

# THE NEWS LETTER



L'Association Régionale de Ringuette  
**Lac St Louis**  
 Regional Ringette Association

play it. love it. live it.



INSIDE THIS MONTH:

- Health & Wellness
- Rising Stars for 2018-19
- U19AA fundraiser help and CRC schedule
- The History of Ringette
- ARRLSL league champions
- ARRLSL elections

Do you have news you would like to share with your fellow ringette fans, teammates and lovers of this great sport?? Would you like to be added to the mailing list?

Email us at [LSLringNEWS@gmail.com](mailto:LSLringNEWS@gmail.com)

Inclusion in future newsletters is subject to approval.



Stay on top of the ringette news in the region  
 Visit our website regularly  
[www.ringuettelacsaintlouis.com](http://www.ringuettelacsaintlouis.com)

L'ASSOCIATION RÉGIONALE DE RINGUETTE  
**LAC SAINT-LOUIS**  
 REGIONAL RINGETTE ASSOCIATION



## LEAGUE CHAMPIONSHIP RESULTS

<b>U10A</b>	Pointe-Claire	2
	St-Eustache	1
<b>U10B</b>	4-Cités	8
	Pointe-Claire	3
<b>U10C</b>	MER	10
	4-Cités	7
<b>U12A</b>	4-Cités	4
	Pointe-Claire	0
<b>U12B</b>	BKRA Red	3
	Pointe-Claire	1
<b>U12C</b>	St-Laurent	4
	4-Cités	1
<b>U14B</b>	BKRA White	4
	4-Cités	1
<b>U1CC</b>	Pointe-Claire	7
	NDG	3
<b>U19B</b>	MER	1
	4-Cités	0
<b>21+B1</b>	Pierrefonds #2	3
	Pierrefonds #3	2
<b>21+B2</b>	MER #2	2
	4-Cités #2	1



<b>1</b> RIVE-SUD	<b>2</b> CAPITALE-NATIONALE	<b>3</b> LAURENTIDES
19.0 POINTS	18.0 POINTS	17.0 POINTS

Rang	Équipe	Résultat	Points			
1	Rive-Sud		19.0			
2	Capitale-Nationale		18.0			
3	Laurentides		17.0			
4	Ouataouais		16.0			
5	Lac St-Louis		15.0			
6	Lanaudière		14.0			
7	Chaudière-Appalaches		13.0			
8	Richelieu-Yamaska		12.0			
9	Sud-Ouest		11.0			
10	Côte-Nord		10.0			
11	Laval		9.0			
12	Montréal		8.0			
13	Bourassa		7.0			
14	Centre-du-Québec		6.0			
15	Mauricie		5.0			

**Did you know**

That LSL teams have recently participated the following Canadian Ringette Championships:

- 2014 in Regina, SK
- 2013 in Fredericton, NB
- 2012 in Burnaby, BC

Along with many other championships in the 80s and 90s...

**BENJAMINE 'A' BRONZE MEDAL WINNER – LRQ PROVINCIAL CHAMPIONSHIPS**



**CADETTE 'A' BRONZE MEDAL WINNER – LRQ PROVINCIAL CHAMPIONSHIPS**

# 2018-19 Lac Saint-Louis Rising Stars



This section is courtesy  
Coaching Canada's  
website



This recipe video is available at:  
<https://www.coach.ca/balanced-power-smoothie-p161509>

## Balanced Power Smoothie



Nutrition information per  
serving  
Calories: 540  
Carbs: 85g  
Protein: 20g  
Fat: 13g

### Ingredients

- 1 ½ cup fruit (1 banana, 1 cup frozen mango)
- 1 ½ cup 100% fruit and vegetable juice
- 1 cup 1% milk
- 1 cup vegetables (spinach or canned pumpkin)
- ¾ cup plain greek yogurt (or cottage cheese)
- ¼ cup oats
- 2 tablespoons honey
- 1 tablespoon flax or hemp
- Antioxidant boost: 1 tsp ginger or cinnamon

For a Protein Boost add ½ cup Skim Milk Powder!

Makes 2 500ml servings

### Instructions

Put all ingredients in blender and blend until smooth

Sport Benefits: Great for Pre-Exercise or add ½ cup skim milk powder for a perfect post recovery snack, providing the right mix of carbs and proteins and chocked full of antioxidants for an immune booster! The added flax gives a dose of essentials Omega 3s. While flax provides fiber, you may want to skip this if choosing it as a pre-workout snack and sub with hemp instead!

