



U16 AA Stingers Ringette Team

The 2022-23 U16AA Stingers are looking for dedicated, hard-working, motivated, elite athletes looking to continue their journey in high performance. We are looking to assemble a group of committed and determined athletes with the purpose of exploring limits, building confidence, continuous development, teamwork, accountability, sportsmanship, and fair play at the heart of the season. Team cohesion and complete alignment with the goals of the team will ensure that all athletes develop to their potential and position the team to reach its potential.

This team will be training throughout the season for the opportunity to represent Saskatchewan at the Canadian Ringette Championships at home here in Regina. To achieve this goal, among many others, the program will require athletes to dedicate an average of 4-5 days a week towards competition, practices, strength/conditioning training, and team activities. To get appropriate competition against other U16AA teams, the team will have the opportunity to participate in a tournament each month (dependent upon acceptance):

Calgary - September
Winnipeg - October
Regina - November
Saskatoon - November
Edmonton - December
Calgary - January
Provincials (Saskatoon) - February
Nationals (Regina) - March/April

There may be other competition opportunities for "Meet in the Middle" events with Alberta/Manitoba teams that may also be explored throughout the season. In addition to the competitions, there will be 1-2 practices a week, one strength/conditioning session a week, and 1-2 league games a week.

The financial commitment for the season is approximately \$3000/athlete with fundraising/sponsorship opportunities as determined by the parent group. There will be the option to pay team fees in installments.

Athletes at this age may be involved in a variety of athletic, artistic, and work activities outside of ringette, which is encouraged. However, given the time commitment required for this program, it is recommended that ringette be your child's only *competitive* activity. This is to prevent burnout and injury and also to maximize their individual and team development. When considering other activities, it is expected that practices be prioritized over games as practices provide the best environment for skill development. Having said that, I am willing to work with other activities to balance schedules and commitments to allow athletes to experience success and opportunities in other interests.

If you have any questions about the program, please contact me at 306-533-9078 or u16aastingersringette@gmail.com

Daina Seymour