

Instructors

The Ringette Academy has a strong coaching staff with coaching experience coming from many backgrounds. Karl MacPhee's Hockey Academy & Conditioning background blends well with Laura Feehan's International Ringette experience while Scott Bezubiak's extensive coaching and teaching background will benefit all aspects of the program. Every student of the program also has access to an on-site certified athletic therapist

The Ross Sheppard Women's Ringette Academy is sanctioned for operation by Ringette Alberta and Edmonton Public Schools.

Karl MacPhee

Strength & Conditioning
Coach
Hockey Academy Instructor
Ringette Academy Instructor



Laura Feehan

Former Professional
Ringette Player
NCCP Level 3 Ringette
Coach



Scott Bezubiak

Sport Performance
Teacher
Volleyball & Track Coach
Hockey Academy
Instructor



Maria Novak

Athletic Therapist
Sports Medicine
Instructor



Ringette Academy Focus

- On Ice Individual Skill Development
- Small Group Skill Development
- Off Ice Strength & Conditioning
- Speed/Agility/Quickness Development
- Off Ice Skill Development
- Nutrition & Lifestyle Education
- Comprehensive On Ice Skills Testing
- Comprehensive Off Ice Fitness Testing
- Goalender Specific Training On & Off Ice
- On and Off Ice Video Analysis



ROSS SHEPPARD HIGH SCHOOL

Women's Ringette Academy



Sport Performance

Our Sport Performance program's primary focus is to develop a strong general physical preparedness across all aspects of athletic events. With this in mind, the students will practice and develop:

- Strength
- Flexibility
- Stamina
- Cardiovascular endurance
- Speed
- Power
- Balance
- Agility
- Coordination
- Accuracy

Skill Development

Ringette, like all sports, requires a specific skill set which is learned on and off the ice. At the Ringette Academy, our on ice focus is skating, passing, shooting, fakes & dekes, small group technical development. Off ice training will mimic the demands of the sport through hand eye coordination, agility drills and sport specific training.

Goalenders will participate in all aspects of the program, with a special focus on goaltender warm-ups and skill development in the on ice portion of the program.



Ross Sheppard Ringette Academy

- Provides additional training for competitive ringette athletes who have goals of playing at the next level.



- Is focused on: the development of individual technical and tactical skills, and improvement in the components of exercise that affects ringette.
- Is supplementary to the existing programs run by Branch Ringette Associations and Clubs

Long Term Athlete Development

The Long Term Athlete Development paradigm has been developed to help all ringette athletes at the grassroots level to those who are looking to play at a competitive level within Provincial, National and International programs..

The Ross Sheppard Women's Ringette Academy is designed to be aligned with Long Term Athlete Development by offering both on and off ice testing, on and off ice ringette skills training as well as a comprehensive strength & conditioning program.



Eligibility

Students registered at Ross Sheppard High School are eligible to apply for the Ringette Academy. Upon acceptance, all students are expected to maintain both regular attendance and academic success .

Application

Applicants are required to submit a current progress report as well as an attendance summary from their current school.



EDMONTON PUBLIC SCHOOLS



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