

THE NEWS LETTER



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



VOL. 1 • NO. 3 – DECEMBER 2018

play it. love it. live it.

INSIDE THIS MONTH:

- Upcoming LRQ & LERQ games
- Ask a ref
- Health & Wellness
- Upcoming local tourneys
- Rising Star
- Did you know
- The History of Ringette

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?

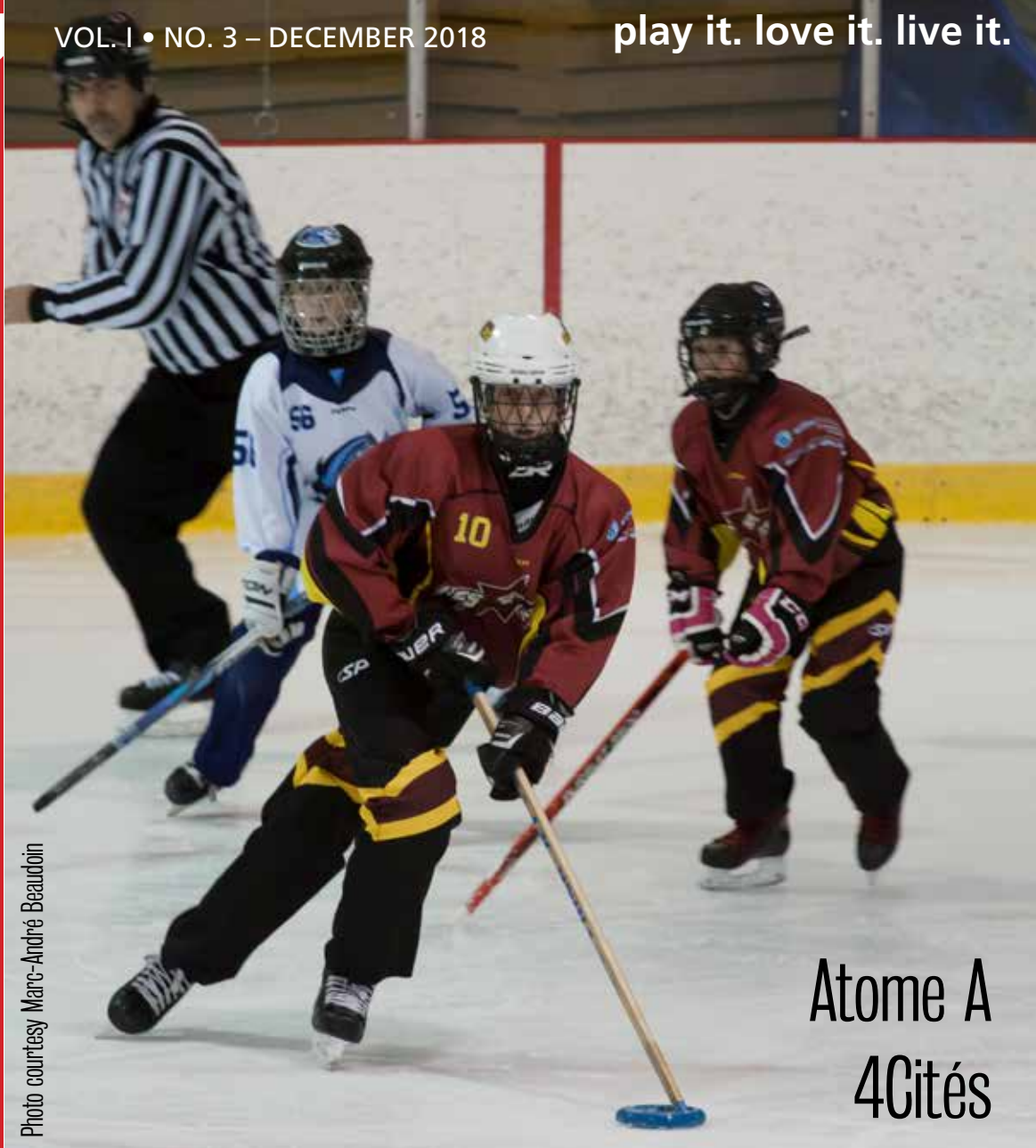
Email us at LSLringNEWS@gmail.com

Inclusion in future newsletters is subject to approval.



