



## National Ringette League (NRL) Selection Policy

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## I. Definitions

The following terms have these meanings in this Policy:

- “NRL” – National Ringette League
- “Saskatchewan Heat” – National Ringette League team governed under Ringette Saskatchewan.
- “NRL Team Staff” – Saskatchewan Heat NRL Team head coach and assistant coaches as selected by Ringette Saskatchewan.
- “Local Association” – any Ringette association that is a member of Ringette Saskatchewan (Buffalo Plains Ringette Association, Prince Albert Ringette Association, Regina Ringette Association, Saskatoon Ringette Association).
- “Athlete Selection Committee” – non-team staff member evaluators at evaluation camps.

## II. Purpose

This policy is to be used to provide a process for athletes to be selected to the Saskatchewan Heat NRL Team. This policy applies to all events related to the National Ringette League.

### *National Ringette League (NRL)*

The National Ringette League is a high-performance training and competition program conducted and administered by Ringette Canada (RC) for athletes in the Train to Compete and Train to Win stages of Long Term Athlete Development. It is the showcase league for ringette in Canada and strives to be the premier women’s sport league in the country.

## III. Authority for Selection

The Athlete Selection Committee for the Saskatchewan Heat is composed of the Team Staff and non-team staff members designated by the Team Staff and Ringette Saskatchewan. The non-team staff members will have extensive coaching experience at the high-performance level.

Final decision-making on team selection resides with the Team Staff. The Athlete Selection Committee’s role is to support the Team Staff through the evaluation process and review proposed selections from the Team Staff.

### *Conflict of Interest*

Look for a provision that dictates under what circumstances a decision-maker would have to remove themselves from the selection process. If the decision-maker is a committee or a group formed by several individuals, a retraction is simple. However, if it is a single decision-maker, then another authority (another person or a committee) must be identified to replace them. If a selection committee is put in place, especially for this selection process, look for information on how it will be formed or on what basis individuals will be named to that committee.

## IV. Pre-Selection Procedure

- Evaluation/tryout camp dates and times will be advertised on Ringette Saskatchewan social media, Saskatchewan Heat social media, Ringette Saskatchewan website, Saskatchewan Heat website and communication to local associations.

- Information with regards to evaluation/tryout camps shall be electronically communicated to all eligible players registered with Ringette Saskatchewan during the previous season.

## V. Selection Process

- Team staff will assess each player with specific structured criteria and rate accordingly. Players will be informed of the specific criteria at the first evaluation/tryout camp.
- Provincial team or NRL (Heat, CRC, WCRC or CWG) team jerseys and pants may not be worn by players during evaluation/tryout camps.
- Players must attend 80% of evaluation/tryout camps. Failure to meet these criteria can only be for exceptional circumstances, which must be reported to and approved by team staff.

### *Injury/Illness*

The Head Coach will have the authority to grant exceptions for athletes who wish to attend evaluations/tryouts but are injured and/or ill during or before an evaluation/tryout camp.

The Athlete Selection Committee will:

- Oversee the evaluation process.
- Must be able to commit to every evaluation/tryout camp date.
- Support the Team Staff in determining the athletes who will be offered a position in the program.
- Hold committee meetings at pre-determined set stages of the evaluation/tryout and selection process.
  - The Committee will meet ahead of any athletes being released from the selection process.
- Maintain a cumulative record of comments made regarding athletes.
- Athletes may be grouped into three designations to assist with the selection process:
  - The groupings will assist with the evaluation of specific skills, positions, and/or abilities, for example:
    - To be grouped in A, athletes must receive an overall score of 4.25 or higher
    - To be grouped in B, athletes must receive an overall score of 3.0 or higher
    - To be grouped in C, athletes must receive an overall score of less than 3.0
- The Athlete Selection Committee, or Head Coach, on behalf of the Team Staff, may remove athletes regardless of where they have ranked as per the terms listed under Considerations.

