

# THE NEWS LETTER



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



**I STAND APART FROM THE REST**

I stand as the last line of defense.

I stand in the way of what every player wants most.

I defend my net on the principle that it is MY HOME and that nothing comes in uninvited.

**I AM A GOALIE**



## INSIDE THIS MONTH:

- Camille Dumont: Fueling your body to maximize performance
- Canada Winter Games schedule
- LRQ & LERQ schedule
- Ask a ref
- Health & Wellness
- Rising Star
- How to wash your gear

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.



@LSLRingNews

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**play it. love it. live it.**



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

mon sport. ma passion. play it. love it. live it.



# Fueling your Body to Maximize Performance



By **Camille Dumont**,  
Food Science and Nutritional Science Student, McGill University and  
2019 Team Quebec ringette player

## Why is sports nutrition important?

Nutrition plays a key role in sports performance. A healthy diet will prepare your body for the exercise by providing enough energy to complete the task. In addition, proper nutrition will ensure efficient muscle recovery, good muscle density, and improve your immune system and hormonal balance. All these factors combined reduce the risks of injuries, increase performance and help you feel great. Here are a few guidelines as to how and what you should eat before, during and after your sport.

## Macronutrients

There are three major food groups called the macronutrients. These are carbohydrates, proteins and lipids.

Carbohydrates are fuel for the brain and the main energy source that your body will use during your game/event. Carbohydrates are found in many foods such as fruits and vegetables, legumes, bread, pasta, potatoes, oats, quinoa and many more.

Proteins are mainly important for bone and muscle strength and recovery. They will help repair the small tears that happen in your muscle when you exercise. Sources of proteins include meat, fish, poultry, dairy products, eggs, legumes, nuts and seeds.

Lipids play many important roles, such as in hormonal balance and energy. Choose for lipids that containing more unsaturated fatty acids and reduce the intake of saturated fatty acids. Adequate lipids sources are vegetable oils, fish, nuts and seeds, avocado, hummus and nut butter.

## Before

In order to have enough energy for the entire duration of the activity, it is recommended to consume a high-carbohydrate meal prior to exercising. It is also very important to drink lots of fluids. Proteins and fats take longer to digest, so we must consume them with moderation in the hours before the activity to avoid discomfort, and because they will not be used as much as carbohydrates for energy. Avoid heavy meals and opt for lean sources of proteins.

## Pre-game meal ideas:

|           |  |
|-----------|--|
| Breakfast | A bowl of oatmeal topped with berries and peanut butter                                    |
| Lunch     | A couscous salad with feta cheese, chicken and vegetables                                  |
| Dinner    | 1) Spaghetti, tomato sauce and meatballs<br>2) Rice, salmon and vegetables                 |
| Snack     | 1) Fruit (apple, banana, clementine), smoothie<br>2) A homemade muffin<br>3) A granola bar |

## During

Your body is made up of about 70% of water. Therefore, it is very important to drink plenty of water to compensate for the water loss during the activity. In addition, for longer events (more than 60 minutes), a sport drink may be useful to replenish glycogen stores and

electrolytes.

Make your own sports drink: Orange juice + water + a little bit of salt

## After

After your game, you must focus of rehydrating and refueling to help your body recover efficiently and replenish energy reserves. In addition, the half hour following the activity is when the body recovers best, so make sure you get some food in your system as soon

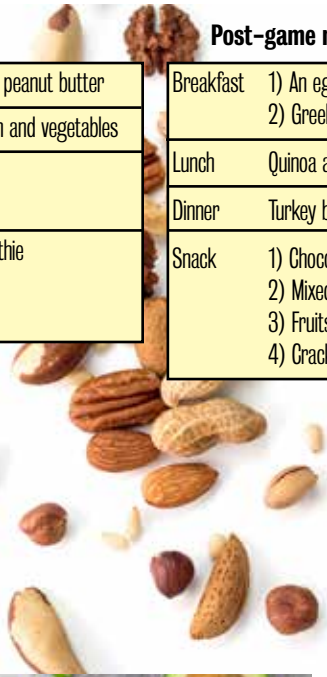
as possible. It is important to eat a meal consisting mainly of carbohydrates and proteins.

## Conclusion

Nutrition is complicated and deciding what is best to eat for your health can be confusing. In any situation, a good start to a healthy diet is to choose for whole, nutrient dense foods and try to stay away from overly processed foods. Whether you are an athlete or not, eating well is important for everyone. Eat well, play better.

## Post-game meal ideas:

|           |  |
|-----------|--|
| Breakfast | 1) An egg with whole-wheat toast and fruit<br>2) Greek yogurt, granola and fruit                               |
| Lunch     | Quinoa and chickpea salad  |
| Dinner    | Turkey burger with lettuce and tomatoes  |
| Snack     | 1) Chocolate milk<br>2) Mixed nuts and seeds<br>3) Fruits with nut butter or cheese<br>4) Crackers with hummus |





RED DEER  
— JEUX DU —  
CANADA  
— GAMES —  
2 0 1 9



Good Luck  
Team Québec



### ● Preliminaries - Pool A

| Game    |   | Team     | Goals |
|---------|---|----------|-------|
| Game 01 | Saturday, February 16, 2019<br>12:30<br>Collicutt Arena | MB<br>NB |       |
| Game 03 | Saturday, February 16, 2019<br>17:30<br>Collicutt Arena | AB<br>NS |       |
| Game 09 | Sunday, February 17, 2019<br>15:00<br>Collicutt Arena   | MB<br>NS |       |
| Game 11 | Monday, February 18, 2019<br>12:30<br>Collicutt Arena   | AB<br>NB |       |
| Game 07 | Tuesday, February 19, 2019<br>10:00<br>Collicutt Arena  | NB<br>NS |       |
| Game 05 | Tuesday, February 19, 2019<br>17:30<br>Collicutt Arena  | AB<br>MB |       |