@LSLRingNews

Photo courtesy Marc-André Beaudoin



Atome A
4Cités

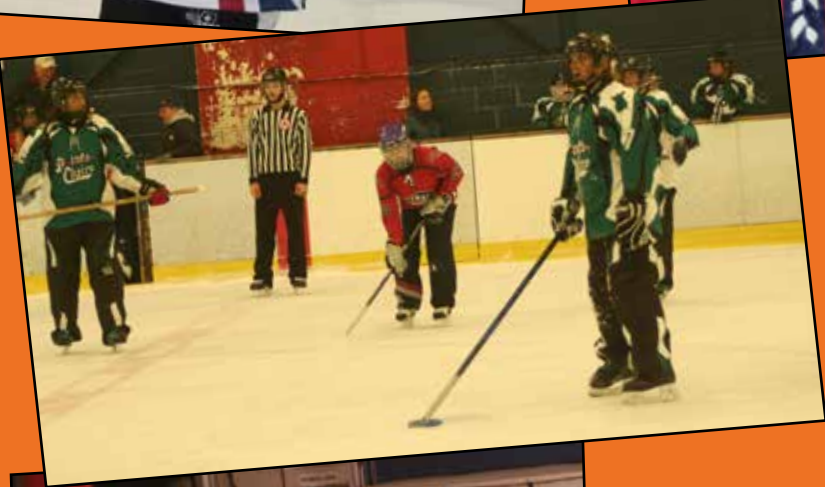


Stay on top of the ringette news in the region
Visit our website regularly
www.ringettelacsaintlouis.com

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

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

ACTION FROM THE ST-LAURENT TOURNAMENT



Tournament results

U10 Novice B

Deux Montagnes 9
West Ottawa 2

U12 Atome C

Saint-Laurent 10
Laval 8

Open A 18+

Ste-Julie 6
Quebec 4

Open B 18+

BKRA 4
Pointe-Claire 1

Inter C 21+

Pierrefonds 4
Deux Montagnes 2



Somewhere behind the athlete you've become and the hours of practice and the coaches

who have pushed you is a little girl who fell in love with the game and never looked back... play for her.

- Mia Hamm

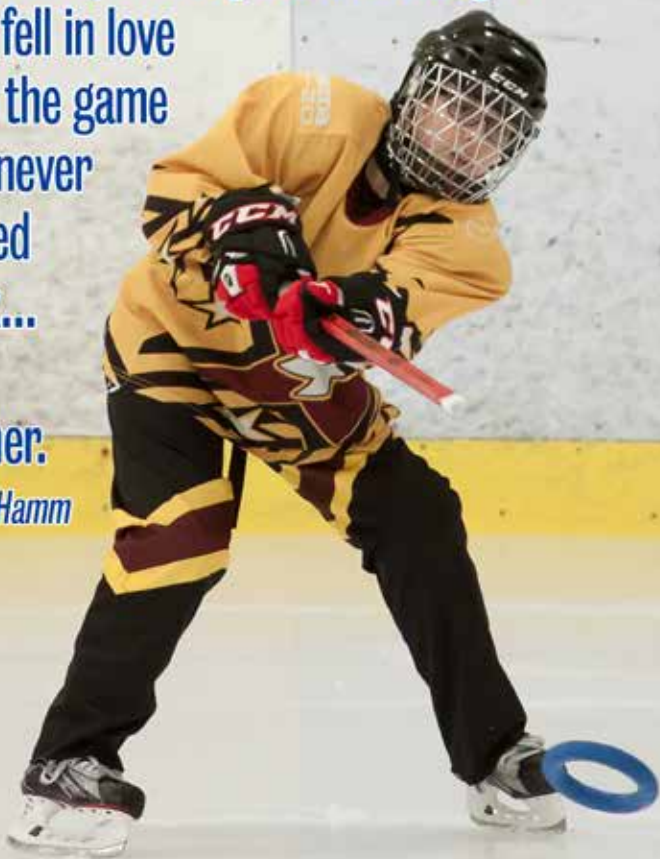


photo : Marc-André Beaurioin

It's all about the rules!



