

RELAY COURSE CHALLENGE FOR U10, U12 & U14

JANUARY 2022 | BROUGHT TO YOU BY CRRL & RISE RINGETTE CAMP



THE CHALLENGE

The Relay Course Challenge is a way for U10, U12 and U14 cohorts to “compete” against each other, have fun, and develop Ringette skills in a way that fits with current public health rules for sport in Nova Scotia.

Starting on January 31 cohorts can complete the Relay Course Challenge as many times as they choose, right up until the date that public health allows full sport teams to resume practices (TBD but anticipated either February 7 or February 14).

The longer Nova Scotia is under current restrictions requiring cohorts of ten, the longer your cohort will have the opportunity to improve its results and try to win the Challenge!

The Relay Course Challenge is open to all U10, U12 and U14 cohorts from ringette clubs that are part of CRRL, and there is no registration process required other than completing the Challenge and submitting results. This is a TEAM (cohort) challenge so results will be based on the overall time for the cohort, divided by the number of athletes that participate. No individual scores - it's all about the TEAM!

When public health restrictions change and the Relay Course Challenge has closed, one winning cohort in each division (U10, U12, U14) will be announced. Winning cohorts in each division will receive a prize pack of goodies from event sponsor **Rise Ringette Camp**... and the bragging rights!

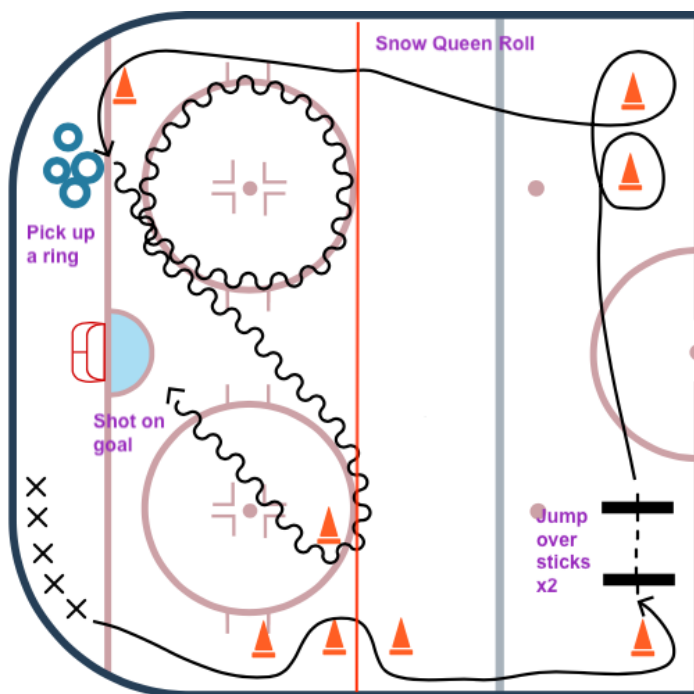
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FOR COACHES – HOW TO PLAY

It's easy to play! Participating cohorts will complete the timed Relay Course Challenge during their regular scheduled practice times, with a coach reporting results to CRRL [here](#) after each practice where the Challenge is completed.

1. Send this flyer to your cohort before practice so athletes arrive ready to have fun!
2. Plan your practice as you normally would, allowing enough time to complete the Relay Course Challenge (approx. 10-15 minutes depending on age division and size of cohort).
3. You'll need a timing device (Smartphone or watch) and a coaching board to go over the course with athletes beforehand. Other required equipment: 8 cones, two spare ringette sticks (can be coaches' sticks), and enough rings for each athlete.
4. After setting up the equipment on ice according to the course diagram and getting athletes in position lined up behind the goal line, have a coach or athlete demonstrate the relay course and allow the athletes to run through it once for practice.
5. Now it's time for the timed part of the Challenge: start the timer as the first athlete takes off to complete the course as quickly as possible. When the first athlete takes their shot on goal after completing the course, the next athlete leaves to complete the course, and so on until all athletes have completed the course. The timer stops when the last athlete takes their shot on goal.
6. For cohorts with a goaltender: record how many shots on goal are saves.
7. Congratulate all athletes on their effort and record the overall time it took for all athletes to complete the Relay Course Challenge, as well as how many saves were made by the goalie (U12 and U14).
8. After practice, [visit this link](#) to report your cohort's results (in minutes and seconds) for completion of the Challenge.
9. Repeat the Challenge at your next practice to improve your time and better your chance to win the Relay Course Challenge and the RISE RINGETTE CAMP prize pack!



RESULTS CALCULATIONS

- Results are based on overall cohort times to complete the Relay Course Challenge, divided by the number of athletes (skaters) that participated.
- Winning cohorts will be announced 72 hours after the Challenge ends, which will be the last day that public health restrictions requires groups of 10 for sport practices.
- U12 and U14 cohorts with goalies: the goalie with the highest save percentage based on the number of shots received in their cohort during the Relay Course Challenge will also be announced as a winner.
- Cohorts that post a photo to social media of them completing the Challenge and tag [Central Region Ringette League - Nova Scotia](#) will receive a 30 second overall time deduction.