### ● Playoff Round

| Game                                |  | Team | Goals |
|-------------------------------------|--|------|-------|
| Game 17 (4th Pool A vs. 5th Pool B) | Wednesday, February 20, 2019<br>09:00<br>Collicutt Arena |      |       |
| Game 19 (1st Pool A vs. 4th Pool B) | Wednesday, February 20, 2019<br>11:30<br>Collicutt Arena |      |       |
| Game 20 (2nd Pool A vs. 3rd Pool B) | Wednesday, February 20, 2019<br>14:00<br>Collicutt Arena |      |       |
| Game 21 (3rd Pool A vs. 2nd Pool B) | Wednesday, February 20, 2019<br>16:30<br>Collicutt Arena |      |       |
| Game 18 (1st Pool B vs. W17)        | Wednesday, February 20, 2019<br>19:00<br>Collicutt Arena |      |       |
| Game 25 (L21 vs. L19)               | Thursday, February 21, 2019<br>09:00<br>Collicutt Arena  |      |       |
| Game 24 (L20 vs. L18)               | Thursday, February 21, 2019<br>11:30<br>Collicutt Arena  |      |       |
| Game 23 (W21 vs. W19)               | Thursday, February 21, 2019<br>15:00<br>Downtown Arena   |      |       |
| Game 22 (W20 vs. W18)               | Thursday, February 21, 2019<br>17:30<br>Downtown Arena   |      |       |

### ● Preliminaries - Pool B

| Game    |   | Team     | Goals |
|---------|---|----------|-------|
| Game 16 | Saturday, February 16, 2019<br>10:00<br>Collicutt Arena | PE<br>QC |       |
| Game 15 | Saturday, February 16, 2019<br>15:00<br>Collicutt Arena | ON<br>SK |       |
| Game 12 | Sunday, February 17, 2019<br>10:00<br>Collicutt Arena   | BC<br>ON |       |
| Game 13 | Sunday, February 17, 2019<br>12:30<br>Collicutt Arena   | QC<br>SK |       |
| Game 14 | Sunday, February 17, 2019<br>17:30<br>Collicutt Arena   | BC<br>PE |       |
| Game 10 | Monday, February 18, 2019<br>10:00<br>Collicutt Arena   | PE<br>SK |       |
| Game 08 | Monday, February 18, 2019<br>15:00<br>Collicutt Arena   | BC<br>QC |       |
| Game 06 | Monday, February 18, 2019<br>17:30<br>Collicutt Arena   | ON<br>PE |       |
| Game 02 | Tuesday, February 19, 2019<br>12:30<br>Collicutt Arena  | ON<br>QC |       |
| Game 04 | Tuesday, February 19, 2019<br>15:00<br>Collicutt Arena  | BC<br>SK |       |

### ● Placement Round

| Game                                  |   | Team | Goals |
|---------------------------------------|---|------|-------|
| 7th - 8th Position Game (L23 vs. L22) | Friday, February 22, 2019<br>09:00<br>Collicutt Arena |      |       |
| 5th - 6th Position Game (W23 vs. W22) | Friday, February 22, 2019<br>11:30<br>Collicutt Arena |      |       |

### ● Medal Round

| Game                            |  | Team | Goals |
|---------------------------------|--|------|-------|
| Bronze Medal Game (L25 vs. L24) | Friday, February 22, 2019<br>15:00<br>Downtown Arena |      |       |
| Gold Medal Game (W25 vs. W24)   | Friday, February 22, 2019<br>18:00<br>Downtown Arena |      |       |

# How to Wash Your Gear

The stench of gear is the worst! But it's okay—you can enjoy playing the sport and stave off the smell to appease cries from family and friends. All it takes is commitment to drying your gear after each use, the space to let it all dry, and proper cleaning once a month. Easy, peasy.



## 1 METHOD 1

### Preventing Odors



**1** Wear full-body base layers to absorb the bulk of your sweat. Long sleeve shirts, pants, and socks made of wicking or compression material will work best to absorb the sweat. These layers will also create a barrier between you and your gear—keeping it from absorbing dead skin particles and body oils, which contribute to the growth of bacteria.[1]

Bacteria causes that distinct hockey smell and it likes to grow in warm, moist places, which makes hockey gear a literal breeding ground.

Keeping your equipment clean of bacteria isn't just to keep away the smell—it's an important preventative measure against infections. When injured playing hockey, bacteria from your gear can directly enter open wounds and result in ghastly—sometimes life-threatening—staph infections.[2]



**2** Get in the rink with fresh socks. The socks you've been wearing all day are already sweaty and building bacteria. Wearing a new pair to play will help keep your skates smelling better.

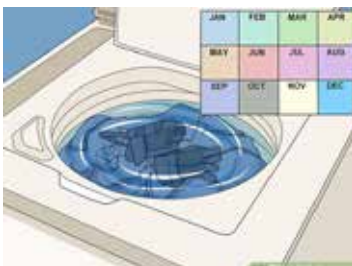
## 2 METHOD 2

### Using the Washing Machine



**1** Wash your base layers every time you leave the rink. Keeping those layers clean will prevent buildup on your gear. If you let them sit in your laundry, bacteria will continue to grow, making them harder to keep clean long-term.

Between the rink and your house, keep your base layers in a separate plastic bag to prevent them from contaminating the rest of your gear.



