



2022/2023 U19AA Bandits

Welcome to tryouts and the beginning of a new ringette season! I am very excited about the upcoming season and am looking forward to growing the U19AA program with a great group of athletes, parents and coaches. The goal for U19AA is to provide an avenue for athletes to continue to excel as great young people while improving their gameplay both physically and mentally in a sport they love. The team will help all players build character and confidence, while providing a sense of accomplishment through skill development, strategy and teamwork. All athletes in the U19 age division wanting to be a part of a rewarding and gratifying high performance program requiring a high level of commitment, dedication and hard work are encouraged to come try out for the Bandits.

The Bandits program for 2022-2023 season is tentatively planned as follows:

Practices: expect up to 3 practices/week. Since most players will have their license, the current plan is to practice on weekdays around 4:30 pm, this will allow for evenings and some weekends off.

Games: 1 league game per week

Strength and Conditioning Training: Once a week

Other team activities will be scheduled as we go.

Tournaments: approx. 1 tournament/month.

- September – Ring it on series (Calgary)
- October – Landmark Tournament (Winnipeg)
- November – Elite Tournament (Regina) and Bernadette Price Tournament (Saskatoon)
- December – TBD
- January – Esso Golden Ring (Calgary)
- February – TBD (dependent on CWG involvement)
- March – Provincials (Saskatoon)
- April – Nationals (Regina)

Exhibition Series: will be planned along the way with other U19AA teams in Western Canada to help get in meaningful competition.

Financial Commitment: approx. \$4,000/player. This will be dependent on fundraising (if desired by the parent group), tournament rooming arrangements, etc. Team fees will be paid in installments throughout the season and adjusted as we go, if necessary.

I am looking forward to a fun and exciting season ahead. If you have any questions, please feel free to reach out by email 19aabandits@gmail.com or call/text 306-527-1664.

Thank you,
Christen Benson