



RANGERS
ATHLETIC CLUB

2024-2025 TRYOUT AND SEASON INFORMATION



780-340-1835

www.fortsaskminorhockey.com

VISION STATEMENT

Developing high-character athletes for advancement in hockey and preparing them for future success in their chosen field, their community and their lives after hockey.

The Ranger Athletic Club (RAC) exists to provide a greater development opportunity to our players that are seeking to play a higher level of hockey. Through the AA and AAA streams, additional players within the specific regions and zones will be given the opportunity to continue to progress and development with new opportunities that may not be afforded to them through their current minor hockey associations.



FSMH CODE OF CONDUCT

Fort Saskatchewan Minor Hockey has developed a Code of Conduct for all participants in its hockey program. A participant includes, but is not limited to, players, coaches, officials, spectators, and executive members. This Code aims to ensure adherence to the following fundamental principles:

- Mutual respect among all participants
- A healthy and safe environment for everyone
- Positive development opportunities for players and coaches
- An enjoyable experience for all participants
- A positive representation of FSMH

Membership and participation in FSMH activities are a privilege, not a right. Members, players, and participants must abide by the Bylaws and Policies of both FSMSA and FSMH, and their behaviour is expected to mirror the spirit of the Bylaws, Policies, and this Code. The following is required of all participants in the program:

- Respect the game of hockey and behave appropriately.
- Treat fellow members, players, team officials, referees, spectators, executive members, and volunteers with respect.
- Refrain from using profanity toward any participant, this will not be tolerated.
- Abstain from consuming alcohol or drugs at any FSMH-sanctioned events.



FSMH CODE OF CONDUCT

- Avoid causing damage to FSMH or other associations' equipment or facilities; offenders will be required to pay for damages.
- Do not engage in loud or disruptive behavior as coaches, managers, assistants, players, parents, or fans.
- Parents may only enter the dressing rooms if explicitly permitted by the coach to assist their child with changing before or after a game.
- Under no circumstances can a parent or fan enter the opposing team's dressing room.
- Coaches and other team officials, players, parents, and fans are not permitted in the officials' dressing room nor to confront game officials about the game.

The inappropriate use of cameras, cell phones, tablets or any other recording device is strictly prohibited in dressing rooms. This includes all coaches, parents, players, and officials. Players are not permitted to bring any form of camera, cell phone, or tablet into the dressing room.



RAC BOARD

PRESIDENT - ROBERT STECYK

president@fsmhockey.com

GENERAL MANAGER - PAM ODYNSKI

gm@fsmhockey.com

ELITE DIRECTOR - JEBB WEINRICH

elite1director@fsmhockey.com

ELITE DIRECTOR - CANDACE GAUMONT

elite2director@fsmhockey.com

FORT MAC REP - TRAVIS GALENZOSKI

STURGEON REP - GENE CONNORS

LAMONT REP - JASON CARSTAIRS



25-26 RAC COACHES

U18AAA - MASON HAWKES

U18AA - CURTIS LLOYD

U17AAA - ALEX ORR

U16AA - COLIN ANDERS

U15AAA - RYAN LARGE

U15AA - FRANCOIS BOUCHER

U13AAA - JOSH FUNK

U13AA - TBA

U11AA - KEN DICKIE





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WHAT IS THE RAC AAA DRAWZONE?

Andrew
Athabasca
Boyle
Bruderheim
CNN
Fort McMurray
Fort Saskatchewan
Goodfish Lake
Kikino
Lac La Biche
Lamont

Plamondon
Redwater
Saddle Lake
Smoky Lake
St. Paul
Sturgeon Hockey
Thorhild
Two Hills
Vegreville
Wabasca
Westlock



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WHAT IS THE RAC AA DRAWZONE?