**2** Wash your protective equipment once a month. Use the washing machine for everything but your helmet and skates. The machine is completely safe for your jersey, jock (cup removed and Velcro fastened), shin pads, hockey pants and shorts, shoulder pads, elbow pads, and gloves.[5]

If your gear is particularly stinky, start by soaking it in the washer. You can do so with just water, or you can add a cup of white vinegar to the water to help kill the bacteria.[6] Let it soak for fifteen minutes, then drain,

add detergent, and begin a new washing cycle.

Make sure any Velcro is fastened. Leaving it loose will cause everything to get tangled in the washer and may pull and rip at the materials.

If you're using a top loading machine, be careful not to overload it. You may have to divide into 2 loads. Without space to spin around, the gear won't be cleaned properly—but more importantly, it may cause breakage.



**3** Hang your equipment to dry every time you get home from the rink. This is the most important step to prevent bacteria growth and smell. Using a drying rack or specially-designed equipment rack to hang your gear off of the floor allows air to circulate, which results in faster drying speed (and therefore, less bacteria), but also ensures that air gets to all parts of the gear.

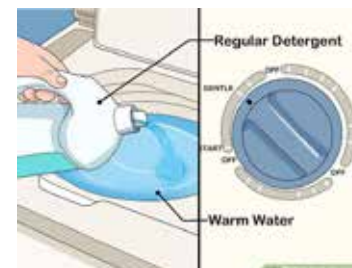
Hang your: jersey, helmet, gloves, skates, jockstraps, elbow and shoulder pads, and pulled-out shin pads. After hung, you can lightly spray them with white vinegar (a natural disinfectant) or other anti-bacterial agent to keep them clean longer.

Hang your athletic bag to dry after each use. Every time you come off the rink, you fill it with all that sweaty equipment, so it's bound to grow bacteria. Turn it inside-out and leave it upside-down to dry.

Use a fan or dehumidifier to help everything dry faster.[3]



**4** Remove skate inserts to dry separately after each use. Also pull open the tongue of the skate so air can circulate. This will help the whole skate dry and prevent rusting. If the blades aren't already dry, wipe them with a dry cloth.[4]



**3** Use warm water, regular detergent, and the gentle cycle. Warm water, regular detergent, and the gentle cycle will be strong enough to really clean your gear, but not so harsh that they damage the materials.[7]

Never use bleach or detergent with bleach in it. It is too harsh and will break down your equipment and ruin your padding.[8]



**4** Dry your gear in the dryer on the low setting. Any protective equipment without leather can go in the dryer. However, if this makes you uncomfortable, you can air dry everything on a rack so that it's not lying on the floor, and use a fan or dehumidifier to help speed the process.

It's perfectly safe to dry your base layers, socks, jock, and jerseys in the dryer.[9]

### 3 METHOD 3

## Hand-Washing Equipment



**1** Start with a freshly cleaned tub, rinsed free of harsh chemicals. You may actually add new bacteria to your gear if you don't make sure to clean your tub before putting your equipment in it.



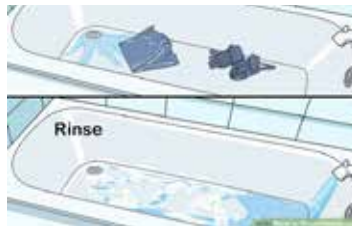
**2** Fill 1/3 of the tub with hot water and add a 1/4 cup of laundry detergent. It's best to add the detergent while the tub is filling so that it mixes more evenly with the water. You may add 1 cup of white vinegar to the water to boost its antibacterial effectiveness. Never use bleach or detergent with bleach in it.



**5** Wring out as much water as you can before hanging on a rack to dry. After you've initially wrung out everything, you may want to wrap each item in a towel and wring it out again to help dry it as much as possible. Make sure the drying rack is placed in a well-ventilated area. Using a fan or dehumidifier will significantly speed the drying process.[10]



**3** Put in all of the gear (minus the helmet and skates) into the tub. Hold each item down until it stays submerged and doesn't float. Let the equipment soak for 45 minutes to an hour.



**4** Drain and rinse the tub of soap. Refill the tub with clean water and let the gear soak for five minutes, swishing it around a bit to help rinse out the soap. Drain the tub again and rinse out each item individually, until the water runs clear and there is no more soap.

### 4 METHOD 4

## Cleaning Other Gear



**1** Clean your helmet with tear-free shampoo. Dab a bit of the shampoo on a wet (not dripping) towel and scrub the whole helmet inside and out, including the face mask and chin cup. Once applied, wipe out the soap with another wet towel and hang it to dry.[11]

Tear-free shampoo prevents any stinging that could occur if residue remains on the surface and drips onto your face the next time you use it.

Instead of shampoo, you can easily substitute white vinegar in this process. Vinegar is a better disinfectant; but, it could burn a bit if some leftover residue drips into your eyes when you're sweating.



**2** Disinfect your skate inserts. Using a sponge or cleaning brush, scrub inserts thoroughly with a 50-50 white vinegar and water mix or antibacterial soap.[12] Rinse and hang to dry completely before your next use. In between cleanings, you can lightly spray the inserts with vinegar or antibacterial spray help keep them clean longer.



**3** Sanitize your athletic bag to prevent cross contamination. Once you've cleaned your gear, you shouldn't put it back into a dirty bag. Wipe your athletic bag out with white vinegar, disinfectant, or antibacterial spray and let it dry completely before putting your equipment back in.[13]

This article was co-authored by wikiHow's trained team of editors and researchers who validated it for accuracy and comprehensiveness. Together, they cited information from 13 references.

