

## **Ringette New Brunswick's 2022 - High Performance Team Identification Camps Program Outline**

Attendance at Ringette New Brunswick's (RNB) High Performance (HP) Team Identification Camps will be **MANDATORY** for possible entrance into the 2022-2023 Ringette New Brunswick High Performance program.

Players will **NOT** be allowed to participate in HP Team Identification Camps if registration is not complete by the registration deadline. The HP program **registration deadline for 2022 will be Tuesday August 9<sup>th</sup> before midnight.**

RNB's HP Identification Camps will include both the Shake Off the Rust camps and the HP team tryouts.

The Shake off The Rust camps will consist of (4) sessions for each level along with (2) goaltender specific sessions which will be intended for all levels. The Shake Off the Rust camp will consist of skill drills and will be led by experienced coaching staff selected by RNB. No evaluations will be conducted during the Shake Off the Rust camps. The Shake Off the Rust camps will start early August and will end the third week of August.

The HP Team Identification Camps will follow and start in the fourth week of August 2022 and will terminate with the formation of the teams at the end of September.

### **RNB's HP Ringette High Performance ID Camp Process:**

#### **Goaltenders**

All goaltenders will have an opportunity to attend the (4) Shake off the Rust for their respective cohort as well as (2) goaltender specific sessions prior to the beginning of Team Tryouts. During the Team Tryouts, goaltenders will be tested on their on ice skills, game play, and off ice physical testing. Goaltenders must meet the minimum on and off ice fitness standards to be considered for the HP Program.

Shake Off the Rust camp goaltender specific schedule:

Date	Day	Time	Glace	Group
8/7/2022	Sunday	18:15-19:10	Uniplex - Coop/IGA	Goaltenders
8/21/2022	Sunday	09:00-10:00	Uniplex - Coop/IGA	Goaltenders

### U14 AA

All players will have an opportunity to attend (4) Shake off the Rust sessions prior to the beginning of Team Tryouts. During the Team Tryouts, players will be tested on their on ice skills, game play, and off ice physical testing. Players must meet the minimum on and off ice fitness standards to be considered for the U14 AA HP Program. Following acceptance into the U14AA HP Program, the next step will be team formation.

Players who do not meet the U14AA testing standards will be recommended to become a member of their Local Association to continue to work on their skills during the 2022-2023 season. Based on Identification Camp evaluations select U14 players registered with their Local Associations will be invited to attend High Performance Camps throughout the season.

Shake Off the Rust camp schedule:

Date	Day	Time	Glace	Group
8/2/2022	Tuesday	18:15-20:15	Uniplex - Coop/IGA	Hour 1 - U14 Gr.1 Hour 2 - U14 Gr.2
8/3/2022	Wednesday	18:15-19:10	Uniplex - Coop/IGA	U14 Gr.3
8/7/2022	Sunday	19:20-20:15	Uniplex - Coop/IGA	U14 Gr.1
8/8/2022	Monday	18:00-20:00	Uniplex - Coop/IGA	Hour 1 - U14 Gr.2 Hour 2 - U14 Gr.3
8/16/2022	Tuesday	19:15-20:15	Willie O'Ree no.1	U14 Gr.1/2/3
8/20/2022	Saturday	12:45-13:45	Uniplex - Coop/IGA	U14 Gr.1
8/21/2022	Sunday	10:15-11:15	Uniplex - Coop/IGA	U14 Gr.2
8/21/2022	Sunday	11:30-12:30	Uniplex - Coop/IGA	U14 Gr.3

### U16

All players will have an opportunity to attend (4) Shake of the Rust sessions prior to the beginning of Team Tryouts.

Phase I - Players will be tested on their on ice skills, game play, and off ice physical testing. Players must meet the minimum on and off ice fitness standards to be considered for Phase II. At the end of these sessions,

players will be offered an invitation to tryout for A/AA. Not all players who attend Identification Camps will be selected for a tryout.

Phase II - Identified players will be invited to the U16A/AA tryouts. Please note that not all players asked to attend the tryouts may make a U16AA/A team. There will be an additional cost for tryouts.

