

THE NEWS LETTER



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



VOL. 1 • NO. 2 – NOVEMBER 2018

play it. love it. live it.

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.

INSIDE THIS MONTH:

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

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

THE FACES OF LSL



DAVID SINGH

- Coach Team Québec 2019 Canada Winter Games
- 13 Nationals as a coach
- 2 World Championships as a coach
- 6 Nationals as a referee
- referee for 32 years



KATHERINE GROULX

- Playing for 26 years
- Former member of U16AA & U19AA Lac St Louis
- Played for team Quebec AAA
- 10 years in NRL with LSL and currently plays NRL for Royal de Bourassa
- Coach of Atome A 4-Cités and Inter. B Pierrefonds



BIANCA ZITO

- Has played for 25 years
- CRC gold medal winner 2005 Junior AA
- Currently plays for Int. B Pierrefonds Chuckettes



TRACY HILL

- Current Lac St Louis Ringette Public Relations Manager
- Former Referee-in-Chief for Lac St Louis
- 2 Nationals, 3 Jeux du Quebec, 2 Eastern CRC's and NRL as a referee
- Referee for 19 seasons
- Played for 12 years



MYLÈNE CLÉROUX

- Assistant coach U19AA LSL
- Owner/coach Camp La Relève
- played in 2003 CWG for Québec
- played in 7 CRC's
- coached in 2 national championships
- playing in her 28th season



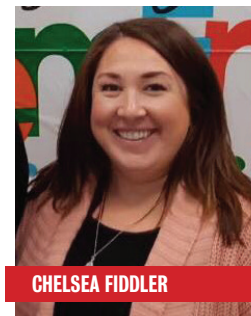
LOGANNE PLAMONDON

- 12 years old
- Pierrefonds Lynx - Benjamin B
- Has been playing (and loving) ringette since she was 3 years old



SAM SMITH

- Playing since the age of 7
- Currently plays Open A, PFDS 1
- Refereed for 5 years



CHELSEA FIDDLER

- Been playing for 27 years.
- Former referee and assistant coach
- Currently playing for Inter B Chuckettes, Pierrefonds

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



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

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



Rising STAR

Alix Lemelin
Novice B, Pierrefonds

- I am in my third year of playing ringette
- I play novice B for Pierrefonds Lynx
- I am in grade 3
- I want to be a doctor
- I like to play ringette because I like the team work!

R.E.S.P.E.C.T.

It has been brought to the leagues attention that some parents and coaches have been yelling at referees during and after the game.

This behaviour can happen in any association, at any level of play. We must stress that the Lac St-Louis Regional Ringette Association has **ZERO TOLERANCE** for such poor sportsmanship.

LSL does not tolerate coaches or fans yelling at kids or referees, under any circumstance. Referees view the game their way and call it accordingly, and if you disagree or if the fans disagree, there is little you can do but get a clarification of the call.

Without referees, we have no games.

**Did
you
know**



That the cities of DDO, Dorval, Ville St-Pierre and Verdun used to have their own ringette associations

**34th Annual
Tournament**
Nov 5-11, 2018



www.ringettesaintlaurent.com

It's all about the rules!

Q On a goalkeeper ring, can a goalie pass the ring outside the crease and play the ring, without anyone else touching the ring?

A No. Violation by the goalkeeper. "Once the ring is entirely out of the goal crease [the goalkeeper] may not contact or control the ring until it has been contacted or controlled by another player". The ring is awarded to opposing team in the free pass circle.

Case 3, scenario B. Ruling 10.2c(2), 12.1



THE HISTORY OF RINGETTE

THE 60's

'63 Sam Jacks invents what we know today as "ringette." Jacks, the late director of parks and recreation for North Bay, introduced the game to the Society of Directors of Municipal Recreation of Ontario.

'63 Red McCarthy, recreation director for Espanola, is asked to experiment with the basic set of Ringette rules by the Society of Directors of Municipal Recreation of Ontario (SDMRO).

'63-64 Original rules are experimented with in several Northern Ontario communities, including Espanola, where an Espanola high school women's hockey team plays the first ringette game.

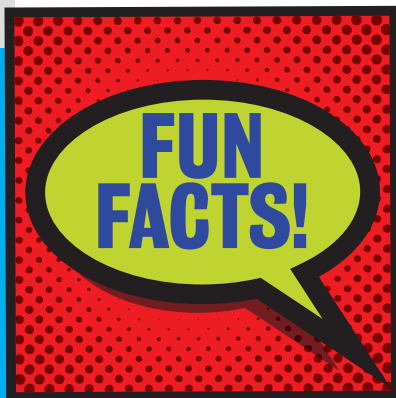
'64 Original rules of ringette introduced to Quebec (Mount Royal) by Herb Linder, a personal friend of Sam Jacks.

'67 Ringette is introduced to Manitoba, in Fort Garry.

'64 First complete set of rules for ringette is composed.

'69 Ontario Ringette Association, the first ringette provincial sport governing body, is formed.