Q Who gets the ring when the shot clock audible sounds, and which zone does the play resume?"

A When the shot clock reaches zero seconds, an audible signal will sound. Play is stopped, as the team last in control of the ring has committed a violation. The shot clock is reset to 30 seconds and the ring is awarded to the non-offending team, in the nearest circle within the zone in which the ring was last contact, or controlled," when the shot clock audible sounded.

Rule 24.3.e



**Tournoi Marcial Fontaine 4Cités
2018 Tournament**

December 5 – 9 décembre

Aréna Vaudreuil, 9 rue Jeannotte, Vaudreuil-Dorion

photo: Marc-André Beaurioin

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.



ELLA CHARRON

I am 9 years old, I play ringette for 4 Cités-Novice B.
I started to play when I was 3 years old.
This is my 7th season.
♥ I love my coaches. ♥



KEN MUER

- Former coach in Pierrefonds (1994-2017)
- Former player on Pierrefonds men's ringette team
- Current referee



AUDREY DALTON

1991 - Played on the First ladies Senior B team for Pfd's
Served many years on Pierrefonds executive as coaches convenor and power skating instructor
1992 - 2016 as coach: from bunnies to LSL AA and NRL Bourassa
1999 - Present: LSL referee and league referee scheduler, referee supervisor



LÉA BEAUDOIN

Age : 10 years old
Association : Les Stars 4 cités
Level : Atome A
Year of play : 3 years



HEATHER JARDINE

- Playing since 1982
- Referee for 20 seasons
- 16 years of coaching - Currently assistant coach of Atome A Pte-Claire
- Excellence Ringette Instructor for 10 years
- Played 1 season with UNB Raiders including Atlantic Championships
- Assistant Coach of Team Excellence Ringette at the 2017 Lions Cup in Järvenpää, Finland



KIMBERLY ANNETT-BONNEAU

Playing ringette for 21 years
Currently plays Int. B for Saint-Laurent
Volunteer for the St-Laurent association



ARIANE BEAUDOIN

Age : 9 years old
Association : Les Stars 4 cités
Level : Atome C
Year of play : 2 years



TIFFANY SCHAAP

15 years old
Plays junior A with Pierrefonds
Been playing ringette for 13 years
Currently is a timekeeper and hopes to be a ref someday



Coralyne Bourassa 8yrs old
Plays for 4 Cités Novice C
as a Defense

A few months ago Coralyne had never skated, never played any team sport. On August 25th, 4 Cités had an open house where girls could try out ringette. So she went and skated for the first time.

Almost 3 months later, she loves the game! Mostly, she likes the friends that she made.

On game day, she wakes up smiling and asking for the time of the game because she can't wait to play.



AAA teams at Pierrefonds tournament in January



Lots of action to take place in the province's largest tournament

The Pierrefonds, Dollard, Île Bizard Ringuette Tournament will take place from January 3rd (1:00 pm) to January 6th at the Sportplexe 4-Glaces and the Dollard Civic Center.

About 85 teams will be participating in the 2019 edition with players from the U10 division to 21+ and more. Also, for this tournament, we will be hosting the U19AAA division. Those provincials teams will be part of the Winter Canada Games in February in Red Deer, Alberta. We will have 7 of the provinces in that division so expect exciting games.

We will still have our regular LRQ and LERQ divisions. The U14A division has teams from Quebec, Ontario, New Brunswick and PEI. A tournament full of very intense games. And of course, a wonderful team of volunteers because without them, none of this would be possible.

Come and see some exciting ringuette !



