



A Proposal: “AAA and LTAD in Harmony”

June 2011



The Proposal

- Design and implement an ORA Foundations training camp for 150 Ontario Ringette players aged 14 and 15 (Junior).
- Modernize the AAA program by increasing the number of players involved, and create common content for all AAA teams.
- Apply for funding from Ontario Ministry of Health Promotion.
- *Why and why now?*



Ontario has won medals, but...

- Players are “shopping” around for the best coaches and development opportunities.
- Ontario Ringette is looking at how to apply LTAD practices to its athletes.
- Current Ontario AAA approach is out-of-sync with other Ontario sports and other provincial ringette associations.
- Ontario Ministry of Health Promotion provides “Sport Priority Funding” for provincial wide training camps in support of LTAD.



Trending now...

- Ringette Canada hosted “La Releve” – a development event for all CWG teams.
- Alberta Ringette holds camps with 75 athletes to train and select athletes for CWG team.
- Quebec Ringette takes up to two years to select their CWG team, emphasizing training a large number of athletes, not just their top 10.
- Ontario Cycling Association has received multiple Sport Priority Funding for athlete training camps.



Sport Canada's “Own the Podium” Program

- Be the top winter sporting nation in the world by 2010.
- Current model of club / athlete development must change for further improvement in international competition.
- Canadian Olympic Committee contracted an expert to make recommendations.
- Ringette Canada is adopting a more coherent, standardized model to improve its performance on the international Ringette scene.
- **Implication:** more consistency across athlete, coach and team development, and less delegation of program design to individual teams and their leaders.



LTAD Stages

Camp Focus: "I am a Competitor,"
Age: 15 to 16

Age: 12 to 16

I am
Skating

I am on the
team

I am a
competitor

I am
exceeding
my limits

Watch Me Start



**Build on LTAD stages
to form basis of camp
content and learning
style.**

Ringette System Alignment

- Adopt “Own the Podium” 2010 Olympic model
- Training agenda set by national team program
- Stakeholder collaboration
- Build on LTAD stage guidelines
- Create a “Made in Canada” approach for all athletes



