

Another successful tournament



COLLECTE DE SANG

BLOOD DRIVE



À la mémoire de / In memory of CATHERINE POLSON

JANVIER 2022 JANUARY

THE RING

NEWS & EVENTS FROM LAC ST LOUIS RINGETTE
NOUVELLES ET ÉVÈNEMENTS DE RINGUETTE LAC ST-LOUIS



Future superstars

Pierrefonds Moustiques



7
provinces

105
équipes

1600
joueuses &
players &



TOURNOI

2022

TOURNAMENT

JANUARY

5-9

JANVIER

COLLECTE DE SANG

BLOOD DRIVE



HÉMA-QUÉBEC



À la mémoire de / In memory of **CATHERINE POLSON**

Lundi 10 janvier

Monday, January 10th — By appointment only

SUR RENDEZ-VOUS SEULEMENT

CENTRE RÉCRÉATIF

Gymnase — 1974 City Lane

There will be a blood drive Monday Jan 10, 1:30pm-7:30pm in Catherine's memory at the Beaconsfield Rec Center. If the time is inconvenient, you can book an appointment at the Globule Centre (Kirkland). If you do so, you must mention Catherine's name and use the following code: MOKCP

Our goal is 100 pints. Catherine donated 17 times in her 31 years.

Thank you,
Sharon Ryan and
George Polson



Prenez rendez-vous dès aujourd'hui.

→ 1 800 343-7264

→ jedonne@hema-quebec.qc.ca

Call 1-800-343-7264 or email us at igive@hema-quebec.qc.ca to book an appointment.





Pierrefonds Inter B champions 4Cités tournament



BKRA Benjamine B champions 4Cités tournament





4-Cités Junior A champions 4Cités tournament





4-Cités Benjamine C champions Repentigny tournament



Reminder

Bell Let's Talk Day:
Wednesday, January 26, 2022



Bell
Let's Talk





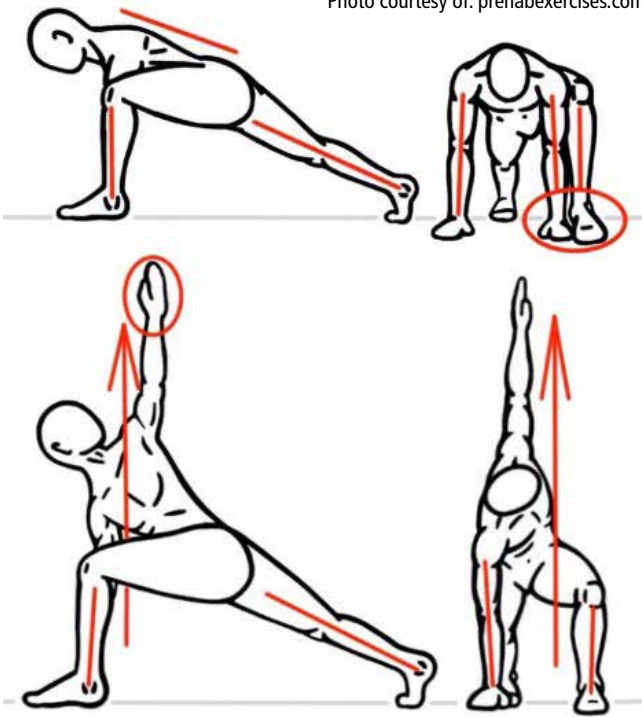
Pointe-Claire Atome A champions Repentigny tournament



FITNESS TIPS

courtesy of The S.P.O.R.T. Specialists Team

Photo courtesy of: prehabexercises.com



Spiderman lunges

Looking for a great dynamic exercise to warm up your hips and get them a little looser before your sport? Spider-Man lunges is a key exercise for this! You can even add in a rotational part to warm up and improve your thoracic mobility just as well.

When you think of it, it is also a very functional exercise. You are mobilizing and stretching one hip into full extension while the other goes into full flexion. This opposite movement pattern always occurs in sports and even daily life activities, just think of walking, running and skating!

Here are the steps to perform this stretch:

- Take a big step forward and drop down into a lunge position
 - Place your hands on the ground, inside the forward knee
 - Stretch out the back leg so your knee is straight and does not touch the ground anymore
 - If you want to add a thoracic rotation, plant one hand on the ground and rotate your thorax towards the bent knee
- * Always make sure your hips remain straight and do not open to the side.

We strive to provide excellent customer service so any recommendations or comments are most welcome!

Come and book a session with us and we will show you why we are different!

To your success,

The S.P.O.R.T. Specialists Team



questions on the rules

Q Skater A1 has control of the ring and is skating up the boards in the centre zone. Skaters B1 and B2 are actively checking A1. While doing so, A1 stops skating resulting in a stoppage in play. As joint control was not gained, a free is awarded to Team A at Centre.

True False

Q Team A has control of the ring in their attacking zone. While trying to break to the net for a shot, the defensive triangle closes taking away any room for A1 to move. Play is stopped and team B is awarded a goalkeeper ring.

True False

Answers will appear in February's newsletter



answer will be in February's newsletter



Équipe Jeux du Québec Lac St-Louis

Alexa Villemaire

Candace Pierre

Christine Nadeau

Daphnée Dumont

Elyse Grenier

Emma Carveth

Emma Morello

Érika Villemaire

Holly Howard

Katie Barclay

Keira Ouimet

Marguerite Hannan

Natasha Langevin Bouthillier (G)

Sarah Brown (G)

Stephanie Barnes

Taylor Joly

Stephanie Lattouf (1st alternate)

Brianna Sheppard (2nd Alternate)

Entraîneurs:

Marcela Donoso (entraîneure-chef)

Lisa Artuso (assistante)

Brigitte Gosselin (assistante)



RIVIÈRE-
DU-LOUP

2022





LAURA MUER PHOTOS

JANUARY • JANVIER
SCHEDULE
CÉDULE

16

U16AA
vs Outaouais
Pointe-Claire • 17h30

22

U19AA
vs Rive-Sud
MacDonald Col. • 17h00

23

U19AA
vs B.L.L.
Pointe-Claire • 15h30

29

U16AA
vs Québec
Pointe-Claire • 15h00

29

U19AA
vs Québec
MacDonald College • 17h00



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BKRA 41ST ANNUAL TOURNAMENT

CANCELED

WE'RE BACK AND READY TO A
FUN, SPORTS AND COMPETITIVE TIME!

JANUARY 10-16TH 2022

INFO AT WWW.RINGUETTEBK.COM



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