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# ACTION FROM THE PIERREFONDS TOURNAMENT





## RESULTS

**U10A – Novice A**  
G BKRA  
S Rafales de la Capitale

**U12A – Atome A**  
G – Stingers black  
S – Stingers white

**U12B – Atome B**  
G – South East Fusion  
S – Vortex de Gatineau

**U14A – Benjamine A**  
G – Waterloo Wildfire  
S – Sainte-Julie

**U14B – Benjamine B**  
G – Colibris de Lévis  
S – BKRA

**U16AA – Junior AA**  
G – New Brunswick  
S – Rive Sud

**U16A – Junior A**  
G – Roussillon  
S – Sainte-Julie

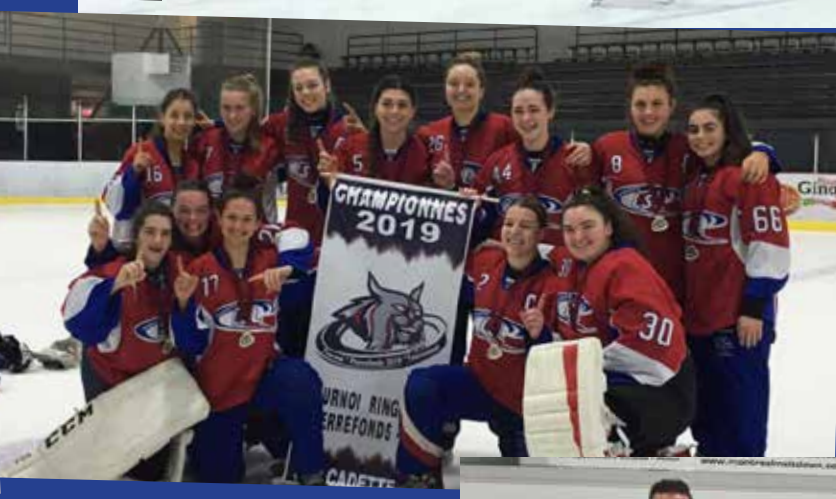
**U19AAA – Cadette AAA**  
G – Manitoba  
S – Quebec

**U19AA – Cadette AA**  
G – Lac St Louis  
S – Laurentides

**U19A – Cadette A**  
G – Pierrefonds  
S – Blainville

**21+B – Intermédiaire B**  
G – Pierrefonds  
S – Sainte-Marie

**18+ OPEN A**  
G – Sainte-Julie  
S – Rafales de la Capitale



# ACTION FROM THE BEACONSFIELD KIRKLAND TOURNAMENT



**BKRA player of the day**  
 Lily-Mai Cantin  
 Benjamin B Goalie  
 7-1 Win against Gloucester



**BKRA player of the day**  
 Sonali Patel  
 Cadette B





# RESULTS

**U10A Novice**  
G St-Eustache  
S Pointe-Claire

**U10B Novice**  
G NDG  
S Metcalfe

**U10C Novice**  
G Metcalfe  
S West Ottawa

**U12A Atome**  
G St Eustache  
S Blainville

**U12B Atome**  
G Thetford  
S BKRA

**U12C Atome**  
G Gatineau  
S Roussillon

**U14B Benjamine**  
G BKRA white  
S BKRA red

**U14C Benjamine**  
G Roussillon  
S Laval

**U16B1 Junior**  
G Arnprior  
S Ottawa

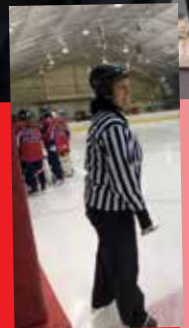
**U16B2 Junior**  
G West Ottawa  
S NDG

**U19B Cadette**  
G Roussillon  
S 4-Cit es

**Open A**  
G Longueuil  
S Montreal-Nord

**Inter B1**  
G Montreal-Nord  
S Pierrefonds

**Inter B2**  
G Gatineau  
S BKRA



MARDI LE 5 FÉVRIER 2019  
BOSTON PIZZA VAUDREUIL

# MET LA MAIN À LA PÂTE POUR

RINGUETTE LSLF AA U19 F

En échange d'un don , Boston Pizza Vaudreuil vous offre votre pizza en restaurant, de 17h à 20h, GRATUITEMENT.



VENEZ EN GRAND NOMBRE  
LES ENCOURAGER



\*Offre limitée en fonction de la disponibilité des pizzas. Les pizzas sont disponibles jusqu'à 20h. Voir les horaires de service. Toute participation à la promotion est soumise à l'approbation de Boston Pizza. Les pizzas sont disponibles jusqu'à 20h. © 2019 de Boston Pizza.

# It's all about the rules!



**Q** Why do refs stop the play and say "foot" and points to their skate?

**A** Violation occurred by a player for either stepping on the ring or "kicking it with the point at the toe or heel of the skate blade"  
Definition 1.10, Rule 12.2.e case 14

**Q** Why do the refs stop the play and say "bottom third" ?

**A** Violation committed by the player in control of the ring.  
"The playing end of the stick is the lower one third of the total length of the Ringette stick, measured from the tip upwards toward the butt end." If a player "moves their hand onto the playing end (lower third) of their stick to protect the ring while being checked", a violation is committed, play is stopped and awarded to the opposing team.  
Definition 1.13, Rule 12.2.c Case 7(b)  
Referee signal

**HAND ON LOWER THIRD**

Clench both fists and bring together and apart once at the thumbs.