• Create a “Made in Canada” approach for all athletes

Senior Team Canada

U-19 East and West

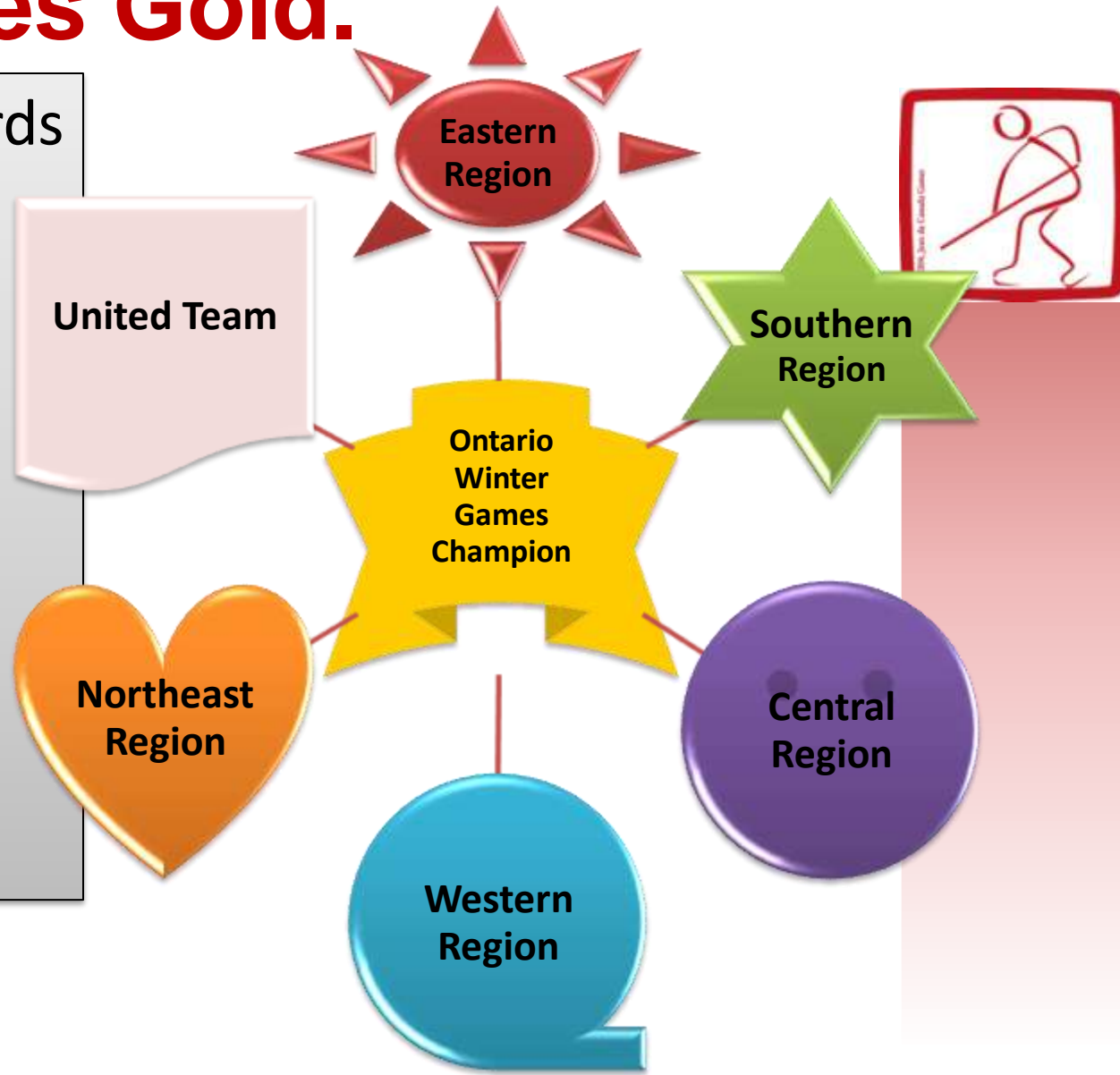
Provincial CWG Teams

Regional All Star Teams

AA Provincial Teams

Current Ontario AAA Model: Each team chases Gold.

- No common standards
- No sharing of best practices
- No common expectations
- No “Ontario Way”
- Focus is on all-star showcase teams
- Limited player participation



Future: The iPod Model

“Many Teams, One Training Model”



- Teams share common training targets and process
- People will say “that team plays like an Ontario team”
- Coach and players make each team unique
- Expanded roster to engage more players

Proposed Athlete Roadmap

15 yrs

- Attends ORA Provincial Foundations Camp
- Gets common training program and expectations
- Plays with Junior U-16 Club team

16 yrs

- Competes with U-19 Belle club team
- Member of 30 player Regional Team, Challenge Cups
- May Compete at OWG

17 yrs

- Competes with U-19 Belle club team

18 yrs

- Competes with U-19 Belle team
- Member of 30 player Regional Team, Challenge Cups

19 yrs

- 10 Month tryout process for CWG's Team Ontario
- May compete at CWG



Implications on Existing Programs

AAA

- 12 teams at each Challenge Cup
- Pick final team one month prior to OWG
- Follow common training program
- Coaches oriented to Provincial Foundations Camp, and have common expectations

Team Ontario

- Engage more athletes in the tryout process
- Lengthen the tryout process to increase development exposure
- Build on Provincial Foundations Camp
- Collaborate with AAA coaches to reinforce common practices

Club Teams

- Athletes play with club teams
- Athletes may apply Prov training program to club teams
- Club coaches oriented to Foundations program



Combined Old and New Calendar

Athlete Age	ORA Club Championships	Ontario Winter Games	Canada Games	New Events
15	Winter 2011			Foundation Camp
16	Winter 2012	Winter 2012		Expanded AAA
17	Winter 2013			
18	Winter 2014	Winter 2014		Expanded AAA
19	Winter 2015		Winter 2015	La Releve, Extended Team Ontario Tryouts