'66 First ringette community associations formed in Sudbury and North Bay.



- There were 156 games played in LSL in October. (both pre-season and regular season)
- We have 35 referees in Lac St-Louis
- Burnaby BC has been selected to host the 2019 World Ringette Championships

HALL OF FAME
TEMPLE DE LA RENOMMÉE



TEXT AND IMAGES COURTESY RINGETTE CANADA



L'Association Régionale de Ringette
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LSL members in Ringette Canada's Hall of Fame



CAROLYN BOGUSZ

Inducted 2006 under athlete

Carolyn Bogusz joins the Hall of Fame in the athlete category.

Carolyn has been playing ringette since 1973 and boasts an impressive level of play both nationally and internationally. She won gold with Team Quebec at her first Canadian ringette championships (CRCs) in 1984, and she went on to attend the next 16 CRCs where she

won a silver and two bronze medals with Team Quebec.

Carolyn also participated in three world ringette championship games (1990, 1992 and 1994) winning a bronze medal and two silver medals.

From 1994-1996, she was a member of Ringette Canada's coaching and player development committee and then went on to become the VP Technical for coaching and player development with Ringette Canada from 1996 to 2000.

Carolyn is currently playing ringette in the Intermediate division in Quebec.



STEPHAN BLACKMAN

Inducted 2011 under builders

Stephan Blackman began his officiating career in 1980 in Pierrefonds, Quebec and has been an on-ice official for numerous high-profile events in the 1990s, which include nine Canadian Ringette Championships, two Canada Winter Games, one World Ringette Championship and one World Summit Series. In 1996, he became a member of the Ringette Canada Officiating Committee

and in 1999 became the Director of Officials for Ringette Canada, a position he held until the summer of 2005.

During that time he was responsible for the implementation of several rule changes to the sport and the development of the National Officials Certification Program (NOCP). Over the years he has held the position of Director of Officials at eight Canadian Ringette Championships, one Canada Winter Games and one World Ringette Championship. He also trained three generations of NOCP Master Instructors since 1999. Stephan is known for holding himself to a high standard of officiating and is also well known for his important and positive influence on officiating.

LEROQ STANDINGS

U16AA

	GP	W	L	T	GF	GA	PTS
Lac St Louis.....	8	5	1	2	34	30	12
BLL	6	3	2	1	30	31	7
Outaouais	4	3	1	0	23	10	6
GCRA	6	3	3	0	20	21	6
Les Cyclones	6	3	3	0	20	15	6
Rive Sud	4	2	1	1	22	17	5
Laurentides	4	2	1	1	18	18	5
Nepean	6	1	4	1	21	30	3
West Ottawa	5	0	2	3	16	22	3
Ottawa	5	0	4	1	19	29	1

U19AA

	GP	W	L	T	GF	GA	PTS
Lac St Louis.....	8	6	1	1	56	27	13
Laurentides.....	6	5	1	0	38	19	10
Nepean.....	6	3	1	2	22	24	8
Ottawa.....	5	3	1	1	18	15	7
Les Cyclones.....	8	3	5	0	30	34	6
Rive-Sud.....	5	2	3	0	23	27	4
BLL.....	6	0	3	3	13	27	3
GCRA.....	4	0	3	1	11	24	1
Outaouais.....	4	0	4	0	11	25	0





This section is courtesy of Coaching Canada's website

This recipe video is available at:

<https://www.coach.ca/iron-grilled-cheese-sandwich-p161519>

Iron Grilled Cheese Sandwich

- Ingredients**
- 2 slices whole grain bread
 - 1 teaspoon butter or margarine
 - 1 slice or grated cheese - easy on the cheese too much will melt out the sides and the bread will stick to the foil.
 - Tinfoil – can reuse several times
 - Iron – steam setting off

- Instructions**
- Turn on your iron to highest setting – steam off!
 - Spread 1 tsp margarine evenly over the 1 side of each of the slices of bread. Assemble sandwich. Wrap in tin foil.
 - "Iron" one side for a couple minutes.
 - Flip and iron the second side.



Until you are familiar with how long it takes to cook, check the sandwich frequently. You can't un-burn it!

Note: Always be careful when working with a hot iron to prevent a burn. The foil will also be hot so use care while opening the foil pouch. Unplug the iron when you are done using it.

Nutrition Information (per 1 sandwich with cheese only)

Calories: 286
 Carbohydrates: 23g
 Protein: 14g
 Fat: 15g
 Fiber: 3.8 g

Sport Benefits: Add some tuna, ham, or chicken/turkey for a grilled cheese sandwich with protein! Serve with carrots or fresh veggies or add sliced tomato and spinach to the sandwich for a complete travel lunch, post-game snack or late-night snack!