Recipe by: Angela Dufour, MEd, RD, CSSD, Performance Dietitian



# ATOME A - 4-CITÉS - PROVINCIAL CHAMPIONS



# PTE-CLAIRE JUVENILE B - PROVINCIAL CHAMPIONS

# INTER B - BKRA - PROVINCIAL CHAMPIONS



PHOTO BY BRUNO PARENT

# PTE-CLAIRE JR B - BRONZE PROVINCIAL CHAMPIONSHIPS



# Lets help our Cadettes get to CRCs.....

[https://www.gofundme.com/please-help-us-get-to-nationals-in-pei?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=fb\\_dn\\_cpgntopstickysmall\\_r&fbclid=IwAR3ChuWQbCVGue31T9BRYIqbA90iWrL9U55gSURNgJbTWiPyS-pGmjBUJRU](https://www.gofundme.com/please-help-us-get-to-nationals-in-pei?utm_source=facebook&utm_medium=social&utm_campaign=fb_dn_cpgntopstickysmall_r&fbclid=IwAR3ChuWQbCVGue31T9BRYIqbA90iWrL9U55gSURNgJbTWiPyS-pGmjBUJRU)



**TRIVIA  
NIGHT**

**Trivia night fundraiser to support the Lac St. Louis U19AA team, going to the National Ringette tournament as Team Quebec after winning the Provincial championship. Tickets are \$10 to attend. Dinner and drinks will be available.**

**Everyone is welcome to join in the fun.**

**Wednesday, April 3, 2019 from 19:30-22:30  
Duke & Devine's Beaconsfield-Beaurepaire  
479 Boul. Beaconsfield, Beaconsfield, Quebec H9W 4C3**

# U19AA heading to PEI and the Canadian Ringette Championships



Monday, April 8  
10 a.m. vs NB1  
5 p.m. vs ON 2

Tuesday, April 9  
9:30 a.m. vs SK1  
6 p.m. vs AB3

Wednesday, April 10  
9:30 a.m. vs NS1  
7 p.m. vs MB2

Thursday, April 11  
9:30 a.m. vs BC2  
4:45 p.m. vs AB1

Friday is playoff rounds

Gold/silver, bronze and  
consolation finals held on  
Saturday



**Thank you to all  
the major and  
minor officials**



**Email [riclacstlouis@gmail.com](mailto:riclacstlouis@gmail.com) for information**

## **THE HISTORY OF RINGETTE** Text courtesy Ringette Canada website **THE 2010's**

- '10** The 2010 Tim Hortons Canadian Ringette Championships, which include the National Ringette League championship tournament, are held in Saskatoon, SK from April 5-10. The National Ringette League enters its seventh season with 17 teams playing in two conferences across Canada — a Western Conference with five teams and an Eastern Conference with twelve teams. Finland hosts the ninth World Ringette Championship in Tampere. Finland holds onto the world title after defeating Canada two games straight in a best of three gold medal series.
- '11** Ringette is part of the Canada Winter Games in Halifax, Nova Scotia. Ontario wins gold, Alberta takes home silver and Quebec claims bronze. The 2011 Tim Hortons Canadian Ringette Championships, which include the National Ringette League championship tournament, are held in Cambridge, ON from March 28 to April 2. The National Ringette League enters its eighth season with 19 teams playing in two conferences across Canada — a Western Conference with six teams and an Eastern Conference with thirteen teams. The second World Club Ringette Championship is held in Turku, Finland from December 28 to January 1, 2012. Two teams from Canada's National Ringette League participated (Cambridge Turbos and Richmond Hill Lightning), along with the three club teams from Finland and one club team from Sweden. Lapinlahden Luistin -89 captured the world club title after defeating the Finnish team, Raisio Nuorisokiekko ry.
- '12** The 2012 Tim Hortons Canadian Ringette Championships, which include the National Ringette League championship tournament, are held in Burnaby, BC from April 9-14. The National Ringette League enters its ninth season with 16 teams playing in two conferences across Canada — a Western Conference with four teams and an Eastern Conference with twelve teams. The second U19 World Ringette Championship is held in London, ON from December 29, 2012 to January 3, 2013. The event included two teams from Canada (East and West), one team from Finland and three mosaic teams (Russia, USA and France), which were composed of primarily Canadian players. Canada East claimed the U19 world ringette title after defeating Finland in the final.
- '13** The 2013 Tim Hortons Canadian Ringette Championships, which include the National Ringette League championship tournament, are held in Fredericton, NB from April 1-6. The National Ringette League enters its tenth season with 13 teams playing in two conferences across Canada — a Western Conference with two teams and an Eastern Conference with eleven teams. The 50th anniversary of ringette is celebrated across the country. Activities include Ringette Day in Wonderland, ringette featured prominently at Canada Day in Ottawa, a Legends ringette game featuring three-time Olympic medalist Catriona LeMay Doan, a 30-day, 15-city cross-country roadshow sponsored by Volkswagen, an all-star skills contest, an all-star weekend, Ringette Night with the Ottawa Senators, and many more local and provincial activities. Canada hosts the 2013 World Ringette Championship in North Bay, ON from December 29, 2013 to January 4, 2014. For the first time, the event saw world champion titles awarded for the U19 and senior age divisions with Finland winning both titles.
- '14** The 2014 Tim Hortons Canadian Ringette Championships, which include the National Ringette League championship tournament, are held in Regina, SK from April 7-12. The National Ringette League enters its eleventh season with 14 teams playing in two conferences across Canada — a Western Conference with three teams and an Eastern Conference with eleven teams.
- '15** Ringette is part of the 2015 Canada Winter Games in Prince George, British Columbia from February 14-20. The 2015 Tim Hortons Canadian Ringette Championships, which include the National Ringette League championship tournament, are held in Wood Buffalo, AB from March 29 to April 4. The National Ringette League enters its twelfth season with 15 teams playing in two conferences across Canada — a Western Conference with four teams and an Eastern Conference with eleven teams.
- '16** The 2016 World Ringette Championship are held in Helsinki, Finland from December 28, 2015 to January 4, 2016.