Upcoming Events



2018 Annual Tournament
currently underway
November 29 to December 2
Check the Pointe-Claire website for results
<http://pcratournament.ca/index.php>



2018 Annual Tournament
December 4 to 10
Check the 4Cités website for results
<https://kreezee.com/ringuette/organisation/association-de-ringuette-des-4-cites/8922>



2019 Annual Tournament
January 3 to 6, 2019
Check the Pierrefonds website for results
<http://www.ringuettepierrefonds.com/en/resource.php?resource=1534773100>



2019 Annual Tournament
January 7 to 13, 2019
Check the Beaconsfield website for results
<https://kreezee.com/ringuette/organisation/beaconsfield-kirkland-ringuette-association/10153>

7 équipes Jeux du Canada dans la division U19AAA • 7 Canada Winter Games teams in the U19AAA division



44^{ième}
th
Tournoi
Tournament
January **3-6** janvier

85 ÉQUIPES TEAMS

7 PROVINCES

12 DIVISIONS

www.ringuettepierrefonds.com





Text and images courtesy Ringette Canada website

- '71** First Invitational Ringette Tournament is held, initiated by Oshawa Ringette Association in Ontario.
- '72** Manitoba Ringette Association is formed.
- '73** Quebec Ringette Association is formed. (Later renamed Fédération sportive de ringuette du Québec and then Ringuette Québec.)
Ringette makes its way over the Rocky Mountains and is introduced to Langley, British Columbia.
- '74** Ringette is introduced in Alberta.
Nova Scotia Ringette Association is formed.
First invitational tournament is organized in Winnipeg; first invitational tournament for belles is organized in Kitchener.
British Columbia becomes the fifth province to form a provincial ringette association.
Representatives from Ontario, Manitoba, Quebec and Nova Scotia form a steering committee for Ringette Canada, the national sport governing body.
Ringette Canada founded in November, with June Tiessen of Waterloo, Ontario, as its first president.
- '75** **Invitational tournament held in Pierrefonds, Quebec becomes the second inter-provincial tournament in Canada. Pierrefonds Ringuette Association is the oldest association in the province, even older than Ringuette Québec.**
Ringette receives first major television exposure during a "Hockey Night in Canada" intermission feature film.
First newsletter for ringette, ORA Newsletter, is published.
First Ringette Week is organized and held in February.
First regional and provincial championships are held in Ontario.
- '76** First invitational high school ringette tournament held in Antigonish, Nova Scotia.
Provincial ringette association formed in Alberta.
Ringette played for the first time in the Ontario Winter Games.
First Ringette Canada Annual General Meeting held in Halifax.
Saskatchewan Ringette Association becomes the seventh provincial sport governing body.
- '77** First Annual Provincial Summer Sports Camp for ringette players is held in Toronto.
Ontario Ringette Association Hall of Fame is initiated.
- '78** Fédération sportive de ringuette du Québec withdraws from Ringette Canada. (Returns in 1981.)
Coaching and officiating certification programs established for the first time in Ontario.
Ringette Canada National Coaching Committee develops the first Level 1 technical coaching manual for certification courses sanctioned by the National Coaching Certification Program.
First Ringette Canada planning seminar held in Banff, Alberta, to determine the direction for the national organization.
- '79** First-ever edition of Ringette Review is published.
First Canadian ringette team travels overseas to Europe (Finland).
First Canadian Ringette Championships are held in Winnipeg, Manitoba.
The Ontario juniors from Oshawa, the Ontario belles from Ajax and the Ontario debs of Kitchener become the first Canadian ringette champions.
National Level 1 coaching certification program takes effect.

LERQ STANDINGS

U16AA	GP	W	L	T	GF	GA	PTS
Lac St-Louis.....	14	7	5	2	55	62	16
Rive-Sud.....	9	6	2	1	52	31	13
Outaouais.....	8	6	2	0	52	29	12
GCRA.....	8	5	3	0	34	26	10
Les Cyclones.....	8	5	3	0	32	22	10
BLL.....	7	3	3	1	33	36	7
Laurentides.....	6	3	2	1	23	25	7
Nepean.....	9	2	6	1	34	55	5
West Ottawa.....	8	1	4	3	26	36	5
Ottawa.....	11	1	9	1	40	59	3

U19AA	GP	W	L	T	GF	GA	PTS
Laurentides.....	11	10	1	0	75	32	20
Lac St Louis.....	10	8	1	1	69	33	17
Nepean.....	8	4	1	3	32	33	11
Rive-Sud.....	9	4	4	1	38	42	9
Ottawa.....	7	3	2	2	25	26	8
Les Cyclones.....	10	3	7	0	32	45	6
GCRA.....	10	1	6	3	29	53	5
BLL.....	7	1	6	0	22	34	2
Outaouais.....	8	0	6	2	22	46	2

