

# RAB Challenge – Coaching Program Outline



## What is RAB Challenge?

RAB Challenge is an annual development camp offered by Ringette Alberta. This camp allows athletes to participate on a team made up of athletes from across the province who may come with different skill sets than their own, as well as be exposed to new coaching styles and methods in a fun, developmentally focused weekend! The goal of the weekend is to learn lots, meet new people and most importantly, have fun!

This camp is open to athletes born 2010-2013, and we get athletes anywhere from U12C thru U14AA.

RAB Challenge 2024 is taking place in Chestermere from April 19-21.

## What Coaching Development can you expect to receive?

Highly trained and experienced coach mentors including Beth Veale and Jody Nouwen will be leading all practices, with assistance from high performance athletes (current or former members of our Senior National Team, Junior National Team, Canada Winter Games team, or NRL team). Team Coaches will be on the ice to observe and assist in the delivery.

Team Coaches will have a block on Friday and Saturday for strategy instruction led by coach mentors. These seminars will consist of lessons and information, followed by a Q & A and discussion. Topics may include breakouts, forechecking, offensive setup, team building, special teams, and more.

During games on Saturday and Sunday, coach mentors may go onto different benches to help coaches analyze the play on the ice, provide effective feedback to athletes, and make strategic in-game decisions.

## Who can attend as a Team Coach?

Any coach who was registered with Ringette Alberta in the 23-24 season can attend! We also welcome junior coaches (born 2005-2009) but they have a separate application/registration form.

With 12 teams' worth of athletes, we will take a maximum of 36 team coaches (3 per team) and an additional 24 junior coaches (2 per team).

If you are unable to be there the whole weekend, you are still eligible to attend, however if you will be missing more than you are attending, please consider giving your spot to a coach who can be there full time.

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## What are my responsibilities as a Team Coach?

Team coaches are expected to be with their team/athletes much of the weekend, although junior coaches can help with supervision.

On the ice for practice, Team Coaches are expected to pay attention to the instructions given, help move pylons and set up drills, ensure athlete and coach safety, provide feedback to athletes, and ask questions as needed.

During off-ice activities, the schedule will specify if there is an instructor for that time period or if coaches are responsible for planning. If there is an instructor/leader for a certain time period, coaches may be scheduled for their own development and junior coaches will accompany the team to their activity.

Leading up to and during games, Team Coaches will create a lineup, give a pre-game talk, and coach on the bench.

Team coaches will include Junior Coaches in planning and activities.

## What is the schedule like?

The schedule varies a bit depending on the team, but you should expect the following:

- Friday April 19<sup>th</sup>: 9:30am-7pm
  - 2 ice times (1 practice, 1 game)
  - 3 off-ice activities
- Saturday April 20<sup>th</sup>: 8:30am-8pm
  - 2 ice times (1 practice, 1 game)
  - 3 off-ice activities
  - RAB's Got Talent big event!
- Sunday April 21<sup>st</sup>: 9:15am-2pm
  - 1 ice time (game)

## What will I get out of it?

Aside from the incredible opportunity to learn from some of Alberta's best and most experienced coaches and high-performance athletes, team coaches will get the following perks:

- Working with different coaches, and athletes from different associations and different levels of play.
- 3 PD points towards status renewal (this is the maximum allowed by the NCCP for non-NCCP programming).
- Participation as a coach at RAB Cup and RAB Challenge are excellent for your coaching resume and will improve your chances of being selected as a head coach by your local association.
- To be considered to coach at Alberta Winter Games and Canada Winter Games, participating as a coach at RAB Cup and/or RAB Challenge is a requirement.

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## What do I need to bring?

### Required:

- Skates
- Helmet
- Ringette stick
- Gloves
- Whistle
- Athletic clothes for on-ice
- Paper & pen

### Optional:

- Clipboard/binder
- Coaching board
- Dry erase markers

## Other notes:

- This is an extremely fun and colourful camp – wearing your team colours is essential!
- If you have a child/relative attending, you have the option of being on their team or allowing them to experience a different coach while still accessing the development for yourself.
- We do not accept friend requests for athletes or coaches to be on the same team. Schedules vary but start and end times for the day are very similar so if you are carpooling it shouldn't be a problem.
- Study your team list thoroughly ahead of time so that you can learn athletes' names quickly. This will make things go more smoothly and help athletes feel valued.