

# RINGETTE SCHOOL INFO SEASON 2025- 2026

## **Welcome to Ringette School season 2025-2026!**

Girls can sign up for ringette school, regardless of skating skills or age. Our youngest ringette school students are 2 years old, so feel free to join even at a young age!

Those born in 2010-2017 have their own youth Skate N Fun group, which practices in Leppävaara on Tuesdays and in Matinkylä on Sundays. This group is also for boys.

In the ringette school, you learn the basic skills of skating and Ringette in a playful way. In Finland ringette is only played by girls and women thus we only have girls in the ringette school with us. We will learn the basics of skating together and learn how to handle the stick and how to control the ring. Plays, tracks and games are also part of the lesson contents of the ringette school. You can go to ringette school to learn not only the basics of skating, but also to continue as a player on teams. Girls are moved to the teams mainly according to enthusiasm, age and skill level.

## **How to register?**

You can find registration instructions for the ringette school on our website. From the registration form, you can choose whether you want to participate in the ringette school on Tuesdays, Saturdays or Sundays. Twice a week is also possible. You can join the ringette school at any point of the autumn or spring season.

The youth Skate N Fun group is also one of our options.

<https://juniorit.kiekko-espoo.com/ringette/ringettekoulu/>

## **Practice times and places:**

Tuesday Leppävaara 17:45 - 18:30

Saturday Espoonlahti 11:00-12:00

Saturday Leppävaara 13:45 - 14:45

Sunday Matinkylä 10:30-11:30

Sunday Laaksolahti 12:30 - 13:30

Skate N Fun youth group on Tuesday in Leppävaara at 18:30-19:15 and on Sunday in Matinkylä at 15:45-16:45. You can choose to enroll the group to attend once or twice a week.

## **Ringettelicence**

All ringette school students take care of the license of the Finnish Ringette Association which is valid from July 1, 2025 to June 30, 2026. A license is a prerequisite for the child to be able to come onto the ice!

A license for under 12-year-olds (LK2) with insurance costs €23 or without insurance €10. An over 12-year-old license (LK1) with insurance costs €28 or without insurance €15. Ringette school students must obtain a license from the Suomisport.fi service.

You can find more information and instructions for purchasing here: <https://info.suomisport.fi>

- Buy
- Buy a license for your sport
- Choose ringette as the sport
- Choose LK1 or LK2 (depending on the child's age)
- Choose insurance for the license or buy it without insurance
- Choose Kiekko-Espoo as a home club

If your contact information changes after registration, please update your contact information in the myClub system. Information about the ringette school's affairs goes better when the contact information is up to date.

### **Who are the instructors?**

The instructors of the ringette school are the juniors of our own club, who have all completed the instructor training of the ringette school. Father or mother can also come to the ice to instruct, the matter must first be agreed with the head instructor of the ringette school, from whom you can get more detailed instructions about the course of the lesson. In most cases the parents are cheering in the audience.

### **How much does it cost?**

The fall season of the ringette school costs €65 when the child participates once a week. The spring season is also 65€. Every ringette student must have a ringette license, which everyone acquires themselves. Invoicing occurs when three weeks of ringette school have passed.

Skate N Fun cost is €30 / month when attending once a week. The cost is €50 / month when attending twice a week. When attending only once a week you need to choose one of the groups.

### **What is involved with the fee?**

In addition to ice shifts and guidance, the ringette school fee includes a practice shirt and stick for everyone to borrow. When entering the ringette school, the child also receives a sticker pass.

The shirt and the stick must be returned when the child finishes or the hobby takes a break. We charge €50 for non-returnable equipment.

### **What equipment is required?**

To begin with, you need skates, a hockey helmet (we recommend a helmet with the face cover), winter gloves / hockey gloves, outer pants for playing on the ice, and clothing / neck protection to protect the neck.

Please remember that cycling or skiing helmets do not necessarily provide sufficient protection in the event of a fall on the ice. Also, thin pants and gloves are not enough for playing on the ice.

As skates, we definitely recommend laced hockey skates. Remember to sharpen your skates before coming to ringette school. During the season, it is good to sharpen the skates at regular intervals. If the same skates are used on an outdoor ice, they must always be sharpened before entering the ringette school.

