

U10 Step 2 and Step 3

The U10 Division has seen quite a bit of change over the past couple of years as the sport of Ringette continues to align with Long Term Athletic Development principles. This year was not exception with the introduction of Mini Nets. With mixed opinions on the subject, especially at Step 3, the nets were used and while some saw some challenges, for some they provided many benefits such as goalie confidence.

With U10 having such an incredible number of girls, SGRA was able to field three Step 2 teams and one Step 3 team. Each team was able to have some success throughout the season, player development and of course many great ringette memories and friendships.

As the U10 level continues to grow, it is an important step in introducing the girls to the sport of ringette, balancing their long term athletic development with ensuring they are placed on teams and in turn in the league appropriately.

Moving forward, we've learned U10 has some unique needs and challenges that we will take into consideration in regards to player evaluations, team formation and placing this coming season.