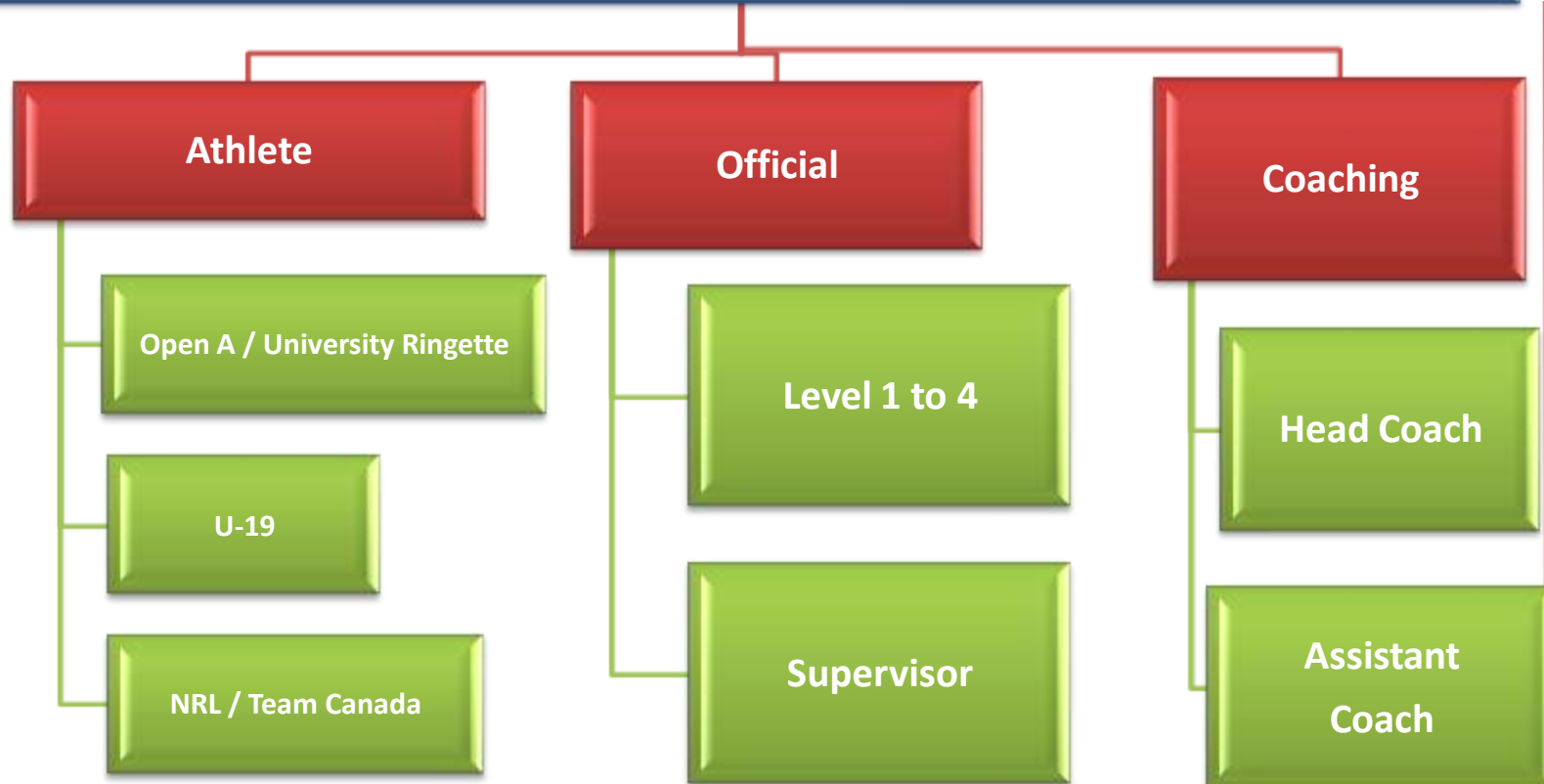
Foundations Camp Overview

- 150 ringette athletes aged 14 and 15
- Three to four day overnight camp
- Facility with multiple ice surfaces
- Housing nearby or on campus
- Cost sharing (athlete, fund raising, sponsorships, funding submissions)



Post 19 Opportunity Roadmap

LTAD Foundations Program



Agenda, 14, 15 yr old Provincial Foundation Camp

- Ice sessions to address the LTAD skills matrix
- Games and competitions
- Athlete time management
- Mental training
- Fitness testing (using Ringette Canada testing protocol)
- LTAD-based off-ice fitness workouts
- Sports nutrition and eating behaviors
- Social activities
- Rules clinic for ringette players by Officials
- The Ringette athlete roadmap



Synergies of the Provincial Foundation Camp

- Run a regional coaching development session
- Bring in officials for an officiating training session
- Run a coaching CSI or CI workshop, from the same venue
- Invite young players to watch exhibition games
- Combine with ORA, or other regional events



Who does what?

- Staff and volunteers of the Ontario Ringette Association with respect to funding submissions.
- Regions identify players
- The Camp Coaching Advisory Committee (CAC): advice on tactics, drills, and skills.
- The Expert Advisory Committee (EAC): advice on camp content, format and goals.
- Camp Designers and Instructors: Prepare instructional designs, and lead sessions.
- Subject Matter Experts: Based on input from CAC, prepare facilitated session on their topic.



Project will produce...

- A Provincial Foundations Training Camp and lesson plans
- Training guidelines for the Regional AAA teams
- Consensus among Ontario's coaching leaders
- Increased collaboration between future Team Ontario coach and AAA coaches
- Better alignment with other Ontario Sports, and with Ringette Canada approach



Next Steps

- Gather ideas and input
- Adjust proposal
- Gain partnership with regional or local ringette association to act as event and process host
- Present to ORA Standing Committees for support
- If accepted, prepare funding submission
- Build Foundations Camp core planning team
- Create processes and governance to ensure transparency, accountability, and agility.



Concept Advisors

- Laura Watson, BC
- Beth Veale, Alberta
- Larissa Zariwny, Alberta
- Frances Losier, Ringette Canada
- Various participants at the ORA Annual Meeting, Kingston, June 2011