## LE RQ STANDINGS

### U16AA

|                    | GP | W  | L  | T | GF | GA | PTS |
|--------------------|----|----|----|---|----|----|-----|
| Rive-Sud.....      | 16 | 11 | 3  | 2 | 92 | 60 | 24  |
| Outaouais .....    | 15 | 9  | 5  | 1 | 85 | 62 | 19  |
| Lac St Louis ..... | 19 | 8  | 8  | 3 | 77 | 90 | 19  |
| GCRA .....         | 14 | 9  | 4  | 1 | 68 | 45 | 19  |
| West Ottawa .....  | 16 | 6  | 4  | 6 | 62 | 62 | 18  |
| Les Cyclones.....  | 16 | 8  | 7  | 1 | 65 | 51 | 17  |
| Laurentides .....  | 16 | 7  | 6  | 3 | 61 | 73 | 17  |
| BLL .....          | 17 | 5  | 8  | 4 | 77 | 87 | 14  |
| Nepean .....       | 16 | 3  | 9  | 4 | 62 | 85 | 10  |
| Ottawa .....       | 17 | 2  | 14 | 1 | 50 | 84 | 5   |

### U19AA

|                   | GP | W  | L  | T | GF  | GA | PTS |
|-------------------|----|----|----|---|-----|----|-----|
| Laurentides.....  | 17 | 15 | 2  | 0 | 121 | 52 | 30  |
| Lac St Louis..... | 16 | 12 | 2  | 2 | 95  | 57 | 26  |
| Nepean.....       | 15 | 8  | 4  | 3 | 65  | 64 | 19  |
| Rive-Sud.....     | 15 | 6  | 8  | 1 | 65  | 71 | 13  |
| Ottawa.....       | 15 | 5  | 8  | 2 | 54  | 66 | 12  |
| Outaouais.....    | 14 | 6  | 8  | 0 | 50  | 61 | 12  |
| BLL.....          | 16 | 4  | 9  | 3 | 61  | 84 | 11  |
| Les Cylones.....  | 18 | 5  | 13 | 0 | 56  | 84 | 10  |
| GCRA.....         | 14 | 2  | 9  | 3 | 45  | 73 | 7   |

# Congratulations John



**Peter Schiefke**

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Peter Schiefke is the Liberal MP for  
Vaudreuil-Soulanges

## Prix d'action communautaire de Vaudreuil-Soulanges 2018



## Vaudreuil-Soulanges Community Builder Awards 2018

A community volunteer for more than 25 years for various sports teams including ringuette, hockey, and soccer. John has held different positions on the Ringuette 4-Cites advisory committee and has coached both ringuette and hockey teams. John can also be found on the ice refereeing ringuette games and has more than 32 years' experience refereeing games at all levels.

**Benjamin A**

|                     | GP | W  | L  | T | GF | GA | PTS |
|---------------------|----|----|----|---|----|----|-----|
| Ste-Julie.....      | 15 | 13 | 1  | 0 | 68 | 29 | 26  |
| Intrépides.....     | 15 | 12 | 2  | 1 | 7  | 30 | 25  |
| West Ottawa #1..... | 12 | 11 | 1  | 0 | 51 | 28 | 22  |
| Sainte-Marie.....   | 16 | 9  | 7  | 0 | 49 | 40 | 18  |
| Lévis.....          | 16 | 8  | 6  | 2 | 41 | 38 | 18  |
| GCRA.....           | 13 | 8  | 4  | 1 | 53 | 33 | 17  |
| Boucherville.....   | 15 | 8  | 6  | 1 | 51 | 42 | 17  |
| VDR.....            | 12 | 7  | 3  | 2 | 26 | 20 | 16  |
| Metcalfe.....       | 16 | 6  | 7  | 3 | 58 | 54 | 15  |
| Des Moulins.....    | 15 | 6  | 7  | 2 | 41 | 49 | 14  |
| 4 Cités.....        | 12 | 6  | 4  | 2 | 23 | 30 | 14  |
| Pointe-Claire.....  | 13 | 5  | 7  | 1 | 38 | 41 | 11  |
| Ottawa.....         | 13 | 4  | 6  | 3 | 34 | 44 | 11  |
| Nepean.....         | 12 | 4  | 6  | 2 | 43 | 42 | 10  |
| West Ottawa #2..... | 15 | 3  | 9  | 3 | 38 | 52 | 9   |
| Blizzard.....       | 13 | 2  | 9  | 2 | 24 | 47 | 6   |
| Gatineau.....       | 15 | 2  | 12 | 1 | 32 | 62 | 5   |
| Pierrefonds.....    | 11 | 2  | 8  | 1 | 23 | 31 | 5   |
| Blainville.....     | 14 | 1  | 12 | 1 | 36 | 74 | 3   |

**JUNIOR 'A'**

|                    |    |    |    |   |    |    |    |
|--------------------|----|----|----|---|----|----|----|
| Ste-Julie.....     | 16 | 11 | 3  | 2 | 52 | 31 | 24 |
| Metcalfe.....      | 13 | 11 | 1  | 1 | 59 | 26 | 23 |
| Intrépides.....    | 16 | 8  | 5  | 3 | 53 | 42 | 19 |
| Lévis.....         | 16 | 7  | 4  | 5 | 43 | 34 | 19 |
| Roussillon.....    | 13 | 8  | 4  | 1 | 38 | 34 | 17 |
| VDR.....           | 14 | 7  | 5  | 2 | 38 | 40 | 16 |
| 4-Cités.....       | 13 | 6  | 3  | 4 | 32 | 26 | 16 |
| Lotbinière.....    | 15 | 5  | 6  | 4 | 40 | 41 | 14 |
| West Ottawa.....   | 12 | 7  | 5  | 0 | 27 | 23 | 14 |
| Ottawa.....        | 14 | 6  | 7  | 1 | 44 | 40 | 13 |
| Pierrefonds.....   | 12 | 5  | 5  | 2 | 33 | 40 | 12 |
| GCRA.....          | 12 | 5  | 6  | 1 | 35 | 42 | 11 |
| Gatineau.....      | 16 | 4  | 11 | 1 | 29 | 45 | 9  |
| Pointe-Claire..... | 12 | 3  | 7  | 2 | 28 | 32 | 8  |
| BKRA.....          | 10 | 3  | 6  | 1 | 28 | 28 | 7  |
| Blainville.....    | 14 | 1  | 11 | 2 | 25 | 53 | 4  |
| Laval.....         | 12 | 1  | 9  | 2 | 17 | 44 | 4  |

