

Sherwood Park Ringette Association (SPRA) U8 Registration Guide – 2011/2012

Birth Year	Skill Set	Register in
May 2007 – Dec 2007	All skill levels	Can Skate Program is recommended
Jan 2007 - Apr 2007	All skill levels	U8 – Phase 1
2006	No Ringette experience No full skating stride	U8 – Phase 1
2006	Stride & Pass Understands game concepts Completed Phase 1 last season	U8 – Phase 2
2006	Advanced skill set Keen learner High level of physical literacy Completed Phase 1 last season	U8 – Phase 3
2005	New to sport No full skating stride Completed Phase 1 last season	U8 – Phase 2
2005	Basic skating stride Moderate physical literacy Returning U8 Players	U8 – Phase 3
2004	All skill levels	U8 – Phase 3

U8 – Program Phase Details:

U8-Phase 1	Sessions / Week: Skill Focus: Game Play vs. Skill Development: Tournaments: Cost:	<ul style="list-style-type: none"> • 1 ice time per week • Fundamental Skills Focus: skating, passing, checking, shooting • 1/2 or Cross ice games • 1-2 Jamborees • \$200 registration fee
U8-Phase 2	Sessions / Week: Skill Focus: Game Play vs. Skill Development: Tournaments: Cost:	<ul style="list-style-type: none"> • 3 ice times every 2 weeks • Fundamental Skills Focus: skating, passing, checking, shooting • 1/2 or Cross ice games • 1-2 Jamborees • \$300 registration fee
U8-Phase 3	Sessions / Week: Skill Focus: Game Play vs. Skill Development: Rules of Play: League: Tournaments: Cost:	<ul style="list-style-type: none"> • 2 ice times per week, power skating, travel throughout Zone 5 • One game and one practice per week • Full ice games • Black Gold League rules (coaches on ice, etc) • Play in Black Gold League - 16 games • Tournaments as agreed upon by the team (1 - 2 recommended) • \$500 (early registration) / \$575 (late registration)