## VI. Saskatchewan Heat Team Composition/Formation

- Saskatchewan Heat shall consist of a minimum of twelve (12) athletes and a maximum of twenty-five (25) athletes, including goaltenders.
- Athletes may only attend a tryout camp if they are registered with their Local Association and are a member in Good Standing while also meeting the [Saskatchewan Heat Athlete Eligibility Criteria](#).
- Athletes will be evaluated and selected by Team Staff with input from the Athlete Selection Committee.
- Team formation must meet the required Ringette Canada and National Ringette League deadlines as outlined in the [NRL Handbook](#).

## **VII. Saskatchewan Heat Team Evaluation Criteria**

Saskatchewan Heat Team Staff and Athlete Selection Committee will be looking for the following general criteria to inform selection decisions:

- Refinement of all skating skills
- Refinement of all ring skills and position-specific skills
- Refinement of all goalkeeping skills
- Refinement of all tactical and strategical skills, ability to understand team strategies based on scouting reports
- Refined decision-making skills in all competitive situations
- Advanced mental preparation and refinement of all mental skills
- High understanding of anxiety control, emotional control, and ability to mentally rehearse game situations
- Advanced focus management, attentional control, concentration techniques, coping strategies and stress management.
- High self-awareness, positive thinking, attitude and adjustment, advanced ability to deal with failure and success

## **VIII. Post Selection Procedure**

When possible, athletes should be notified of their selection results individually. Athletes not selected to the team must be advised by a member of the Team Staff and be informed in writing of the reasons for the non-selection. The athletes selected should be informed of their selection and areas of weakness and strengths discussed.

Team Selection and the decisions of the Athlete Selection Committee can be appealed under Ringette Saskatchewan's Appeals Policy.

## **IX. Considerations**

Dismissal of an athlete can occur at any time if the athlete:

- Fails to remain a member in Good Standing with the program and/or Ringette Saskatchewan or Local Association.
- Demonstrates behaviour or characteristics that do not align with the Saskatchewan Heat, Ringette Saskatchewan, or Ringette Canada's values.
  - Examples of poor character attributes include: lack of coachability, poor attitude, lack of demonstrated effort, demonstrates a lack of respect for oneself and others, is unable to accept feedback and constructive criticism.
- Fails to meet performance expectations.
- Fails to train towards, or meet the physical standards expected and outlined.
- Exhibits conduct that is detrimental to the image of Ringette Saskatchewan and the sport of ringette, violates Ringette Saskatchewan policies, violates the Ringette Saskatchewan Code of Conduct and Ethics, violates the Ringette Saskatchewan Social Media Use Policy.
- Is unable to perform due to injury, illness, or other medical reasons as determined by medical staff, in consultation with the Team Staff.

- The Team Staff and/or Athlete Selection Committee may apply to Ringette Saskatchewan to remove any athlete from any stage of the Athlete Selection Process. Reasons for removal can include:
  - Becoming no longer eligible for participation
  - Injury
  - Illness
  - Discipline or misconduct
- Reasons for removal will be communicated by written letter to the athlete from Ringette Saskatchewan.

## **X. Saskatchewan Heat Athlete Eligibility**

- Athletes must be at least 19 years of age as of December 31<sup>st</sup> of the current playing season to play on the Saskatchewan Heat and be capable of training at a [Train to Compete](#) stage of development.
- Athletes must be registered Participants in good standing with Ringette Saskatchewan (or other Provincial Ringette Association) to play on the Saskatchewan Heat.
- All athletes (Active Roster and Affiliate Players) must sign an athlete agreement with the Saskatchewan Heat and Ringette Canada every season.
- Athletes may only be registered to one NRL roster at a time.
- Each athlete hoping to play in the NRL is to declare which team(s) they are interested in playing for by August 1 (before the current season).
- Active Roster – any athlete who is expected to play in the majority of games, unless injured or otherwise unavailable to play.
- Affiliate Player – an athlete who is registered on a provincially recognized ringette team as their primary team as well as an NRL roster.