UPCOMING LRQ GAMES

Benjamine (U14A)

Date	Time	Arena	Versus
4-11-2018	10:30:00	Mascouche	Des Moulins vs Pierrefonds
11-11-2018	12:00:00	Beloil	V.D.R. vs 4 Cités
22-11-2018	19:00:00	Vaudreuil - Dorion	4 Cités vs Pierrefonds
24-11-2018	16:00:00	St-Agapit	Les Colibris de Lévis vs Pointe-Claire
25-11-2018	13:15:00	Vaudreuil - Dorion	4 Cités vs GCRA
25-11-2018	18:00:00	Kirkland - LSL	Pierrefonds vs GCRA

UPCOMING LRQ GAMES

Junior (U16A)

Date	Time	Arena	Versus
3-11-2018	11:30:00	D.D.O. Centre civique	Pierrefonds vs Extrême de Gatineau
3-11-2018	17:00:00	McDonald Coll. - LSL	BKRA vs Rockets de Roussillon
4-11-2018	13:15:00	Vaudreuil - Dorion	4-Cités vs Intrépides
8-11-2018	19:50:00	Complexe sportif Bell	Roussillon vs Pointe-Claire
10-11-2018	11:30:00	BSR - Lévis	Les Colibris de Lévis vs BKRA
10-11-2018	16:00:00	Ste-Croix - Lotbiniere	Lotbinière vs BKRA
11-11-2018	16:15:00	Vaudreuil - Dorion	4-Cités vs Metcalfe
17-11-2018	11:00:00	Beaconsfield - LSL	BKRA vs Lotbinière
17-11-2018	17:00:00	Pointe-Claire	Pointe-Claire vs Lotbinière
18-11-2018	16:00:00	Place Bell - Laval	Laval vs BKRA
24-11-2018	13:00:00	Senecal (GCRA)	GCRA vs Pierrefonds
24-11-2018	17:00:00	Pointe-Claire	Pointe-Claire vs BKRA
24-11-2018	19:00:00	Metcalfe	Metcalfe vs Pierrefonds
25-11-2018	14:15:00	Vaudreuil - Dorion	4-Cités vs Blainville
27-11-2018	20:30:00	Pierrefonds - LSL	Pierrefonds vs 4-Cités

Cadette (U19A)

Date	Time	Arena	Versus
4-11-2018	18:30:00	Pointe-Claire	Pointe-Claire vs Boucherville
10-11-2018	10:00:00	GRC A	West Ottawa vs 4-Cités
10-11-2018	15:00:00	Ray Friel 1 - Ottawa	GCRA vs 4-Cités
11-11-2018	12:00:00	Campeau - Gatineau	Extrême de Gatineau vs 4-Cités
11-11-2018	18:00:00	Jim Durell Peplinski	Ottawa vs 4-Cités
11-11-2018	20:30:00	D.D.O. Centre civique	Pierrefonds vs Blainville
17-11-2018	13:30:00	St-Timothée	4-Cités vs Les Eclairs de Lotbinière
18-11-2018	19:30:00	Pointe-Claire	Pointe-Claire vs Pierrefonds
24-11-2018	19:15:00	Pierrefonds - LSL	Pierrefonds vs St-Eustache
25-11-2018	10:00:00	Val D'Espoir - St-Janvier	Blainville vs Pointe-Claire

Open (18+A)

Date	Time	Arena	Versus
11-11-2018	19:30:00	Rolland - Montréal Nord	Montréal Nord vs 4 cités
17-11-2018	14:30:00	St-Timothée	4 cités vs Extrême de Gatineau
17-11-2018	18:00:00	McDonald Coll. - LSL	BKRA vs Extrême de Gatineau
18-11-2018	18:10:00	Ste-Julie 3	Ste-Julie vs Pierrefonds #1
18-11-2018	19:00:00	Kirkland - LSL	BKRA vs St-Laurent
19-11-2018	20:00:00	Michel Normandin	Roussillon vs Pierrefonds #2
21-11-2018	21:00:00	Raymond Bourque	St-Laurent vs Longueuil
22-11-2018	20:30:00	Fleury - Montréal	Montréal Nord vs Pierrefonds #2
24-11-2018	20:30:00	Kirkland - LSL	BKRA vs Montréal Nord
25-11-2018	20:30:00	D.D.O. Centre civique	Pierrefonds #1 vs Roussillon
28-11-2018	21:00:00	Raymond Bourque	St-Laurent vs 4 cités
29-11-2018	20:30:00	Fleury - Montréal	Montréal Nord vs BKRA
29-11-2018	20:30:00	D.D.O. Centre civique	Pierrefonds #1 vs Longueuil



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Lac St Louis
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LUNDI LE 12 NOVEMBRE 2018
 BOSTON PIZZA VAUDREUIL

MET LA MAIN À LA PÂTE POUR

RINGUETTE LSL JUNIOR AA

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



VENEZ EN GRAND NOMBRE
 LES ENCOURAGER



buyselltrade

Do you have any old equipment in good condition around the house that you would like to get rid of?

Email us a picture, include description & price and contact info. We will help you sell it in our newsletter's **GARAGE SALE** section.

Email: lsrlringnews@gmail.com (there is no charge for this service)

