

U14A ACES RINGETTE - 2022/2023

All U14 athletes are invited to attend and tryout for the U14A Aces. Athletes registered with Regina Ringette Association and Buffalo Plains Ringette Association are eligible to attend.

Tryout dates:

Friday September 02 2022 @ 7:15pm @ Doug Wickenheiser Arena

Saturday September 03 2022 @ 4:00pm @ Cooperators Centre Rink 3

Sunday September 04 2022 @ 5:15pm @ Cooperators Centre Rink 3



To register for tryouts follow the link on the Regina Ringette website under 'Registration', and select 'Tryouts – U14A'. There is a fee of \$50.00 with a deadline of August 26 2022 to register.

The upcoming season will be challenging, and I hope you are excited to join myself in growing as team and individuals to succeed. With over 28 years of ringette experience, 20 of those being A/AA player, and going into my 7th year of coaching, 5 of those being A/AA, I am excited to push, inspire and grow this team. Being able to participate and medal in Provincial Championships, Canadian Western Championships and Canadian National Championships as a player and a coach, is an experience you learn and grow from and I hope to be able to share those experiences throughout the year.

This season we will work on team communication, skill development, and control. While building and improving as a team and individuals. We will focus on confidence, commitment and respect to the sport and team. We will practice how we play, and love the sport we play, in a safe and respectable environment on and off the ice.

Ice times will vary with practices 1-2 week, games 1-2 week, and off ice training once a week. Tournaments will be discussed as a team and encouraged to attend 3-4 out of town tournaments, as well as participating in local tournaments and competitions. Team fee's will be dependant on the team decisions, with fundraising opportunities.

See you on the ice!

A handwritten signature in blue ink, appearing to read 'Alyssa Wolfe'.

Alyssa Wolfe
Coach - U14A Aces

"Help them learn, instead of teaching them. See them beyond their limits and guide them to success."