



### Mentorship Program

The Airdrie Ringette Mentorship Program is available to registered players ages 11 and up who wish to be involved in assisting coaching staff and gaining some leadership experience. Mentors can choose to complete the Junior Coach Program after starting in the mentorship program.

- Eligible for the mentoring credits that are used towards future seasons registration (discount code provided after mentoring sheets are submitted to Director of Coach & Player)
- Assist team(s) U16 and below
- Available for on or off ice practices and testing days; not certified to be on bench during games
- Follow the same screening process (police check) as set by the association
- Mentors roles will be designated by the head coach and may vary during the season. These roles may be as follow, collecting rings & equipment, demonstrating drills

### Junior Coaching Program

The Ringette Alberta Junior Coaching Program is available to young players who wish to be involved in coaching and starting their leadership experience. Once the coach has turned 18, she is expected to complete the full CSI or CI coaching stream. Junior Coaches are permitted on the bench during games provided they are listed on the teams' TRF.

To qualify to be a junior coach, you must meet the following criteria:

- Between 14-17 years of age at the start of the program
- Currently registered Ringette player or any player that may have special circumstance as determine by the ARA Board
- Registered on the team roster under the Junior Coach role with Ringette Alberta
- Must complete Ringette Alberta's online Junior Coach program
- Jr Coaches roles will be designated by the head coach. These roles may be as follows, help coordinate drills, work with small groups, involved with team building and off ice activities, offer drills to the Head Coach.

### **On-Ice Assistant**

On-Ice Assistants wishing to assist with practices and testing days should also complete Ringette Alberta's online program to gain important subject knowledge.

- Assist teams registered in U19 or younger
- Help during practices and Testing Days; not certified to be on the bench for games
- Follow the same screening process as set by the association (Police check)
- Must complete a coaches application
- Must be 18 years of age or older

**Ringette Alberta's online program includes five worksheets covering:**

- LTAD (Stage specific)
- Emergency Action Planning
- On-ice Safety
- Communication & Interactions
- Self-Evaluations (end of season)

Throughout the season, worksheets can be completed and submitted to an experienced coach from the team or association. This coach is to be fully certified at the level which the Junior Coach or Parent Helper will be assisting at (CSI or CI), for meaningful assessment and discussion.

Work sheets can be found at the following link.

[Junior Coach & On Ice Assistant Worksheets](#)