



NEW PARENT & PLAYER INFO

Welcome to the Wonderful World of Ringette !!

You've done all the things necessary to get your child ready to play ringette, registered, got equipment, skates are sharp and the kids are eager. You're ready to go but you may have some questions & who do you ask?

Our association is made up of an Executive Team, all of us are parents of ringette players, wanting to make this a fun sport and a positive experience for the players and parents. If you have questions or concerns that are not answered in this document or by your team coach or manager please email one of the Executive members below:

President - president@coqmoodyringette.com

Vice-President - vpadmin@coqmoodyringette.com

Direct of Coaching - coaching@coqmoodyringette.com

Registrar - cmra.registrar@gmail.com

This guideline is intended for those of you who are brand new to ringette and may not know much about the game. Although ringette has been sometimes referred to as the "little sister" of hockey the rules are quite different. To learn the rules just go to the Lower Mainland Ringette League (LMRL) website at www.lmrl.ca and click on "What is Ringette" and then go to the rule book. LMRL is the governing body of the ringette associations in BC's Lower Mainland and B.C. Ringette (BCRA) is the governing body of all associations in BC. BCRA website is <https://www.ringettebc.ca/>. There is also the Ringette Canada site <https://www.ringette.ca/>. All sites have a lot of useful information. LMRL is where you will find the league game schedules and division standings once the season begins and you can find Arena Maps there as well. Once you have registered and been assigned to a division, you will be asked to join TeamSnap. This is where all of our Association's emails will come from as well as your team's schedules and rosters. You will be able to subscribe to your team's calendar as well.

Volunteering:

The CMRA has implemented a volunteer requirement of 4 hours per family each season with a \$100 deposit to be handed in at the beginning of the season. You can support our Association by participating in any of the events we host or take part in as an association. We require help from each family. Association volunteer hours may include participating in a parade, helping at a tournament hosted by CMRA (selling raffle or 50/50 tickets, checking teams in & out, set-up & clean-up, etc.) or promoting CMRA at other community events. If you are an Executive Member, Coach, Manager or Treasurer for your team, you are exempt from the Association's Volunteer requirement as these roles require a greater time commitment.

In addition to the Association's volunteer requirement, team volunteers will be required on each team throughout the season and include scorekeeping, time keeping and jersey parents. These hours are not counted towards your 4 hours for the Association.

Our aim is to spread the work around as much as possible but you are more than welcome to put in more time – these events can be a lot of fun!

Tournaments:

Most teams participate in at least one tournament during the season. Each team usually plays four round robin games and possibly play-off games depending on division. Average tournament registration is around \$800.00 per team (younger levels are usually less) and the cost is divided within the team. Many teams participate in one or more out of town tournaments and Provincials rotates throughout the province as well. Some teams choose to fundraise to offset the additional costs you will incur (fuel, hotel, meals). The coach generally has an idea of the tournaments he/she would like to attend and will usually discuss this at the beginning of the season.

Practices:

Practice times are always a big question for parents. Many practice times are half-ice meaning two teams run separate practices on one sheet of ice. Coaches may choose to combine some drills or warm-ups. Games are scheduled on the weekend we do usually have set practice times for most teams during the week nights. We have several sheets of ice available in the Planet Ice Coquitlam, Poirier Rec and Port Moody Rec arenas.

Our ice accommodates both practices and league games so you will average one practice and one game per week. The association will try to add player development sessions when we can find space in the schedule. League games rotate around the Lower Mainland, most teams have ice on the weekends and the Lower Mainland ranges from Howe Sound to Chilliwack, so a large area with a lot of rinks. Remember our Ice Scheduler is responsible for scheduling games and practices but also needs to consider cancellation & reschedule of games, especially as the season draws to a close.

Teams in the Fun1 and Fun2 division will only practice and learn the game prior to Christmas. Fun2 will start playing games in January through March. For teams in U10 and up, league play will run from October through early March. September is a tune-up month where we practice 2 or even 3 times per week in preparation for the season. League game schedules and standings can

be found on the LMRL website usually after the last week in September. The younger teams (Fun1-U12) usually play in a year end tournament somewhere in the Lower Mainland and the older teams go to Provincials which rotate around the Province.

Drop-off Policy

Policy for Fun1 to U12

At the U12 and younger age groups, parents not attending games and practices are required to make arrangements with an adult who will be staying, to be responsible for their children. It is not the responsibility of the coaching staff to assist the child when not on the ice, i.e. wait for them to be picked up, dress them, assist them to the bathroom, etc.

Policy for U14 and Older

Drop off at U14 and higher levels, parents are encouraged to check in with the bench staff if they are not staying for the game or practice at drop-off. It is not the responsibility of the coaching staff to assist the child when not on the ice, i.e. wait for them to be picked up.

Code of Conduct

At the start of the season your team manager or coach will ask you and your child to sign a Code of Conduct for Players as well as one for Parents – this is a document agreeing to be positive in cheering on and supporting your child, your child's teammates, the opponents, and the officials. Read and review this with your child and ensure you both understand it.

Policy for Change Room

Mobile phone usage is prohibited in the change room at all levels for players, parents and bench staff.

Players are asked to come to practice and games in their under armour as this is a game played by all genders and the change rooms are for all players.

Policy for Fun1 to U10

At U10 and below, parents are permitted in the change rooms to help their child dress. At least two adults, one of which must be female, must be present at all times. The bench staff may enter the room 15 minutes prior to and after a practice or game and ask parents to leave the changeroom at this time so that they can have the full attention of the players.

Policy for U12

At U12, players at this level must be able to get all their gear on by themselves. At least two adults, one of which must be female, must be present at all times. Kids needing help with skates must come out of the change room to be helped by their parents. The bench staff may enter the room 15 minutes prior to and after a practice or game.

Policy for U14 and Older

At the U14 and higher levels, no parents are permitted in the change room. If an adult presence is required as deemed by the parents and bench staff, at least two adults, one of which must be

female, must be present. The bench staff may enter the room 15 minutes prior to and after a practice or game.

Again, if you have ANY questions or concerns please contact your Coach, Manager or one of the Executive members listed above and we'll be happy to help.

RINGETTE ROCKS !!!!