**Cadette 'A'**

|                     |    |    |    |   |    |    |    |
|---------------------|----|----|----|---|----|----|----|
| Pierrefonds.....    | 12 | 11 | 0  | 1 | 51 | 21 | 23 |
| Blainville.....     | 12 | 9  | 2  | 1 | 57 | 29 | 19 |
| Nepean.....         | 15 | 7  | 4  | 4 | 46 | 40 | 18 |
| 4Cités.....         | 8  | 8  | 0  | 0 | 38 | 17 | 16 |
| Saint-Eustache..... | 12 | 6  | 3  | 3 | 41 | 39 | 15 |
| Ste-Julie.....      | 12 | 6  | 3  | 3 | 29 | 27 | 15 |
| Des Moulins.....    | 11 | 7  | 4  | 0 | 49 | 25 | 14 |
| Boucherville.....   | 16 | 6  | 8  | 2 | 34 | 39 | 14 |
| Gatineau.....       | 13 | 7  | 6  | 0 | 31 | 36 | 14 |
| Roussillon.....     | 13 | 5  | 6  | 2 | 45 | 56 | 12 |
| West Ottawa.....    | 13 | 3  | 7  | 3 | 41 | 54 | 9  |
| VDR.....            | 13 | 3  | 7  | 3 | 40 | 48 | 9  |
| Repentigny.....     | 14 | 2  | 7  | 5 | 35 | 48 | 9  |
| GCRA.....           | 14 | 4  | 9  | 1 | 30 | 44 | 9  |
| Ottawa.....         | 13 | 2  | 7  | 4 | 35 | 46 | 8  |
| Pointe-Claire.....  | 15 | 3  | 11 | 1 | 30 | 47 | 7  |
| Lothinière.....     | 12 | 3  | 8  | 1 | 26 | 42 | 7  |

**Open 'A'**

|                     |    |    |    |   |    |    |    |
|---------------------|----|----|----|---|----|----|----|
| Roussillon.....     | 13 | 10 | 1  | 2 | 68 | 24 | 22 |
| Ste-Julie.....      | 13 | 10 | 1  | 2 | 46 | 23 | 22 |
| Longueuil.....      | 12 | 9  | 2  | 1 | 48 | 23 | 19 |
| BKRA.....           | 12 | 6  | 4  | 2 | 35 | 31 | 14 |
| St-Laurent.....     | 12 | 6  | 5  | 1 | 43 | 38 | 13 |
| Les Rafales.....    | 10 | 5  | 4  | 1 | 33 | 32 | 11 |
| Montréal-Nord.....  | 11 | 4  | 5  | 2 | 34 | 26 | 10 |
| 4-Cités.....        | 13 | 3  | 8  | 2 | 24 | 49 | 8  |
| Gatineau.....       | 10 | 2  | 7  | 1 | 18 | 31 | 5  |
| Pierrefonds #2..... | 11 | 0  | 9  | 2 | 18 | 65 | 2  |
| Pierrefonds #1..... | 11 | 1  | 10 | 0 | 17 | 42 | 2  |

'90

The first-ever World Ringette Championship is held in Gloucester. Team Alberta takes the gold and the all-new Sam Jacks Trophy. CTV televises the Canadian Ringette Championships from Calgary.

'91

Ringette is part of the 1991 Canada Winter Games in Prince Edward Island. TSN televises the Canadian Ringette Championships from Hull, Quebec. RDS, the French network, re-transmits the event. Ringette Canada completes the level three technical component of the National Coaching Certification Program.

'92

The second World Ringette Championship is held in Helsinki. Russia, the United States, Sweden, France, Finland and two teams from Canada participate. Canada West wins the gold. TSN televises the Canadian Ringette Championships from Port Coquitlam. Experimental rules are introduced for the 1992-93 season and the 1993 Canadian ringette championships.

'93

TSN televises the Canadian ringette championships from Kitchener.

'94

The third World Ringette Championship is held in St. Paul, Minnesota. Finland wins the gold medal.

'95

Ringette is part of the 1995 Canada Winter Games in Grande Prairie, Alberta. TSN broadcasts a one-hour special on the 1995 Canadian Ringette Championships in Winnipeg.

'96

The fourth World Ringette Championship is held in Stockholm, Sweden. Canada wins the gold medal.

'97

RDS broadcasts highlights of the gold medal games from the Canadian Ringette Championships in Montréal. Ringette Canada's national marketing campaign is launched.

'98

The first-ever truly national ringette team travels to Europe to participate in an International Summit Series against Finland. The Finnish national team wins the series three games to two. TSN broadcasts a one-hour special on the Canadian Ringette Championships in Edmonton.

'99

Ringette is part of the Canada Winter Games in Corner Brook, Newfoundland. Ringette Canada announces the Women's National Team program, player selection camps are held across the country.

