

Welcome to Helsinki Ringette's ringette school!

For our ringette teams, fall marks the end for off-season and summer practises and the return to the cooler climates of ice rinks around Helsinki. Fall also means that our ringette school is finally here!

Helsinki Ringette Skating and Ringette School is a sports club intended for children aged 3–12, where they learn the basics of skating through play and fun and practice the skills needed in ringette and team sports in general. Our goal is to create a warm and encouraging environment where you can experiment, try, succeed and fail free of worry. In the spring, we participate in a tournament held between ringette schools.

In our ringette school, you can flexibly move from one level group to another, and from there to team activities as skills accumulate and interest grows.

The whole of September is now free at ringette school! Participating in the five free practise sessions does not bind you to season fees.

The price for the autumn season is 59€ (+ringette license 5€/15€). The autumn season continues until the end of December. The spring season as well as the whole season culminates in the annual tournament organized in April.

When and where:

At Malmi Indoor Ice Rink on Saturday mornings starting September 2nd 2023 from 11:15 to 12:00 o'clock.

We recommend showing up on the ice rink 15 minutes before the start of practice, so that there is plenty of time to change equipment and chat with other parents and the instructors.

On the ice, we mostly work in groups, so that each child gets to do things suited for their skill level and personal interests. Arrangements within the groups becomes clearer after the first few sessions, when the instructors get to know the children.

After September, a child joining in the continuing, binding skating school must obtain a ringette license (5€ without insurance, 15€ with insurance). The children are not insured by the club. The ringette license is purchased via the Suomisport.fi website. We can also give instructions on buying the license before or after the Saturday practise.

Join in and see if our thing would be your thing, too!

Register your child in our club's MyClub system via the link below. By filling in the

required information, you will create an account for your child, which you can then use to register them for events at the ringette school. If you have any questions, please contact the principal of the ringette school (e-mail below).

The link that leads you to the website to create a MyClub account for your child is [here](#).

Welcome to enjoy good company

Ringette School principal Paula Mikkola (ringettekoulu@helsinkiringette.fi)

What do you need for ringette school?

The two most important pieces of equipment that are obligatory for all participants, children and instructors alike, are the **helmet** and a pair of well-fitting **skates**. Along with those, a water bottle and clothing appropriate for sports are important: gloves, a light jacket and a pair of water-resistant pants. It's usually not too cold in the ice rink, therefore a more lightweight or breathable coat is a better choice.

When trying out ringette school, no fancy equipment is needed. In the beginning a bicycle helmet and skates, either practise skates or ones meant for figure skating or ice hockey, will do just fine! However, continuing in the ringette school we do recommend investing in equipment intended for ringette/ice hockey, since they are specifically made to endure and give proper protection in our sport. Hockey skates will help you learn the sport easier. On top of the mandatory/important equipment we recommend a neck protector, knee pads and a cage/visor (attached to a hockey helmet). These are purchases that can be made later.

A ringette stick and all other possible equipment that we use can easily be borrowed from the club!

Ringette is a skating-based team sport that's become popular not only in its home country Canada but also here in Finland. Helsinki Ringette, along side many other clubs, has teams for all ages, starting from the youngest junior team up until our varsity team that's been successful playing in the national league these past few years. Like in many sports, our teams are divided by age, and usually each team has at the least two subgroups playing in their own divisions. To learn more about ringette as a sport and

ringette in Finland, check out the website of the Finnish ringette association [here](#) (unfortunately the website is currently only available in Finnish).