make three lines on goal line. First player in each line turns around (towards boards) to show her number to the evaluators (try to keep the numbers in order and colours in order). On whistle they turn and race down the ice. Next heat does not begin until first heat is finished. Same for backwards skating - show off cross-overs.

Repeat 4 times.



Race to the ring: Players line up on either side of opposite possession circles facing down ice (run out of two corners). Rings are in the middle. Coaches pass up ice and first two players in each line race to recover the ring. The player who did not recover the ring may defend the opposite net/ check to recover.

Shows speed, tenacity, checking, etc.

5 minutes.