



# 2027 Ringette Nova Scotia Canada Games Ringette Program Athlete Selection Framework: Phase 1



## Appendix A – Camp 1 Rubric

**Immersive Skill Camp:** Sept 25–28, 2025

### **Purpose:**

Observe athletes in a learning-first environment, assessing technical execution, physical tools, coachability, and mental readiness without the pressure of formal evaluation.

### **Scoring Anchor (consistent across all domains):**

- 5: Elite-level performance under pressure; consistently excels | CWG-ready / AAA
- 4: Strong, HP-capable with minor inconsistencies | AA
- 3: Functional at high-A level; inconsistent at HP pace | Emerging AA /Solid A
- 2: Limited effectiveness at HP pace | Emerging A
- 1: Not yet ready for structured HP play | Developmental

### **Domain 1: Technical Execution**

- 5: Consistently precise execution with excellent control and efficiency; skills hold under fatigue and pressure.
- 4: Strong technique; occasional minor inconsistencies; maintains quality at HP pace.
- 3: Functional skills; breaks down occasionally under fatigue/pressure.
- 2: Technical flaws regularly reduce effectiveness.
- 1: Struggles to execute basic skills at HP pace.

### **Domain 2: Physical Tools**

- 5: Elite movement efficiency and repeatability; explosive and smooth; no discernible breakdowns.
- 4: Strong mover; occasional breakdowns under fatigue; maintains intensity.
- 3: Sufficient mobility; noticeable limitations in transition or under load.
- 2: Restricted by mobility, stiffness, or stamina limits.
- 1: Unable to meet HP movement demands consistently.



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## **Domain 3: Coachability**

- 5: Actively seeks and applies feedback; adjusts rapidly; adds value to team environment.
- 4: Receptive and responsive to instruction; adapts with minimal repetition.
- 3: Applies feedback inconsistently; requires reinforcement.
- 2: Needs repeated instruction to make adjustments.
- 1: Resistant or disengaged from feedback loop.

## **Domain 4: Mental Readiness**

- 5: Thrives in new situations; composed and adaptive under all conditions.
- 4: Maintains focus and adaptability; rare lapses.
- 3: Generally focused; some hesitation or distraction under pressure.
- 2: Frequently unfocused; slow to recover from mistakes.
- 1: Unprepared mentally/emotionally for HP expectations.