



RAB Cup

Welcome to the 2022 RAB Cup program! We are excited to offer the athletes a full weekend of developmental programming on and off the ice. With 170 total athletes registered in the North and South camps, the RAB Cup is the first step in the selection process for Team Alberta and for many, their first introduction to High Performance Ringette.

On behalf of the Team Alberta Coaching Staff we are thrilled to initiate this unforgettable journey to the Canada Winter Games in Charlottetown/Summerside, Prince Edward Island, February 18-March 5, 2023.

Team Alberta Coaching Staff:

Chris Kelly – Head Coach

Carly Ross – Assistant Coach

Keely Brown – Assistant Coach

Kevin Harrison – Assistant Coach

Caley Mineault – Apprentice Coach

Teams

Athletes are divided up onto balanced teams for the weekend. Each team consists of players from across the different divisions registered. The teams based on positions but you may be required to play both your primary and secondary positions. There will be no team switches allowed at this point, as it is too difficult to ensure balanced teams and accommodate requests.

Evaluations

On-ice evaluation feedback will be provided for each Athlete after RAB Cup. If you do not wish to be evaluated or receive feedback, please contact carolyn@ringettealberta.

Swag

Athletes will receive a Ringette Alberta jersey at this event.

Sessions

Athletes will participate in 5 sessions over the course of the weekend. Attendance at all sessions is required. All sessions are located within the facility. Please check the schedule for the location

- Canada Winter Games Athlete Information Session
- Nutrition Session
- On-ice practice (half-ice)
- Fitness testing session
- Three Games (two 23-minute periods)

Minor Officials/Bench Help

We are requesting that parents assist in staffing the box and coaches, if needed, for all games. We ask that each team provide at least 2 minor officials for all games over the weekend. Minor officials will cover the following positions in the box:

- Shot Clock
- Time Clock
- Penalty Box doors

We will possibly need some volunteer parents to help swing gates during the game.

Meals

Athletes will need to provide their own meals over the course of the weekend. There is a restaurant on site. Please take note of your group schedules and plan accordingly, as there may be limited times for breaks.

Transportation

Athletes are responsible for their own transportation.

Refunds

There will be no refunds if an athlete does not attend this event or cancels their registration between now and the event.

If you have any questions, please direct them to:

Carolyn Reich

carolyn@ringettealberta.com 780-415-1761

Website Link: [Ringette Camps in Alberta | Ringette Alberta](#)