U18AA RANGERS

Fort Saskatchewan
Andrew
Boyle
Lamont
Redwater
Smoky Lake
Thorhild
Two Hills
Vegreville

U16AA RANGERS

Fort Saskatchewan
Andrew
Boyle
Lamont
Redwater
Smoky Lake
Thorhild
Two Hills
Vegreville
Sturgeon HC
Athabasca
CNN
Wabasca
Westlock

U15AA RANGERS

Fort Saskatchewan
Andrew
Boyle
Lamont
Redwater
Smoky Lake
Thorhild
Two Hills
Vegreville

U13AA RANGERS

Fort Saskatchewan
Andrew
Boyle
Lamont
Redwater
Smoky Lake
Thorhild
Two Hills
Vegreville

U11AA RANGERS

Players are expected to tryout for U11 'AA' within their resident MHA, where possible. Players who do not have access to U11 'AA' hockey within their resident MHA will be permitted to pursue a U11 'AA' tryout with any other U11 'AA' program that is accepting tryout players





TRYOUT ESTIMATED DATES

TEAM	ESTIMATED DATE
U18AAA	3rd Week of Aug
U17AAA	1st Week of Sept
U15AAA	2nd Week of Aug
U13AAA	3rd Week of Aug

TEAM	ESTIMATED DATE
U18AA	2nd Week of Aug
U16AA	2nd Week of Aug
U15AA	4th Week of Aug
U13AA	1st Week of Aug
U11AA	1st Week of Aug



25-26 REGISTRATION FEES

COMING SOON

RAC FEES

COMING SOON

ADDITIONAL FEES

- RAC uniform (red pants, red helmet, ranger colored gloves, equipment bag)
- RAC apparel (dryland gear, jackets etc)
- FSMH Fundraising bond (eligible for a refund on this bond with a qualifying 50/50 FSMH ticket sales)
- Team cash call - depending on team this can range from \$2000-\$7000.00 per season.

What does RAC fees cover?

RAC fees cover the additional team expenses that an Elite team has over a community or tiered team such as: extra practice time, longer games, more games in a season, increased ref fees, increased league fees





RANGERS

ATHLETIC CLUB

AAA RAC TEAM EXPECTATIONS

ON ICE PRACTICES**

A minimum of 60 hours of practice ice will be allocated to each AAA team at the start of the season. Each AAA coach will have the opportunity to pick up extra ice team budget pending.

VIDEO REVIEW

Each AAA coach will book a minimum of 10-20 video review sessions either as a group or individual player reviews.

MENTAL SKILLS

Each AAA coach will book a minimum of 2-4 sessions per season

OFF ICE DRYLAND / GYM

Each AAA coach will book a minimum of 40 hours of dryland or gym time each season

GOALTENDER DEVELOPMENT

Each AAA coach will book a minimum of 10 hours of dedicated goaltender development with a professional development provider.

ON ICE SKILL DEVELOPMENT

Each AAA coach will book 10-20 hours of dedicated on ice skill development with a professional development provider.

** Initial on ice practices are included in registration fees - all other development will be included in team cash calls

*** AAA teams will have an practice/game/dryland/event 5-6 days per week



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AA RAC TEAM EXPECTATIONS

ON ICE PRACTICES**

A minimum of 48 hours of practice ice will be allocated to each AA team. Each AA coach will have the opportunity to pick up extra ice team budget pending.

VIDEO REVIEW

Each AAA coach will book a minimum of 10-20 video review sessions either as a group or individual player reviews.

MENTAL SKILLS

Each AAA coach will book a minimum of 2-4 sessions per season

OFF ICE DRYLAND / GYM

Each AAA coach will book a minimum of 40 hours of dryland or gym time each season

GOALTENDER DEVELOPMENT

Each AAA coach will book a minimum of 10 hours of dedicated goaltender development with a professional development provider.

ON ICE SKILL DEVELOPMENT

Each AAA coach will book a minimum of 10-20 hours of dedicated on ice skill development with a professional development provider.

** Initial on ice practices are included in registration fees - all other development will be included in team cash calls

*** AA teams will have an practice/game/dryland/event 4-5 days per week





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RAC APPAREL

The primary colors of RAC are red, white, and blue.

The standard apparel which will be specified by the team includes:

- Red helmet – Ranger logo (sold at Source for Sports - Fort Sask)
- Ranger Athletic Club red pant shells (Sold by FSMH)
- Ranger Athletic Club red hockey bag (Sold by FSMH)
- Ranger dryland apparel (Team will place an order with Enhance It.)
- Jacket or other team wear (if deemed necessary by team).



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BILLET PROGRAM

**HELP
NEEDED**

Billet. This small, two-syllable word is immensely important to hockey players and their families.

As a verb, the term can be defined as providing lodging for someone in a particular place. But the true meaning goes far beyond this simple description.