Other ringette equipment is not needed at the beginning, as skills accumulate and speed increases as the season progresses, other equipment can be acquired little by little. A good example of this is the knee pads, which are among the first pieces of equipment girls start looking for if their knees hurt while hustling on the ice. Equipment can and should also be bought used.

Good places to find them are equipment flea markets and recycling centers. There is also a group called Ringettekirppis on Facebook.

It is important to remember that the equipment is the right size. So you should avoid unnecessary room for growth in equipment. It only makes learning more difficult if the skates are two sizes too big and made to fit with wool socks.

If the child is inspired to continue as a player in the team, the color of the club's Ringette helmet is dark blue (navy). Please also note the differences in Ringette equipment compared to ice hockey. Instead of chest armor, we recommend a lighter protective shirt. This minute-long video helps to get an idea of Ringette's equipment. You can buy ringette equipment from ProSharp in Kavallinmäki.

[https://www.youtube.com/watch?v=V-mX\\_f5TWKs&pbjreload=101](https://www.youtube.com/watch?v=V-mX_f5TWKs&pbjreload=101)

### **When does the fall season start?**

Depending on the group, the autumn season starts from Tuesday 2<sup>nd</sup> of September 2025 onwards. Ringette school will be quiet for the Christmas holidays 19.12.2025 – 2.1.2026.

### **When does the spring season start?**

Ringette school will resume to its activities after the holidays from Saturday 3 January 2026 onwards.

### **The season end of Ringette school**

Depending on the group, the spring season of the Ringette school ends on Sunday 26 April 2026 at the latest. We organize a traditional closing event for ringette school students in the form of the May Day Carnival on the last weekend of April.

However please notice that the regular shifts continue until March 30, after which there will be a lot of changes in the shifts during April due to the tournament played in the ice rinks. We will inform the groups about these separately. Please also notice that during the Easter weekend the ice halls are closed.

### **Groups on ice**

Ringette school students are divided into smaller groups on ice according to age and skill level, so that it is meaningful for everyone to practice the basics of skating and Ringette. The division into groups happens separately each time, so that each child can work in a peer group that is as suitable as possible. In order to

make it as easy as possible to divide children into groups in advance, we hope for active use of myClub and registration for training.

### **First time in Ringette school**

Before the first time of the ringette school, you must get the mandatory equipment (skates, helmet, hockey gloves / thick winter gloves). We will meet you in the lobby of the ice rink and we will put the child's name on the helmet so that the instructors get to know the children when the name is displayed on the helmet and the children also feel comfortable when they are addressed by their first names.

We are always waiting for you in the lobby, and we try to clearly mark the locker rooms of the ringette school with labels on the locker room doors.

After leaving your child on the ice, you can follow the practices from behind the glass or from the stands.

In this way, the corridors of the hall and the changing area are calmed down for players and instructors, and the amount of sand coming from outside on the hall's rubber mats is also reduced. Sand dulls the skates and is carried onto the ice as well, which is of course not a good thing. Going to the bench is only allowed for club instructors and ringette school students. Of course, exceptions are allowed if the children need the support of their own adult.

### **Distribution of ringette school equipment**

A practice shirt, stick and sticker pass are distributed the first time the child comes to the ringette school. The first time, a name sticker is also put on the child's helmet. If any of the equipment is missing, you can ask the instructors. 😊

### **Absences from ringette school**

Participation in the training of the ringette school must be reported in myClub with the options yes / no, so that we know the need for instructors and can plan the training. If you are away for a long time, then of course it is good to tell the head instructor.

### **Ringette school 2.0 for girls born 2019**

In the spring of 2026, a team born in 2019 will be established in the club, which will be open to all those born in 2019. The EKS team trains mainly in the areas of Leppävaara and Laaksolahti, and the EPS in the areas of Espoonlahti and Matinkylä.

Those born 2019 have the opportunity to get to know lighter team-based activities; Ringettekoulu 2.0. We will inform the families of those born in 2019 directly in the fall of 2025. The activities of these Ringettekoulu 2.0 EPS and EKS groups will start in November. You can already find more information about the activity on our website.

## **Parents**

Even though it is a children's hobby, parents are also needed to participate in the activity. The teams are made up of players, a team leader and coaches. You can get guidance and help with tasks from the club. The club's sport manager guides in the organization of coaching. Officials are chosen at the team's founding meeting, so feel free to participate. If you wish, you can guide already on the ice of the ringette school.