



NEW PLAYER & PARENT INFORMATION 2016/2017

Port Coquitlam Ridge Meadows Ringette Association (PCRMRA) www.pcrmra.ca

Welcome to the Wonderful World of Ringette !!

You've done everything necessary to get your child ready to play ringette, registered, got equipment, skates are sharp and the kids are eager. You're ready to go but you may have some questions & who do you ask?

Our association is made up of an Executive Team, all of us are parents of ringette players and/or players ourselves, wanting to make this a fun sport and a positive experience for ALL the players and parents. If you have questions or concerns that are not answered in this letter or later by your team coach or manager please call or email one of the Executive members below:

Ryleigh Deno, U7/U9 Co-ordinator	U9_Program_Coordinator@pcrmra.ca
Duane Sharpe, Director of Coaching	Director_of_Coaching@pcrmra.ca
Barb Mulligan, President	president@pcrmra.ca

A complete contact list for our Executive can be found on our website, www.pcrmra.ca and we are all happy to answer any questions.

This guideline is intended for those of you who are new to ringette and may not know much about the sport. Although ringette is often compared to hockey, the rules are quite different. You can find a lot of useful information including rules, equipment and much more on the Ringette BC (RBC) and Lower Mainland Ringette League (LMRL) websites as well as on ours. Links to both these websites and tons of other useful information can be found on our website, www.pcrmra.ca

RBC is the provincial governing body of ringette in BC and on their website you can find information regarding the game, provincial policies, tournament schedule, Long Term Athlete Development (LTAD), high level competition opportunities, coach qualifications & training, etc.. The LMRL is the governing body of the ringette associations in BC's Lower Mainland and on their website you can find information regarding league games, rink locations, the AA Program, etc. All three sites have a lot of useful information and are worthwhile to visit.

Coaches:

We need a few volunteer Coaches!! Ryleigh Deno is your Division Coordinator and will help out until coaches are secured as well, she is your main contact for any 'Bunny Questions'. At the Bunny level we understand it is likely that you are new to coaching so this is a great opportunity to get involved, take the training (we pay the costs) and ensure you have the skills to support our players as they move up through the divisions. We welcome Moms and Dads. Ringette Canada has strict requirements of Ringette Bench staff, especially in the older, competitive divisions, and ALL teams require a qualified Adult Female coach as either Head Coach or Assistant coach. This sets a great example for our young female athletes, many of whom go on to coach themselves. If you are interested in coaching or have questions please contact Dave Speers at: Director_of_Coaching@pcrmra.ca

We also welcome any and all Parent Volunteers to help out on the ice, since there are so many new skaters! ALL on-ice volunteers are required to complete a Coach / Volunteer Application form and will be entered into our database to comply with RBC and ensure you are insured. All team staff will be required to complete a Police Record Check, this is a RBC and Ringette Canada requirement and is valid for two years.



Uniforms:

All PCRMRA players wear game jerseys provided by the association. Our generous sponsor, Tim Horton's, provides jerseys for all non-competitive divisions (U7-U12) and the association provides jerseys for all older divisions. Custom game pants are optional and can be ordered on photo night. These are black with blue trim for the older players and Bunnies can purchase the less expensive 'Pro-Pants' which are black with white stripe down the side. Players (parents) who purchase pants on photo night will receive a subsidy from the PCRMRA.

****Used Equipment**** We have a tab on our website where you can look for items for sale or post anything you may have to sell or donate. The Kidsport Swap meet happens in the Tri-Cities a couple of times per year and we try to post the dates on our website or Facebook Page.

Volunteering:

The PCRMRA introduced a volunteer requirement a few years ago to encourage all families to support our Association by participating in any of the events we host or take part in as an association. We require a post dated \$100 cheque from each family with registration but if you fulfill your requirement of four hours per family we will not cash it. Association volunteer hours may include participating in a parade (Port Coquitlam May Day, Pitt Meadows Days), helping at a tournament hosted by PCRM (selling raffle or 50/50 tickets, checking teams in & out, set-up & clean-up, etc.) participating in other ways that we may request from time to time. If you are a Coach, Manager or Treasurer for your team you are exempt from the Association's Volunteer requirement as these roles require a greater time commitment. As additional volunteer opportunities arise requests will be circulated to our membership and posted on our website. In addition to the Association's volunteer requirement, team volunteers will be required on each team throughout the season and include scorekeeping & time keeping, organizing team building opportunities and parties and at the younger divisions parent volunteers are also needed to help with team snacks. *Our aim is to spread the work around as much as possible but you are more than welcome to put in more time – these events can be a lot of fun!*

Vacancies on the PCRM Board of Executive: Ice Scheduler & Director of Publicity and Promotions Please contact Barb at president@pcrmra.ca if you are interested in either!

