

ELITE/HIGH PERFORMANCE REPORT

NOVEMBER 26, 2020

RINGETTE ONTARIO ANNOUNCES TEAM ONTARIO HEAD COACH

Ringette Ontario is pleased to announce the selection of Sheri Markle as the Head Coach for the 2023 U20 Team Ontario (Canada Winter Games) team.

"Sheri brings a tremendous amount of experience, knowledge and passion for the sport of Ringette to this bench staff. We are thrilled to have her lead Team Ontario to the 2023 Canada Winter Games (CWG)."

With over 30 years of ringette experience, Markle has coached teams in the National Ringette League, Ontario Winter Games and Canada Winter Games. She was also recently named Assistant Coach for Team Canada's Junior National Team.

"I am thrilled to be a part of Ringette Ontario's high performance program. The Canada Winter Games experience is an incredible opportunity for our athletes. Ontario has a tremendous amount of talent and I am excited to work with players across our province to help build that team."

Ringette Ontario and the Team Ontario bench staff will work together to plan, organize and prepare the U20 Team Ontario for the upcoming CWG.

HIGH-PERFORMANCE RINGETTE PROGRAM

The High Performance Ringette Program will provide our athletes with opportunities to work with coaches and specialist to learn and develop under a program geared towards preparing them to represent their association at the 2022 Ontario Winter Games, their province at 2023 Canada Winter Games, play in the National Ringette League (NRL) and represent Canada at the World Ringette Championships.

The High-Performance Program will work to provide participants with the daily training environment that will support each athlete with attaining their personal success and individual

goals. The HP Program will include a year-round commitment with training plans tailored to athletes and that align with a full season calendar for ringette.

Ringette Ontario is creating a program to focus the efforts of the program targets and objectives to align with the restrictions of COVID-19, the Return to Ringette Guidelines and the ongoing athlete development for players seeking a spot to compete at the Ontario Winter Games and Canada Winter Games.

The program will include:

- access to virtual training content
- sessions led by sport professionals
 - Sport Psychology
 - Mental Training
 - Nutrition
 - Physical Training
- in-person training camps (once permitted)
- coaching from selected high-performance coaches

****The 2020-2021 application process for the High Performance program is now open.***

Entry Requirements

To be considered for a part of the High-Performance Program, athletes must be:

- Born between 2007 and 2003
- be in good standing with their local association and Ringette Ontario
- registered with their Local Ringette Association for the 2020-2021 Ringette Season
- Complete the [HP Intent Form](#)

Questions or comments regarding the High-Performance program can be directed to Ringette Ontario's Technical Director, Karla Xavier at techdirector@ringetteontario.com.