Text courtesy Ringette Canada website





This section is courtesy of Coaching Canada's website

This recipe video is available at:

<https://www.coach.ca/buddha-bowls-that-boost-energy-p161520>

## Buddha Bowls that Boost Energy



### Beefy Noodle Bowl

#### Ingredients

- 4-6 pieces beef jerky (or sub with poultry)
- 100 g cooked rice noodles
- ½ cup cooked or fresh mixed vegetables

#### Dressing: Whisk together

- ¼ tsp garlic powder
- ¼ tsp ground ginger
- ½ tsp soy sauce

#### Nutrition information for whole recipe (2 cups)

- Calories: 290
- Carbohydrates: 31g
- Protein: 23g
- FAT: 7.4g
- Fiber: 2.7g

### Grilled Tofu and Veggies

#### Ingredients

- 4 slices grilled tofu (in 1 tsp oil, pinch of salt and pepper and ½ tsp garlic powder)
- ¼ cup canned or frozen corn
- 1 cup cooked quinoa or rice
- ½ cup chopped mixed lettuce or red shredded cabbage

- ½ cup cooked quinoa or rice
- ½ cup chopped mixed lettuce or red shredded cabbage

#### Topping Option:

- ¼ cup salsa (mango or tomato)
- ¼ cup plain greek yogurt or sour cream

#### Nutrition information for whole recipe (2 cups)

- Calories: 443
- Carbohydrates: 66g
- Protein: 19g
- FAT: 14g
- Fiber: 6.4g

### Chickpea Rice and Veggies

#### Ingredients

- 1 cup rice
  - 1 bell pepper
  - 1 cup chickpeas OPTIONAL: substitute or add in ½ cup black beans to
  - ½ cup chickpeas
  - 2 Tbsp cilantro
- Dressing:
- ¼ cup greek yogurt
  - 1 tbsp lime juice

- 1/8 tsp cumin
- 1/8 tsp paprika
- ¼ tsp chili powder
- ½ tsp hot sauce

#### Nutrition Information for recipe for whole recipe (2 cups)

- Calories: 552kcal
- Carbohydrates: 100g
- Protein: 24g
- FAT: 6.4g
- Fiber: 12g

### Instructions

#### Building the Bowls:

Start with the grain (rice or quinoa or noodles), add in the protein (Chickpeas, tofu or beef) choose your veggies and drizzle with dressing!

Cover and store in fridge for up to 4 days of ready-made meals! If you find the meals are too big of a portion (or if you're not carb loading!) you can split into 2 smaller sized portioned meals and still reap the balance of carbs, protein and fiber!

**Sport Benefits:** This is meal preparation and batch cooking at its finest! What a better way to prep for easy lunches or dinners for athletes, parents and coaches on the run! Its balanced, chocked full of protein and boosts carbohydrates to refuel the tank! Individually satisfying for every member of the family or team as they can design their own! Packs easily in a cooler for easy on the road team meals!

### Benjamine (U14A)

| Date      | Time     | Arena                 | Versus                       |
|-----------|----------|-----------------------|------------------------------|
| 9-2-2019  | 13:30:00 | St-Timothée           | 4 Cités vs Boucherville      |
| 10-2-2019 | 15:00:00 | (Gilles Chabot)       | Boucherville vs Pierrefonds  |
| 12-2-2019 | 19:00:00 | Beaconsfield - LSL    | Pierrefond vs Pointe-Claire  |
| 16-2-2019 | 10:15:00 | Boisbriand            | Blizzard vs 4 Cités          |
| 16-2-2019 | 15:00:00 | St-Bruno              | Intrépides vs Pierrefonds    |
| 17-2-2019 | 13:15:00 | Vaudreuil - Dorion    | 4 Cités vs Blainville        |
| 17-2-2019 | 18:30:00 | D.D.O. Centre civique | Pierrefonds vs Pointe-Claire |
| 23-2-2019 | 17:00:00 | Pointe-Claire         | Pointe-Claire vs Intrépides  |
| 24-2-2019 | 12:30:00 | Mascouche             | Des Moulins vs 4 Cités       |
| 24-2-2019 | 16:30:00 | Pointe-Claire         | Pointe-Claire vs Ottawa      |
| 26-2-2019 | 20:00:00 | Boisbriand            | Blizzard vs Pierrefonds      |

### Junior (U16A)

| Date      | Time     | Arena                  | Versus                         |
|-----------|----------|------------------------|--------------------------------|
| 2-2-2019  | 11:00:00 | Beaconsfield - LSL     | BKRA vs Les Colibris de Lévis  |
| 2-2-2019  | 17:00:00 | Pointe-Claire          | Pointe-Claire vs West Ottawa   |
| 4-2-2019  | 19:15:00 | Pierrefonds - LSL      | Pierrefonds vs BKRA            |
| 9-2-2019  | 11:00:00 | Beaconsfield - LSL     | BKRA vs GGRA                   |
| 10-2-2019 | 12:00:00 | Beloil                 | V.D.R. vs BKRA                 |
| 10-2-2019 | 19:30:00 | Pointe-Claire          | Pointe-Claire vs Gatineau      |
| 16-2-2019 | 10:00    | Beaconsfield - LSL     | BKRA vs Metcalfe               |
| 16-2-2019 | 11:15:00 | GRC B                  | West Ottawa vs 4-Cités         |
| 16-2-2019 | 15:30:00 | Baribeau - Gatineau    | Extrême de Gatineau vs 4-Cités |
| 19-2-2019 | 20:30:00 | Pierrefonds - LSL      | Pierrefonds vs Laval           |
| 20-2-2019 |          | Vaudreuil - Dorion     | 4-Cités vs Pierrefonds         |
| 23-2-2019 | 12:15:00 | Blainville             | Blainville vs Pointe-Claire    |
| 23-2-2019 | 13:00:00 | Baribeau - Gatineau    | Extrême de Gatineau vs BKRA    |
| 23-2-2019 | 16:15:00 | Pierrefonds - LSL      | Pierrefonds vs Ottawa          |
| 23-2-2019 | 18:00:00 | Osgoode                | Metcalfe vs BKRA               |
| 24-2-2019 | 13:15:00 | Vaudreuil - Dorion     | 4-Cités vs V.D.R.              |
| 24-2-2019 | 14:00:00 | Tom Brown - Ottawa     | Ottawa vs BKRA                 |
| 24-2-2019 | 18:00:00 | Richmond - West Ottawa | West Ottawa vs BKRA            |
| 25-2-2019 | 19:15:00 | Pierrefonds - LSL      | Pierrefonds vs Pointe-Claire   |

