

I AM RINGETTE:

ACTIVE FOR LIFE

(ANYTIME AFTER LEARN TO TRAIN)

STAGE



PHYSICAL

1. I can participate in a variety of aerobic and strength training activities for overall health and wellness.
2. I can train appropriately for the level of play that I participate.
3. I can consistently take part in body weight exercises during warm-up and cool down.
4. I can maintain my flexibility and range of motion for general health and wellness.

PSYCHOLOGICAL

1. I experience personal satisfaction with my participation in ringette and other sports that I enjoy.
2. I can set my own personal and team goals as desired.
3. I can implement a variety of strategies to help me with positive self-talk, distraction control, emotional regulation or other psychological elements of the game.
4. I make appropriate sport-based decisions for the desired level of performance.

TECHNICAL/TACTICAL/STRATEGIC

1. I can execute the technical/tactical/strategic skills appropriate for the position(s) and level of play that I participate.

LIFE SKILLS

1. I am confident to try new physical activities and sports.
2. I can interact with my teammates and opponents positively while keeping the best interest of the team in mind.
3. I can assume leadership roles at my desired level.
4. I can modify my sport involvement as necessary.
5. I can participate ethically in my sport because it contributes to the enjoyment of my sport.
6. I balance my participation with career and other life responsibilities.
7. I can maintain proper nutritional intake, adequate hydration, appropriate sleep and rest to support my participation in sport.

ETHICAL LITERACY

- KEEP IT FUN:** I seek new or additional ways to enhance my sport and recreational experience.
- GO FOR IT:** I like to try new sports, stay involved and stay active, and always do my best.
- PLAY FAIR:** It is important to play by the rules.
- RESPECT OTHERS:** I demonstrate respect for all at all times.
- STAY HEALTHY:** I strive for a positive work-life-play balance.
- INCLUDE EVERYONE:** I am accepting of varying levels of ability and structure activities to accommodate others.
- GIVE BACK:** I look for ways to transfer my knowledge back to my community by mentoring, coaching, or as a community sport leader or role model.