Codes of Conduct:

At the start of the season all parents, volunteers and players are required to sign a Code of Conduct – this is an important document intended to ensure a positive experience for all Athletes. The player code is a reminder of good sportsmanship and fair play and should be discussed with your child. This season we have made changes to the Codes required by all adults. RBC has created one they want all families to print and sign (you may have received it by email already) and the PCRM has updated ours as well. Some terminology is firm in an effort to ensure clarity regarding the expectations of all adults associated with our Athletes while we do our best to create the most positive experience possible.

ePact:

As of 2015 we began using the services of ePact, an Emergency Network Service. All players will receive an invite to join or update and we request you to take a few minutes to set up or update your profile. ePact is the electronic version of the Association Medical Form and Codes of Conduct – less paperwork, and keeps it all in one location that is accessible to Team Coaches/Managers/Trainers even without internet or cell service. This is where you will enter (and update as necessary) all personal, emergency & medical information as well as acknowledge that you have read and understand our codes of conduct. For more information see the ePact tab on our website, feel free to ask our Registrar Lorraine any questions at director_of_Registrations_Registrar@pcrmra.ca

Teams:

All U7's and U9's will begin the season practicing together and as coaches are secured and we learn the abilities of the skaters we will determine the best way to split the teams, if there are enough for two teams. Young players skill levels can vary greatly so if we need to adjust this later on in the season we will do so...however, FUN is always a priority and we will make sure to consider friendships, etc.



Tournaments:

Most teams participate in at least one tournament during the season. Each team usually plays four round robin games and possibly play-off games depending on division. Average tournament registration is around \$750.00 per team (younger levels are usually less) and the cost is generally divided within the team. Some teams participate in one or more out of town tournaments and Provincials (for U14 & 18+) rotates throughout the province as well. Teams in the non-tiered divisions participate in a year end 'Jamboree', which has been hosted by PCRMRA for the past few years. Some teams choose to fundraise. The coach generally has an idea of the tournaments he/she would like to attend and will discuss this at the beginning of the season. If you aren't able or choose not to participate in any tournament LET YOUR COACH KNOW. **Bunnies usually attend the Delta Bunny Jamboree, Nov.26-27 and our PCRM Year end Jamboree Feb.24-26. There are a few other options that have a Bunny division and it is a team decision if they want to attend more. This will be discussed at the beginning of the season and a budget will be set with the team. We (PCRM) cover the cost of our year end Jamboree but other tournaments will be the responsibility of the team, fees will be divided by the families.

Come Try Ringette:

If you have any friends or neighbours who may want to give it a try we will be hosting a 'Come Try' on Saturday Sept.17th at 5:00-6:00pm. A link will be up shortly on our website and Facebook page to register.

Port Coquitlam City Skating Lessons:

Once again we are providing lessons to our U9 & U7 players. These will alternate Tuesdays and we will let you know once the schedule is finalized with the City.

Practice and game times:

PCRM Ringette typically rotates our ice times through the teams to accommodate game schedules but the Bunny Division can expect to play Saturday in Poco 5:00-6:00pm and Tuesday in Poco 4:45-5:45. When games begin the Saturday will often become our 'Bunny Home Game' ice and you will travel throughout the Lower Mainland for 'Away' games. We will have Poco City Lessons at some of our Tuesday practices and on occasion you may see an additional practice scheduled on Sunday in Pitt Meadows. This gives you an idea what to expect in the future.

PCRM Ice - All Divisions:

Tuesday at Port Coquitlam
4:45 – 5:45 PM (Blue)

Tuesday at Pitt Meadows
5:00 – 6:00 PM (Blue)

Friday at Port Coquitlam
5:30 – 6:30 PM (Blue)

Friday at Pitt Meadows
6:15-7:15 (Red)

Saturday at Port Coquitlam
5:00 – 6:00 PM (Green)
6:15 – 7:15 PM (Green)

Saturday at Pitt Meadows
8:00 – 9:00 AM (Blue)

Sunday at Port Coquitlam
5:00 – 6:00 PM (Blue)
5:45 – 6:45 PM (Green)
6:15 – 7:15 PM (Blue)
7:00 – 8:00 PM (Green)
8:15-9:15 PM – 18+ (Green)
9:30-10:30 PM – Masters (Green)

Sunday at Pitt Meadows
8:00 – 9:00 AM (Gold)
12:45 – 1:45 PM (Blue)
2:00 – 3:00 PM (Blue)

****Pay close attention to which arena you are at – for example, we have a Poco Blue and Pitt Blue both on Tuesday****

Our ice accommodates both practices and league games so you will average one practice and one game per week once games begin and you may occasionally find you may have two practices one week and none the next. League games ro-



tate around the Lower Mainland and we have no control over the game schedule. Most teams have ice on the weekends and the Lower Mainland ranges from North Vancouver to Chilliwack so a large area with a lot of rinks. ***Please do your best to attend practices & games and give your coach or manager as much notice as possible if your child will be absent from a practice or game.***

Your team manager will send out the practice/game schedule early in the season and again once the older teams are done tiering in late October (Tiering games are for the U12 - 18+ teams). Once league play starts you will get a calendar of games for the season which runs November through February and practice schedules as they are available. Always keep your eyes open for schedule changes & updates which you should receive from your coach or manager and can also find on PCRMRA website. The season runs from the week after Labour Day to February with Provincial tournaments in March. League game schedules and standings can be found on the LMRL website.

Again, if you have ANY questions or concerns please contact your Coach, Manager or one of the Executive members listed above and we'll be happy to help.

See you on the ice!

PCRMRA Executive Team

www.pcrmra.ca

Barb Mulligan, President

Ryleigh Deno, U9 Coordinator