

The BKRA Executive committed at the Annual General Meeting (AGM) this year to a number of initiatives for the 2015-2016 ringette season. A key initiative was to spend more association funds on player and coach development. As part of our commitment to this initiative, we have arranged for **PHASE I** of our plan by coordinating two (2) coaching development sessions to enhance the knowledge and ability of our coaches at all levels of BKRA.

PHASE II of our Player/Coach development plan will be integrated into our season practice sessions and will be announced and discussed at Session #1 (below).

BKRA Coaches Information Session – November 4th, 2015 @ 7-9pm – Kirkland Arena (Session #1)

Kirkland arena classroom session hosted by our most certified and experienced BKRA coach Debbie Frail, with a guest speaker appearance by our Referee in Chief Audrey Dalton. This session will be helpful to everyone - even if you've played ringette your entire life and believe you know the rules. The session will be a general information and question / answer session for all BKRA coaches to really take advantage of the experience of our two speakers.

Debbie will be focusing on:

1. Practice planning - what to teach during different stages of the season (skills vs. tactics vs. team systems, running drills effectively, use of assistants, etc.);
2. Game planning / bench management; and
3. Planning for tournaments.

Audrey will cover basic understanding of the rules and then answer any and all questions: main misunderstandings, move-it or lose-it scenarios, slashing penalties, advantages gained and lost, blue lines, shot-clock sounding in error, etc.

Looking forward to seeing ALL BKRA Coaches at the session whether you are a head coach or an assistant coach. If you cannot make the session please ensure that at least one bench staff is in attendance so all teams are represented. Please email Rick Burchill our Technical Director at BKRATECHNICAL@gmail.com regarding your attendance so we can plan accordingly.... **there will be a FREE gift for each team in attendance!**

BKRA Coaches Training Session – November 25th, 2015 @ 6-7pm on ice and 7-8pm classroom – Kirkland Arena (Session #2)

This session will have “on ice” and classroom components both with lead instruction by Debbie Frail. The focus of the session will be more detailed with attention given to Practice Planning and Game Planning. Debbie will use an interactive approach with the coaches on ice to address:

- Practice Planning - planning and running drills effectively, what to teach during different stages of the season, demonstration of skills vs. tactics vs. team systems, effective use of assistant coaches, etc.
- Game Planning – how to put together lines / positions, managing the message and coaching on the bench, proper bench management, game situations, pulling the goalie, strategy, etc.

This is a “must attend” for any level of coach that is seeking knowledge and experience specific to the game of ringette! If you cannot make the session please ensure that at least one bench staff is in attendance so all teams are represented. Please email Rick Burchill our Technical Director at BKRATECHNICAL@gmail.com regarding your attendance so we can plan accordingly.