

About RAB Cup

RAB Cup is an annual event hosted for U16 and U19 aged athletes (in 2024 this includes athletes born in 2006, 2007, 2008, and 2009).

RAB Cup 2024 is hosted at the Tri-Leisure Centre in Spruce Grove from April 26-28.

Athletes from across the province register and are divided into balanced teams (as much as is possible given the level they played in the most recent season and preferred position). Each team has 2 practices and 2 games over the Saturday and Sunday. Athletes are also scheduled for off-ice activities which vary from year to year, but may include fitness, mental training, or nutrition.

Friday evening consists of an information session about which, if any, higher level programs will be scouting at this event: for the 2024 event we will only be scouting for La Relève. Following the information session, there is a goalies-only ice time. Coaches may or may not be invited to observe this session, and the goalie instructors will make use of a few athletes as shooters.

RAB Cup is open to any athlete in those birth years who wishes to attend, but it often attracts our highest-level athletes, making it an ideal environment for coach development as well.

What coach development should you expect?

We have several coach mentors attending, including Beth Veale, Chris Belan, Chris Kelly, and Caley Mineault. They will work with Team Coaches throughout the camp.

1. Preparation meeting (virtual) in the week prior to the event. Coach mentors will:
 - a. Introduce themselves and their background.
 - b. Go through the practice plans in detail so that everyone can feel comfortable with the concepts being taught and how to lead a drill during practice.
 - c. Outline the evaluation system and provide rubrics and examples.
2. Practices:
 - a. Observe while mentor coaches model how to lead a drill.
 - b. Lead a drill on-ice.
 - c. Receive feedback and additional information from mentor coaches pointing out things they notice happening on the ice in general.
 - d. Practice giving feedback to athletes.
 - e. Watch high-level athletes practice at a fast pace.
3. Strategy session:
 - a. Mentor coaches and team coaches will work together to go over some strategy with the athletes for the upcoming games, including breakouts, free pass plays, and more.

4. Feedback and evaluation seminar:
 - a. Mentor coaches will help team coaches get started on their evaluation and feedback assignments.
 - b. Review where to input the feedback.
 - c. Sample feedback and wording.
 - d. Special attention to goaltending
5. Power Skating seminar with Mel Thomas:
 - a. How to break down a skating stride to provide useful feedback/correction
 - b. What to work on (skating-wise) for 10 minutes each practice to have the most impact
 - c. What off-ice activities will most help with various skating deficiencies?
 - d. Links between skating abilities and ringette skills
6. Games:
 - a. Mentor coach will be on your bench periodically during games to support team coaches in analyzing the play on the ice and providing useful feedback to athletes.
 - b. Experience high-level play.
 - c. Make in-game decisions relating to strategies.
7. Debrief:
 - a. Team coaches and mentor coaches debrief how the weekend went.
 - b. Group and individual coach feedback can be given.
 - c. Mentor coaches may assist in athlete feedback.
 - d. Mentor coaches there to answer questions.

What does the schedule look like?

Friday evening: info session for La Relève, and goalie on-ice.

Saturday, the order of events varies by team (earliest start time 7:30am):

- 2 practices: mostly skill and concept based
- Strategy session: with coaches and athletes, opportunity to prepare for the games on Sunday.
- Nutrition class: athletes only
- Feedback & evaluation seminar: coaches only – coach mentors will guide team coaches on how to provide effective and useful feedback to athletes. Coaches will learn to evaluate various attributes.
- Fitness testing info and power skating session (off-ice): athletes only

Sunday, the order of events varies by team (earliest start time 7:30am):

- 2 games against other teams
- Mental training: athletes only
- Power skating seminar with [Mel Thomas](#): coaches only. Classroom.
- Debrief: coaches only. Mentor coaches will go through the weekend to talk about how things went, answer any questions.

Who should attend?

Any coach who was registered with Ringette Alberta in the 23-24 season can attend, however coaches who have completed their Competition Introduction training or higher will get the most out of the experience.

With 10 teams' worth of athletes, we will take a maximum of 30 team coaches (3 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.

What do I need to bring?

Required:

- Skates
- Helmet
- Ringette stick
- Gloves
- Whistle
- Athletic clothes for on-ice
- Paper & pen
- Food/snacks (there is a concession on site, but lines may be long etc.)

Optional:

- Clipboard/binder
- Coaching board
- Dry erase markers

What will you get out of it?

Aside from the incredible opportunity to learn from some of Alberta's best and most experienced coaches as well as exposure to a high level of ringette and wonderful athletes, team coaches will get the following perks:

- 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.

Other notes:

- If you have a child/relative attending, you will NOT be on the same team as they are.
- We do not accept friend requests for athletes or coaches to be on the same team
- Study your team list thoroughly ahead of time so that you can learn athletes' names quickly. This will help enormously when compiling feedback for athletes, as well as make athletes feel valued.