

The Ringette Alberta Junior Coach Program is available to young players who wish to be involved in coaching a team and starting their leadership experience. The purpose of the Junior coach role is to provide valuable mentoring and exposure to quality coaching for young athletes. Once the coach has turned 18, she is expected to complete the full CSI or CI coaching stream.

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
- A current ringette player (or taking one year off due to injury, etc)
- Registered on the team roster in the Junior Coach role

On-Ice Assistants wishing to assist with practices and testing days should also complete this online program to gain important subject knowledge, and be assigned on the roster in this role.

The On-Ice Assistant role will:

- Assist teams registered in U19 or younger
- Only 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
- Must be 18 years of age or older

This online program will include 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.

[ACCESS THE JUNIOR COACHING/ ON ICE ASSISTANT PROGRAM HERE.](http://www.ringettealberta.com/junior-coach-worksheets/)

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