## SUMMER CAMPS 2019

[www.excellenceringuette.com](http://www.excellenceringuette.com) / [excellenceringuette@gmail.com](mailto:excellenceringuette@gmail.com)

### EXCELLENCE RINGUETTE CAMP

August 12-16 - Beaconsfield Arena

PCRA Camp (run by Excellence Ringuette)

August 19-23 - Pointe Claire Arena

Camp hours for both weeks are 8:00am to 5:00pm.

### HOT SHOTS PROGRAM

For players who played Pre-Novice, Novice, Atom, Benjamin, or Junior who are not trying out for Benjamin A or Junior A.

2 hours of ice per day

Arts and crafts, water games, outdoor games, group games, swimming  
Focus is on skill development and fun with proper technique for skating, passing, spearing, shooting, and checking reinforced

### ELITE PROGRAMS

3 hours of ice per day

Off ice physical training; Mental training; Strategy sessions;  
Goal setting; Group Games

Week 1: Junior AA, Cadette AA and Cadette A hopeful

Week 2: Benjamine A/B, Junior A/B, and 2nd year Atome who want to try out for Benjamine A, Junior A

Focus is on skill refinement, physical fitness, and introducing challenging ringette tactics and skills.

### COUNSELOR-IN-TRAINING PROGRAM

The program is designed to teach keen ringette players the fundamentals of being camp counsellors so that they can apply to work at our camps in the future.

Learn how to create and run drills; learn about "correct and detect" when teaching ringette skills; animate group games off the ice; specific training sessions each day on managing a group, working with kids, on-ice skill instruction; have the chance to work with all different age groups

### REGISTRATION

Week 1 (Aug. 13-18 at Beaconsfield Arena): Excellence Ringuette 2019 Summer Camp Registration+CIT

Week 2 (Aug. 19-23 at PC Arena): PCRA Summer Camp 2019 Registration Form



With the last tweet of a referee's whistle and finality of the game buzzer another season has officially ended.

Along with the glorious wins and the tough losses, memories were made and friendships fostered.

We hope you found our newsletter, Facebook page, and Instagram account informative of all community activities, fundraisers, and news across the 5 associations.

On behalf of the LSL organization, we would like to thank all the referees, coaches, and volunteers who helped make the season a success.

Enjoy your summer!  
Tracy



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Regional Ringette Association



*Élections ARRLSL*



*ARRLSL Elections*



**The LSL AGM will take place in May. The following 2 year term positions are up for election:**

- Vice President**
- Registrar**

**The following 1 year term positions are up for election:**

- Scheduler**
- Coach Convener**
- Public Relations**
- Webmaster**

**If anyone has an interest in running for any of these positions they must announce their intentions to the Board via email to all the board members no later than April 1st, 2019. Please contact your local president for additional information.**

**Nominations will not be accepted from the floor at the AGM.**