



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



Purpose

Identify and advance athletes with the performance, mindset, and long-term potential to thrive in a high-performance training and competition environment.

Outcome

- ❖ Athlete exposure to high performance lifestyle and expectations.
- ❖ Athlete growth within a high performance environment.
- ❖ Invitation to the Phase 2 Development Pool (November 2025 – May 2026).

Selection Philosophy

Our process is:

- **Holistic:** Evaluates technical, tactical, physical, mental, and character traits over multiple exposures.
- **Aligned with national best practice:** Built on LTAD 3.0, Gold Medal Profile (4 Pillars), True Sport Principles, and Own the Podium talent ID methods.
- **Evidence-informed:** Designed from Ringette Canada evaluation tools, utilizing multi-source inputs to form athlete profiles.
- **Transparent:** Final decisions are made by consensus, balancing data with contextual judgement.

We are building a team, not an all-star list.



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Selection Objectives

To be considered for Phase 2, athletes must demonstrate readiness across 4 pillars:

1. **Performance:** Technical execution & tactical awareness, decision-making, anticipation, ring movement, role-appropriate game impact.
2. **Physical Capability:** Skating efficiency & recovery, strength, speed, stamina for position, resilience under fatigue.
3. **Mental Readiness:** Composure under pressure, consistency across formats and days, growth mindset and adaptability.
4. **Culture (Character & Team Fit):** Effort, respect, body language, communication & leadership, team-first approach and accountability.



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Phase 1 Camp Structure

Camp 1: Immersive Skills Camp (Sept 25–28, 2025):

Purpose: Observe skill expression, adaptability, and coachability in a learning-first environment.

Format: Video capture, alumni-led skill and tactical sessions. Immersive assessment by alumni and coaching staff.

Method: RC-aligned rubrics + staff observation notes. (see Appendix A: Camp 1 Rubric).

Camp 2: Performance Check-in and Game Evaluation Camp (Oct 13–19, 2025):

Purpose: Assess in-game performance, decision-making, communication, and resilience under pressure. Benchmark athlete physical readiness to the 2027 RNS CWG Ringette team fitness standards.

Format: Performance Check-ins on designed protocol with S&C Coach. 2 games assessed by alumni and coaching directly and via video review.

Method: Minimum three independent evaluator scores per athlete using RC-aligned rubric. (see Appendix B: Camp 2 Rubric).



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Selection Process

Step 1:

Portfolio Building: A complete portfolio of all athletes will be built to reflect the data collected over both camps:

- Quantitative (rubric scores, technical benchmarks).
- Qualitative: including on-ice (staff/alumni observations, video analysis, behavioural notes) and off-ice observations (mindset, preparation, cultural alignment).

Step 2:

Collaborative Review: Coaching group compiles all data, identifies red/green flags, and uses consensus decision-making — no automatic cut-line by score.

Step 3:

Invitation to Phase 2: Athletes meeting multiple pillar readiness and program fit are invited; developmental feedback provided to all athletes via portfolio sharing an in-person sessions.



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Phase 1 Evaluation Intent

Phase 1 is the Open Phase of the Canada Games Ringette Program — designed to welcome and evaluate a wide range of athletes through open registration. At this stage, our focus is on building a broad and inclusive picture of each athlete's high-performance readiness rather than making granular positional or role-specific assessments.

This approach ensures that:

- All athletes are evaluated using the same universal criteria that apply across positions and roles.
- We identify foundational performance traits such as movement efficiency, skill execution at pace, adaptability, and coachability: critical elements for success in later phases.
- Athletes are not limited by their current position or role, allowing for flexibility in development and future team construction.
- The evaluation environment remains accessible and transparent, with criteria that can be consistently applied by all evaluators, regardless of positional expertise.

By focusing on core high-performance pillars (Performance, Physical, Mental Readiness, Culture), Phase 1 allows us to:

- Establish a baseline profile for every athlete.
- Support inclusive talent identification.
- Provide developmental feedback that applies to all players, regardless of where they may eventually fit within the program.

Granular, position-specific, and role-based evaluation will be introduced in Phase 2, when the athlete pool is smaller, better known, and refined for targeted development toward final team selection.

Special Considerations for Absence

Athletes unable to attend due to injury, remote status, multi-sport conflicts, or other exceptional circumstances may be evaluated through video review, coach reference checks, or integration into training with Phase 1 athletes. See our separate document for more details.



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Continuous Scouting

Selection does not end with Phase 1. While some athletes will be formally invited into Phase 2 (Development Pool) following the evaluation camps, we are committed to maintaining a continuous scouting process throughout the season.

- Athletes not advancing to Phase 2 will still receive developmental feedback.
- Their progress will be monitored over the competitive season by program staff and alumni evaluators.
- Athletes who demonstrate significant growth in alignment with their feedback and performance profile may be re-invited into the program at a later stage.

This approach ensures that athletes are not excluded based on two weekends of evaluation, but instead have ongoing opportunities to be recognized as they continue to develop. It reflects the program's commitment to long-term athlete development, fairness, and inclusivity, while keeping the door open for late bloomers and rapid improvers.

Evidence References

LTAD 3.0: Age/stage-appropriate development, progressive overload, and recovery emphasis.

Gold Medal Profile (GMP): Performance characteristics across four pillars.

True Sport Principles: Values-based selection.

Own the Podium Talent ID: Multi-exposure, multi-source evaluation.