BY THE NUMBERS

The 2018-2019 season is underway and the numbers are in. There are 1243 players registered in Lac St Louis. Registration breaks down as follows:



22 teams

285 players



18 teams

227 players



20 teams

267 players



21 teams

346 players



6 teams

118 players

health & wellness



This section is courtesy of Coaching Canada's website

This recipe video is available at:

<https://www.coach.ca/egg-cups-in-muffin-tin-p161513>

Egg cups in muffin tin



Ingredients

- 6 large eggs
 - 1/4 cup 1% milk
 - 1/8 teaspoon salt
 - 1/8 teaspoon black pepper, ground
 - 1/2 cup bell pepper (red, yellow, orange)
 - 3/4 cup spinach
 - 1/4 cup shredded cheddar cheese
- Makes 8 egg cups

Instructions:

1. Whisk the eggs and milk together in a bowl. Season with salt and pepper.
2. Dice the pepper into small pieces. Stack the spinach leaves, roll them up, and slice them thin.
3. Add the peppers, spinach, and shredded cheddar to the egg mixture.
4. Grease a muffin tin (cooking spray/melted butter) and fill cups 3/4 full of the egg mixture.
5. Bake at 375 degrees Fahrenheit for 20 to 25 minutes until centers are set/firm. Can test doneness with a toothpick.

To store in the refrigerator: Allow egg cups to cool completely. Stack gently in an airtight container. Store in the refrigerator for up to 1 week. Re-heat in the microwave approximately 45 seconds to 1 minute or until hot.

To store in the freezer: Allow egg cups to cool completely. Wrap each egg cup individually with plastic wrap, then place in a zip-lock bag. Store in the freezer up to 1 month. Thaw egg cups in refrigerator overnight, remove plastic wrap, then re-heat in the microwave 45 seconds to 1 minute OR remove plastic wrap and re-heat in microwave until thawed and heated through.

Nutrition information (per 1 egg cup)

• Calories: 82 • Carbohydrate:1.5g • Protein:2.36.8g • Fat:1.85.3g

Sport Benefits: Easy for the early mornings off to training. Put it on a whole wheat English muffin and you have your own Egg "McMuffin". Top with a glass of 100% juice and you're fueled for that early morning training! Coaches can make these ahead in batches and take on team busses for easy, high quality protein snacks or team breakfasts!

Recipe Adapted from www.SuperHealthyKids.com

UPCOMING LRQ GAMES

Benjamin (U14A)

Date	Time	Arena	Versus
8-12-2018	17:00:00	McDonald College	Pierrefonds VS Ste-Julie
9-12-2018	19:30:00	Pointe-Claire	Pointe-Claire vs Blainville
15-12-2018	13:30:00	St-Timothée	4 Cités vs Lévis
15-12-2018	17:00:00	Pointe-Claire	Pointe-Claire vs Ste-Julie
15-12-2018	17:15:00	Pierrefonds	Pierrefonds vs Les Colibris de Lévis
22-12-2018	17:00:00	McDonald College	Pierrefonds vs V.D.R.
22-12-2018	18:30:00	Westwood - Dorval	Pointe-Claire vs Blizzard

Junior (U16A)

Date	Time	Arena	Versus
1-12-2018	16:15:00	Pierrefonds	Pierrefonds vs Intrépides
1-12-2018	17:30:00	Vaudreuil - Dorion	4-Cités vs Les Colibris de Lévis
15-12-2018	12:15:00	Blainville	Blainville vs Pointe-Claire
16-12-2018	13:00:00	Beloil	V.D.R. vs Pierrefonds
16-12-2018	16:00:00	Kirkland	BKRA vs Blainville
16-12-2018	16:30:00	Pointe-Claire	Pointe-Claire vs Ste-Julie

Cadette (U19A)