Billets are families who invite players into their homes to be a part of their family during the hockey season.

The Billet family provides housing and support to young players aged 13-17 who have moved away from home to pursue their dreams of playing the game they love. Billets are an integral part of The Rangers Athletic Club.

Billet Fees: \$600.00 per month to cover the cost of groceries and any reasonable cosmetics that the player requires (shampoo, conditioner, toothpaste). If the player requires specific items that are outside the ordinary, this would be at their own cost and exclusive of the \$600.00 monthly fee.

Those families that are hosting and registered within Fort Saskatchewan Minor hockey will receive a 15% refund on the cost of the registration for one of their players (registered at the highest division).

If you are in need of a billet home or are interested in being a billet host please contact gm@fsmhockey.com





VOLUNTEERS NEEDED

TEAM MANAGER

Your Role as a Manager The Team Manager is a central figure in creating the flow of communication – not only within the team (players, parents, and coaches), but between the team and all support systems such as Fort Saskatchewan Minor Hockey, other teams, referees, officials, etc.

Ultimately, the manager is responsible for ensuring all the off-ice tasks are completed. This does not mean that the manager must do it all; he or she needs to make sure that it gets done via delegation

TREASURER (2)

Two treasurers will set up a bank account at Servus Credit Union, Fort Sask under the team's name with both individuals being the signing authorities.

The Treasurers will look after the books; retain all receipts and log all deposits.

Team budgets and financial accounts shall be a team activity and responsibility. FSMH assumes no liability or responsibility in the management of team accounts.

PARENT LIASON

This position involves communication with parents and coaches during situations where there may be concerns needing to be addressed within the parent group of an FSMH team.

OPTIONAL

- Jersey Parent
- Time/Score Keepers
- Fundraising Coordinator
- etc.



WHERE TO SEE TRYOUT GROUPS AND CUTS

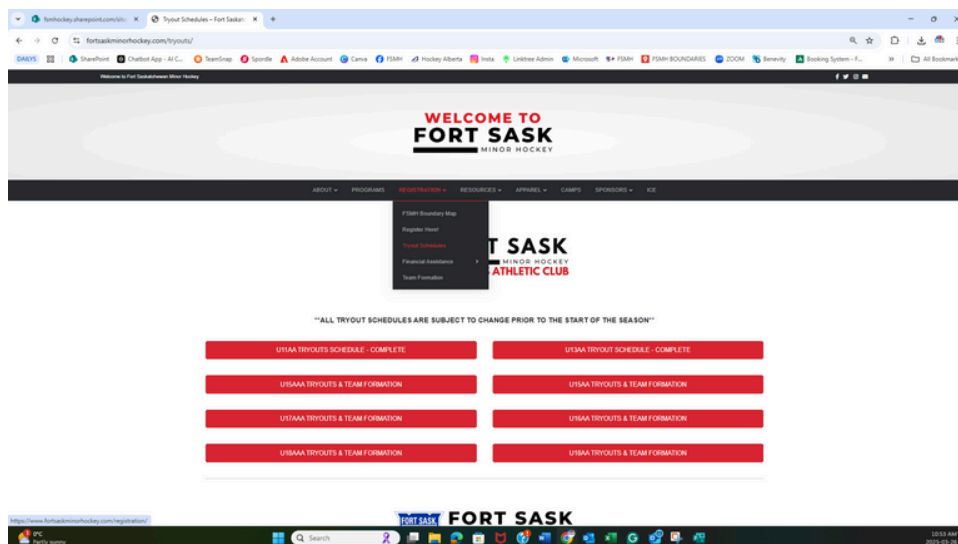
Once the skills and scrimmage portion of tryouts are complete, coaches will make cuts leading into the Blue vs. White game (intrasquad game).

Cuts will be posted on the Fort Sask Minor Hockey website under registration-team formation and select the team you are looking for.

All remaining cuts after the blue and white game will be done in person with the player and the coaching staff.

Also, on this page, you can find the player tryout pathway (Blue Button). In this document, you will see what the next steps are if a player is cut from a team.

If player is continuing on with in FSMH at a different level after being cut, you will be moved to the new tryouts in TeamSnap for you to attend the next skate. (e.g. - if cut from U15AAA you will be added to the U15AA TeamSnap group for you to see when the next skate is)








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