Ringette Canada Evaluation Tools: Position-specific rubrics and national performance standards.



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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.



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Appendix B – Camp 2 Rubric

Game Evaluation Camp: Oct 16-19, 2025

Purpose:

Evaluate athletes in live game play to assess tactical awareness, game impact, communication, and resilience under competitive pressure.

Scoring Anchor (consistent across all domains):

- 5: Elite-level impact in HP competition; consistently decisive | CWG-ready / AAA
- 4: Strong HP-capable play with minor inconsistencies | AA
- 3: Solid but inconsistent HP contributions | Emerging AA /Solid A
- 2: Limited ability to influence play at HP pace | Emerging A
- 1: Unable to meet HP game demands | Developmental

Domain 1: Tactical Awareness

- 5: Anticipates and adapts fluidly to game flow; proactive in system execution.
- 4: Strong reads and positioning; occasional small lapses.
- 3: Basic tactical understanding; inconsistent reads under pressure.
- 2: Struggles to adapt to game systems or anticipate play.
- 1: Frequently out of position; unaware of game structure.

Domain 2: Game Impact

- 5: Consistently drives or shuts down high-value plays; momentum changer.
- 4: Frequently involved in meaningful scoring/defensive outcomes.
- 3: Moderate influence; present but not decisive.
- 2: Rarely involved in impactful events.
- 1: Invisible or negative impact on outcomes.



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Domain 3: Communication

- 5: Leads and elevates team communication consistently.
- 4: Communicates effectively throughout most situations.
- 3: Uses basic cues; not disruptive but not a driver.
- 2: Infrequent or unclear communication; occasional breakdowns.
- 1: No visible communication or cohesion impact.

Domain 4: Resilience / Emotional Control

- 5: Poised under pressure; sets the example for response.
- 4: Regains control quickly after adversity; maintains composure.
- 3: Shows frustration but rebounds in reasonable time.
- 2: Struggles to recover from mistakes; visible negative impact.
- 1: Frequently loses composure; performance deteriorates.

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Appendix C: Gold Medal Profile (GMP) & Winning Style of Play (WSP) Alignment

GMP/WSP Summary

The Canada Games Ringette Program applies the Gold Medal Profile (GMP) and our Winning Style of Play (WSP) as the foundation for athlete selection and development. Please refer to our more detailed GMP/WSP document for a comprehensive description.

Our main GMP/WSP **PRINCIPLES** include:

1. **Ring Possession:** If we possess the ring, we win. We emphasize deliberate control through protection, support, and resets. Offensively, this means sustained pressure with smart resets and no wasted shots. Defensively, it means disciplined goalside pressure to create turnovers and force poor entries, bad shots, or 30-second violations. In transition, it means securing controlled exits and entries and quickly regaining goalside structure when possession changes.
2. **Team Culture:** We unite as athletes around a shared vision, shared experiences, and shared goals. Our strength comes from trust, belief in one another, and commitment to collective success. When we live, breathe, and work as one, we become unstoppable in pursuit of our goals.
3. **Pace & Precision:** Quick, decisive execution under the 30s shot clock; technical excellence in passing, skating, and transitions.
4. **Defensive Intensity & Excellence:** Discipline and controlled aggression; consistent goalside pressure; denial of attacker opportunities through zone exit/entry resistance, triangle excellence, relentless forechecking/backchecking, and uncompromising second effort.
5. **Relentless Transition:** Immediate response on change of possession; seamless defense-to-offense and offense-to-defense.
6. **Controlled Offensive Creativity:** Execute set strategies with calculated innovation to create high-percentage opportunities.
7. **Off-Ring Movement & Support:** Success is built off the ring as much as with it. Athletes create continuous passing options, maintain spacing, and support teammates through purposeful off-ring movement into quiet ice, driving lanes, and recovery positions.
8. **Role Clarity & Adaptability:** Each athlete understands and excels in their role, with readiness to adapt to situational demands.
9. **Goaltender Excellence:** Anchor of the defensive triangle; combines technical execution, rebound control, and communication. Excellence includes consistency under pressure, smart decision-making, and initiating controlled possession through precise distribution.
10. **Mental Readiness & Resilience:** Compete with a prepared mind and unshakable focus. Demonstrate composure under pressure, quick recovery from mistakes, and leadership that strengthens team culture.

The GMP/WSP is organized in to 4 pillars, including: **Performance, Physical, Mental Readiness, and Culture**. Athletes are assessed in all pillars.

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GMP Pillar Mapping – Phase 1 Rubrics

GMP Pillar	CWG Phase 1 Domains / Rubrics	Examples of What's Assessed
Performance Technical/ Tactical	Camp 1: Technical Execution Camp 2: Tactical Awareness, Game Impact	Skating mechanics, ring control, passing, shooting, anticipation, reads, decision-making Impact on scoring opportunities
Physical	Camp 1: Physical Tools Camp 2: Resilience (part-physical) Appendix D: Fitness Guidelines	Acceleration, agility, stamina Repeatability under fatigue Aerobic/anaerobic benchmarks
Mental Readiness	Camp 1: Mental Readiness Camp 2: Resilience / Emotional Control	Focus and adaptability Response to mistakes and adversity Shift-to-shift consistency
Culture: Character / Personal	Camp 1: Coachability Camp 2: Communication Appendix C: Athlete/Parent Narrative	Receptiveness to feedback Team-first behaviour, respect Communication and leadership