

COME TRY RINGETTE

ROLES AND RESPONSIBILITIES

Registration desk

- Primary purpose is to check people in.
- You will:
 - Welcome the participant & parents and ask:
 - Who they are – mark them down on the registration sheet
 - What community of the city they are from (We need this to determine what association info to send them after the event)
 - Give them a swag bag and a t-shirt
 - Using the participant's name, warmly introduce them to their greeter.

Greeter

- Primary purpose is to receive the participant and parent from the Registration desk, ensure they have a stick that will “fit” and lead them into the arena.
- You will
 - If there is a lineup for the registration desk, please greet the participant and stay with them until the registration volunteers can help.
 - Size the skater for a stick if they do not have one.
 - Tell them a quick story about what you like best about ringette or how you got into ringette!
 - Take them to a dressing room.
 - Come back and get another participant.

Dressing Room & Bench attendants

- Primary purpose is to ensure the dressing rooms or other areas used for dressing skaters do not get over crowded AND attend to anyone who might need help with equipment (helmets, etc)
- You will:
 - Direct the greeters and participants to the best place to get ready. Please try to balance the number of people in each dressing room.
 - If there are pieces of equipment needed or repairs needed, please have the 3rd volunteer in this role or a floater handle. There will be a toolkit and a few pieces of equipment available.
 - When the skaters are on the ice, please move to the players benches and attend to any needs.

On ice

Anyone that is on ice needs to understand the following:

- Building trust and connection is super important. Please do the following:
 - Be engaging and introduce yourself to anyone who is new to the sport
 - Answer any ringette questions with hype and positivity.
 - Be upbeat, enthusiastic, and encouraging. This is a no negativity event.
 - Skate slowly and carefully – you are there to assist these new to ringette players, so be at their level and help to be a support, both verbally and physically.

- The don't's! Please:
 - Do not skate around without purpose
 - Do not raise the ring
 - Do not pass/shoot hard
- Please see attached on-ice plan

Head Coach On-Ice

- Primary purpose is to ensure the on-ice portion is safe, fun, organized, on-task and on-time.
- You will:
 - ALWAYS BE SMILING
 - Be ready to get on the ice with the first participant as early as 20 mins before the ice time officially begins.
 - Lead the large group activities
 - Facilitate the separation of groups into for the mini-group activities
 - Ensure the event is running approximately to time
 - Take charge in case of an on-ice emergency
 - On the last game: Please ensure we ask the participants to put their sticks to the side so we can collect borrowed sticks while the participants complete the final belly slide/snow angels.

On-ice Leaders

- Primary purpose is to ensure the on-ice portion is safe, fun, organized and your stations are on-task.
- You will:
 - ALWAYS BE SMILING!
 - Be ready to get on the ice with the first participant as early as 20 mins before the ice time officially begins.
 - Each leader will run one of the following stations:
 - Leader A: Fun obstacle course with a shot on net
 - Leader B: Passing
 - Leader C: Frozen tag
 - Assist as requested by the Head Coach On-Ice

On-ice helpers

- Primary purpose is to help new skaters stay on their feet, get to where they need to be, and ensure everyone is having fun.
- You will:
 - ALWAYS BE SMILING!
 - Transition from greeter to on-ice helper approx. 10mins before the ice time begins.
 - Please do not use the player dressing rooms. Please use the players bench or the referee/alternate dressing room.
 - The on-ice helpers should move **WITH** the participants to each station.

Fans, fans in the stands support

- Primary purpose is to be available to give some “what to expect” information to the parents.
- You will:
 - Join the parents in the stands
 - Allow the parents to enjoy watching their kids but also have loud conversations with people in the stands about what to expect and your personal experience as a parent/coach of a ringette player.
 - Please sit with any parents that have questions and answer to the best of your knowledge.
 - Please record the cheer and then save the file to the location of the Event Coordinators choice

FAQ's

- Active start has most of their ice times on Sat and Sun. They have 6-8 sessions per month (1-2 per week)
- U10-U12 is approx. 10 times per month with many ice times on the weekend and approx. 2 days per month during a weekday.
- If people were to register, information will be sent out after the event indicating how and when.
- There is a one-time discount for new players to ringette and the details of this will be provided in the post-event email.

After the event – All

Please stick around for 10-15 mins and thank participants and parents for coming.

In case of an on-ice emergency

- On-Ice Leader will be in charge on ice and Event Organizer will be in charge off ice.

Ice Plan

Warm-Up (5-8 mins)

- Rings available, players explore the ice---skate around.

Whistle: call all the participants to center ice

- Introduce the on-ice volunteers, discuss safety on the ice, explain the whistle
- explain/demo proper ringette stance and stick holding
- Play Follow the Leader - follow a coach leader around the ice, do what she does ---basic warm up moves---hands up high, hands low, one lap of the ice etc.

FULL GROUP GAME: (5 mins) Red Light Green Light (explain the rules and open ice)

- Coach calls: Green Light---players skate to open ice
- Coach calls Red Light---players stop until green light is called
- Focus: Skating to open ice, trying to stop

Water Break

Stations: (Divide group into 3 smaller groups 30 mins---10 mins at each station)

1. Leader A: Fun obstacle course with a shot on net: around pylons, through pylons etc. with ring and then take a shot on net
2. Leader B: Passing: players partner up and stationary pass the ring back and forth using proper stick handling and ringette positioning.
3. Leader C: Tag Game (Center Ice): Frozen tag-tagged player stands with arms out to side to be free another player skates under her arms

Water Break

Fans Fans in the Stands Cheer – bring skaters back to center ice and teach cheer. Encourage loud singing!

FULL GROUP GAME: Clean up your bedroom (5-10 min)

- One group at each end of the ice. All the rings lined up on the two ringette lines.
- On the whistle the players skate to the rings on their ringette line and shoot them across the center ice line to the other side.
- Object of the game is to get all the rings from your side to the other side. After you have shot a ring go find another ring to shoot back.
- Rings will be flying back and forth across the ice. When the whistle blows, all rings must stop.
- Count the rings on each side to see who kept their half of the ice ring free
- Focus: skating to the ring, passing/shooting the ring, teamwork

FULL GROUP GAME – if time: What Time is it Mr. Wolf (10 mins)

FULL GROUP GAME: Snow Angels