Shake Off the Rust camp schedule:

Date	Day	Time	Glace	Group
8/4/2022	Thursday	18:15-20:15	Uniplex - Coop/IGA	Hour 1 - U16 Gr.1 Hour 2 - U16 Gr.2
8/17/2022	Wednesday	19:15-20:15	Willie O'Ree no.1	U16 Gr.1/2 & U19
8/20/2022	Saturday	09:00-10:00	Uniplex - Coop/IGA	U16 Gr.1
8/20/2022	Saturday	10:15-11:15	Uniplex - Coop/IGA	U16 Gr.2
8/21/2022	Sunday	12:45-13:45	Uniplex - Coop/IGA	U16 Gr.1
8/21/2022	Sunday	14:00-15:00	Uniplex - Coop/IGA	U16 Gr.2

### U19

All players will have an opportunity to attend Shake of the Rust Sessions prior to the beginning of Identification Camps.

Phase I - Players will be tested on their on ice skills, game play, and off ice physical testing. Players must meet the minimum on and off ice fitness standards to be considered for the Phase II. At the end of these sessions players will be offered an invitation to tryout for A/AA. Not all players who attend Identification Camps will be selected for a tryout.

Phase II - Identified players will be invited to the U19AA/A tryouts. Please note that not all players asked to attend the tryouts may make a U19AA/A team. There will be an additional cost for tryouts.

Shake Off the Rust camp schedule:

Date	Day	Time	Glace	Group
8/3/2022	Wednesday	19:20-20:15	Uniplex - Coop/IGA	U19
8/17/2022	Wednesday	19:15-20:15	Willie O'Ree no.1	U19 & U16 Gr.1/2

8/20/2022	Saturday	11:30-12:30	Uniplex - Coop/IGA	U19
8/21/2022	Sunday	15:15-16:15	Uniplex - Coop/IGA	U19

**+18** - The intention of the +18 HP Team is to form a competitive team to play at the 2022 ECRC's that is hosted by New Brunswick in spring 2023. Tryout dates for 18+ level to be announced at a later date in October -November

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### Frequently Asked Questions:

1. How does a player register for RNB's HP Identification Camps / Tryouts?  
For 2022, RNB will be utilizing the Ramp software platform for registrations, payment and to gather player data via an intake questionnaire. RNB are working setting-up this new platform and a link will be provided via a separate email at a later date (no later than July 22 end of day).
2. Does a player need to attend the Shake Off the Rust camp to be allowed to attend the HP Team tryouts?  
No, attendance to the Shake Off the Rust camps are not mandatory to attend HP Team Tryouts. It should be noted that the cost of the Shake Off the Rust camps are included in the Identification Camp registration fees outlined in this document.
3. What is the cost of ID Camp?  
\$140 for U14,U16,U19
4. What is the cost of tryouts?  
\$100 for U16,U19
5. How many teams will there be in each division?  
The number of teams will be based on Identification Camp results and will be approved by RNB'S HP Committee. There is no set number of teams per level.
6. How many ice times are guaranteed with registration to RNB's HP Identification Camp?  
Players will be guaranteed (6) ice times, consisting of: (4) Shake Off the Rust sessions and at least (2) Team Tryout ice times, after which the first round of cuts may occur.

7. How and when will groups for the Shake Off the Rust camps be announced?

The groups for the Shake Off the Rust camp sessions will be formed (1) week prior to the first ice time for that cohort and be done via the Ramp applications (similar to TeamSnap). For late registrations, they will be added into a group as they are received.

8. Will HP ringette athletes be allowed to play community level ringette?

RNB's HP Committee strongly encourages High Performance ringette players to focus on the development of their game during the ringette season at the appropriate level. This recommendation is made based on Long Term Athlete Development guidelines to reduce the likelihood of overtraining. Overtraining syndrome occurs when an athlete doesn't adequately recover after repetitive intense training, and can include fatigue, declining performance and potential injury.

9. Will HP ringette athletes be allowed to play other sports or activities?

RNB's HP Committee strongly encourages High Performance ringette players to focus on the development of their ringette game during the ringette season at the appropriate level. This recommendation is made based on Long Term Athlete Development guidelines to reduce the likelihood of overtraining. Overtraining syndrome occurs when an athlete doesn't adequately recover after repetitive intense training, and can include fatigue, declining performance and potential injury.

As part of the HP ringette selection process, athletes will be asked if ringette will be the priority for the upcoming season.

10. Will report cards be provided to athletes following the evaluation process?

Report cards will be provided upon request; allow up to (5) days for report cards to be prepared, reviewed and provided.

11. Are 18+ levels included in RNB's identification camps starting early August?

No, team tryouts for the Open / 18+ level will be announced at a later date.

If you have any questions, please contact Frederic Desjardins, RNB VP and HP Committee Chair at [ringettenb.vp@gmail.com](mailto:ringettenb.vp@gmail.com)