Date	Time	Arena	Versus
3-12-2018	21:00:00	Michel Normandin	Pointe-Claire vs Rockets de Roussillon
9-12-2018	18:30:00	D.D.O. Centre civique	Pierrefonds vs GCRA
15-12-2018	17:30:00	Vaudreuil - Dorion	4-Cités vs Huskies de Repentigny
16-12-2018	17:30:00	Pointe-Claire	Pointe-Claire vs Ottawa
16-12-2018	18:30:00	D.D.O. Centre civique	Pierrefonds vs Ste-Julie

Open (18+A)

Date	Time	Arena	Versus
4-12-2018	20:30:00	Pierrefonds - LSL	Pierrefonds #2 vs St-Laurent Xtreme
5-12-2018	21:00:00	Michel Normandin	Roussillon vs Pierrefonds #1
7-12-2018	21:00:00	Pierrefonds - LSL	Pierrefonds #2 vs BKRA
9-12-2018	13:30:00	St-Laurent	Gatineau vs St-Laurent Xtreme
9-12-2018	18:00:00	St-Lazare	Gatineau vs 4 Cités
13-12-2018	20:30:00	Fleury - Montréal	Montréal Nord vs Pierrefonds #1
14-12-2018	21:15:00	Vaudreuil - Dorion	4 Cités vs Longueuil
15-12-2018	20:30:00	Kirkland - LSL	BKRA vs Pierrefonds #2
16-12-2018	17:00:00	Kirkland - LSL	Les Rafales BKRA
16-12-2018	18:10:00	Ste-Julie 3	Ste-Julie vs 4 Cités
19-12-2018	21:00:00	St-Laurent	St-Laurent vs Pierrefonds #1
20-12-2018	21:00:00	Jacques-Cartier - Long.	Longueuil vs Pierrefonds #2



L'Association Régionale de Ringuette
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 @LSLRingNews



Did you know

that John Abbott College has a ringette team

and there are over 2 dozen university teams across the country?
www.canadianuniversityringette.ca/

Students who are interested in playing with the JAC ringette team can contact head coach Debbie Frail at Debbie.steve@sympatico.ca for more information



39th Annual Tournament
January 7-13, 2019

A Great Sponsorship Opportunity

BKRA's annual tournament hosts more than 90 teams at the Kirkland and Beaconsfield arenas. More than 1000 players, accompanied by family and friends, attend the 150 exciting games during the week!

Interested in sponsoring the tournament? Head to our website to see the various web and print options ranging from \$25 and up!

Friends of BKRA



[bk_ringuette](https://www.instagram.com/bk_ringuette)

Contact info: tournobkra@gmail.com

cegep ringette

photos by Karen Landon



Dawson vs John Abbott

U16AA fundraiser a success!!

The Lac St Louis U16AA team fundraiser, held recently at Boston Pizza in Vaudreuil, was a huge success. The team managed to raise \$1126.15 towards this season's expenses.

"A big thank you to everyone who came out to Boston Pizza tonight to support the Junior AA team. It was really appreciated. Your support will help the girls to achieve their ultimate goal of winning the Provincial Championships and represent Quebec at the National Championships. Thank you!!!!" said head coach Sharon Tait.



Season's Greetings!

The Lac St-Louis organization has had a wonderful first half of the season with the completion of 3 tournaments and 525 games played.

As we break for the holidays, I would like to take a moment to thank the enthusiastic volunteers and referees of the LSL organization. Your continued support and dedication has played a pivotal role in our success.

Let us reflect on what we've accomplished and how we can aspire to accomplishing more, not only as individuals, or for our respective clubs, but for our association in general.

May your holiday season be filled with Peace, Love, and Happiness.

All the best for 2019!

Tracy Hill

Public Relations Manager - Ringette LSL

RINGETTE ART on canvas

by Andrea Lavoie



This oil painting entitled "Our Game," was created by Ringette player and artist, Andrea Lavoie.

This is the first in her series of Ringette art prints. This ready-to-hang unframed gallery canvas print measures 8" high x 16.5" wide x 1.5" deep.

Price: \$46 plus \$17 shipping (shipped by UPS, guaranteed delivery)

To order your Ringette art print, simply send an email to artandsportspaintings@gmail.com

- Include your name and phone number, as well as where to ship the art print:
Name, mailing address, postal code and phone number.
- Email money transfers are the accepted form of payment.
 - Receipt of payment confirms your order.

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