



I'm very excited about the upcoming season and looking forward to a strong and rewarding 2025/2026 Ringette season with the U16A Attack! Thank you for your interest in being part of this journey.

With close to 40 years of involvement in the sport as either a player, official, volunteer, and/or a coach, my passion for Ringette continues to grow. As a previous competitive player, I had the privilege of playing with teams such as the U14 Aces, U16AA Stingers, and U19AA Bandits. Ringette has given me so many life lessons, incredible memories, and lifelong friendships and I'm proud to give back to a sport that has shaped so much of who I am.

This season marks my tenth year as a coach. I've coached across multiple divisions, most recently, as the coach for the U14A Aces.

Time Commitment & Team Plans:

We anticipate the following schedule:

- 2 practices and 1 game per week
- Weekly dryland training
- Additional off-ice development and team-building activities throughout the season
- 3-4 away tournaments plus our home tournament (likely one a month from October to January), Provincials in February and the Western Canadian Ringette Championships in Saskatoon in March.

Estimated Team Fees:

Once the team is formed, we'll work together to finalize the team budget which will be approximately \$3000 depending on sponsorship and fundraising efforts.

I can't wait to meet your athletes and begin what I know will be a competitive, successful, and fun season of Ringette.

Looking forward to seeing you at the rink!

Shea Mooney
Head Coach, U16A Attack Ringette