### Gadette (U19A)

| Date      | Time     | Arena                  | Versus                          |
|-----------|----------|------------------------|---------------------------------|
| 2-2-2019  | 20:15:00 | Repentigny - BLL       | Repentigny vs 4-Cités           |
| 2-2-2019  | 10:30:00 | La Plaine - Forum      | Des Moulins vs Pointe-Claire    |
| 9-2-2019  | 16:15:00 | Pierrefonds - LSL      | Pierrefonds vs Lothinière       |
| 10-2-2019 | 13:00:00 | Beloil -               | V.D.R. vs 4-Cités               |
| 17-2-2019 | 18:00:00 | St-Lazare              | 4-Cités vs Repentigny           |
| 17-2-2019 | 17:30:00 | Pointe-Claire          | Pointe-Claire vs Saint-Eustache |
| 23-2-2019 | 17:30:00 | Vaudreuil - Dorion     | 4-Cités vs Blainville           |
| 24-2-2019 | 11:30:00 | Sportsplex 2 - Nepean  | Nepean vs Pierrefonds           |
| 24-2-2019 | 17:00:00 | Jim Durell Peplinski   | Ottawa vs Pierrefonds           |
| 28-2-2019 | 21:00:00 | Yvon Chartrand - Laval | Des Moulins vs Pointe-Claire    |

### Open (18+A)

| Date      | Time     | Arena                | Versus                           |
|-----------|----------|----------------------|----------------------------------|
| 2-2-2019  | 12:00:00 | Baribeau - Gatineau  | Pierrefonds #2 vs Gatineau       |
| 2-2-2019  | 17:00:00 | Baribeau - Gatineau  | Gatineau vs Pierrefonds #2       |
| 3-2-2019  | 17:00:00 | Jacques Cartier      | Longueuil vs 4 Cités             |
| 3-2-2019  | 18:10:00 | Ste-Julie 3          | Ste-Julie vs St-Laurent Xtreme   |
| 5-2-2019  | 20:30:00 | Pierrefonds - LSL    | Pierrefonds #1 vs BKRA           |
| 9-2-2019  | 14:30:00 | St-Timothée          | 4 Cités vs Les Rafales           |
| 9-2-2019  | 18:00:00 | McDonald Coll. - LSL | BKRA vs Les Rafales              |
| 12-2-2019 | 20:30:00 | Pierrefonds - LSL    | Pierrefonds #1 vs Montréal Nord  |
| 13-2-2019 | 21:00:00 | St-Laurent           | St-Laurent vs Pierrefonds #2     |
| 15-2-2019 | 21:45    | Pierrefonds - LSL    | Pierrefonds #2 vs 4 Cités        |
| 16-2-2019 | 20:00:00 | Beaconsfield - LSL   | BKRA vs Ste-Julie                |
| 17-2-2019 | 13:30:00 | St-Laurent           | St-Laurent vs Gatineau           |
| 19-2-2019 | 21:30:00 | Pierrefonds - LSL    | Pierrefonds #1 vs Pierrefonds #2 |
| 23-2-2019 | 14:30:00 | St-Timothée          | Les Rafales vs 4 cités           |
| 23-2-2019 | 20:00:00 | Beaconsfield - LSL   | BKRA vs Longueuil                |
| 26-2-2019 | 20:30:00 | Pierrefonds - LSL    | Pierrefonds #2 vs Montréal Nord  |
| 27-2-2019 | 21:00:00 | Brossard             | Rockets de Roussillon vs BKRA    |
| 27-2-2019 | 21:00:00 | St-Laurent           | St-Laurent vs Ste-Julie          |



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



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# THE FACES OF LSL

Welcome to the "Faces of LSL". Our aim is to show the diversity of LSL's ringette community - whether you are a player, referee, coach, or local association committee member. If you would like to be featured, send an email to LSLringNEWS@gmail.com and include your name, a portrait type photo, number of years playing/coaching, what association (team) and level you play for.



**ALEXANDRA MUER**

- Playing ringette since the age of 10
- Has played every position there is, currently goalie for the Saint-Laurent Inter C1 team.
- Referee for the past two seasons, as well as shotclocking and timekeeping.
- Alexandra has played on three different teams - Pierrefonds, 4-Cités, and now Saint-Laurent
- Hopes to stay in ringette for a long time and possibly become a coach in the future



**MARC POWER**

Cadette B Assistant Coach of 4-Cités  
 Coaching for 7 years



**NIKKI POWER**

19 years old  
 Plays for 4-Cités Juvénile B  
 Has been playing and loving ringette since she was 11.  
 Timekeeper for 4-Cités for 6 years



**KARA & COURTNEY OUIMET**

Kara Ouimet  
 12 years old  
 Atome A 4-Cités  
 Has played now for 4 years.

Courtney Ouimet  
 13 years old  
 Benjamine B - 4-Cités  
 2 year playing and loving it!



**Alexia Savard**  
 BKRA Novice A

Alexia Savard plays Novice A BKRA. They recently won the Pierrefonds tournament and are going to the Gloucester tournament.

She mostly plays defence but also likes the winger position. She started playing bunny's when she was 3 and played novice as an underaged player last season.

She loves ringette because she made great friendships and she gets to push her limit to improve her skills.



**LILY-MAI CANTIN**

Goalie for Benjamine B (white) - BKRA  
 Started playing Ringette at the age of 9