

THE NEWS LETTER



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



VOL. I • NO. 6 – MARCH 2019

play it. love it. live it.

INSIDE THIS MONTH:

- Upcoming LRQ & LERQ games
- Ask a ref
- Health & Wellness
- Rising Stars
- Canada Winter Games results
- 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



Veteran squad wins Kingston tournament



Stay on top of the ringette news in the region
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www.ringettelacsaintlouis.com

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

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

LRQ provincial championships - March 21-24

Championnat Provincial LRQ 2019					26-12-2018				
Benjamine A - Cadette A									
Complexe J.C.Perreault 620 Rue J. Oswald-Forest, Saint-Roch-de-l'Achigan, QC J0K 3H0									
Glace 1					Glace 2				
Jeudi 21 mars 2019									
#	hre	vis	rec	catégorie					
101	15h30	Des Moulins	Pointe-Claire	Benjamine A					
102	16h35	Blainville	Pierrefonds	Benjamine A					
301	17h40	Blainville	St-Eustache	Cadette A					
302	18h45	Repentigny	Des Moulins	Cadette A					
15h30 à 20h00									
Vendredi 22 mars 2019									
#	hre	vis	rec	catégorie	#	hre	vis	rec	catégorie
103	8h00	VDR	Des Moulins	Benjamine A	303	8h00	Pointe-Claire	St-Eustache	Cadette A
104	9h05	Pointe-Claire	Boisbriand	Benjamine A	304	9h05	VDR	4-Cités	Cadette A
105	10h10	Ste-Julie	Pierrefonds	Benjamine A	305	10h10	Ste-Julie	Blainville	Cadette A
106	11h15	4-Cités	Blainville	Benjamine A	306	11h15	Boucherville	Repentigny	Cadette A
107	12h20	Boucherville	Ste-Marie	Benjamine A	307	12h20	Roussillon	Des Moulins	Cadette A
108	13h25	Gatineau	Lévis	Benjamine A	308	13h25	Pierrefonds	Lotbinière	Cadette A
109	14h30	Intrépides	VDR	Benjamine A	309	14h30	Gatineau	Pointe-Claire	Cadette A
110	15h35	Blainville	Ste-Julie	Benjamine A	310	15h35	St-Eustache	VDR	Cadette A
111	16h40	Boisbriand	Boucherville	Benjamine A	311	16h40	4-Cités	Ste-Julie	Cadette A
112	17h45	Lévis	4-Cités	Benjamine A	312	17h45	Boucherville	Pierrefonds	Cadette A
113	18h50	Pierrefonds	Gatineau	Benjamine A	313	18h50	Roussillon	Lotbinière	Cadette A
114	19h55	Ste-Marie	Intrépides	Benjamine A	314	19h55	Blainville	Gatineau	Cadette A
8h00 à 22h00					8h00 à 22h00				
Samedi 23 mars 2019									
#	hre	vis	rec	catégorie	#	hre	vis	rec	catégorie
115	8h00	Lévis	Blainville	Benjamine A	315	8h15	Des Moulins	Pierrefonds	Cadette A
116	9h05	Pierrefonds	4-Cités	Benjamine A	316	9h20	St-Eustache	Ste-Julie	Cadette A
117	10h10	Gatineau	Ste-Julie	Benjamine A	317	10h25	Repentigny	Roussillon	Cadette A
118	11h15	Ste-Marie	Des Moulins	Benjamine A	318	11h30	Lotbinière	Boucherville	Cadette A
119	12h20	Intrépides	Pointe-Claire	Benjamine A	319	12h35	VDR	Blainville	Cadette A
120	13h25	VDR	Boisbriand	Benjamine A	320	13h40	4-Cités	Gatineau	Cadette A
121	14h30	4-Cités	Gatineau	Benjamine A	321	14h45	Ste-Julie	Pointe-Claire	Cadette A
122	15h35	Des Moulins	Boucherville	Benjamine A	322	15h50	Pierrefonds	Roussillon	Cadette A
123	16h40	Ste-Julie	Lévis	Benjamine A	323	16h55	Des Moulins	Boucherville	Cadette A
124	17h45	Pointe-Claire	Ste-Marie	Benjamine A	324	18h00	Lotbinière	Repentigny	Cadette A
125	18h50	Boisbriand	Intrépides	Benjamine A	325	19h05	Gatineau	VDR	Cadette A
126	19h55	Boucherville	VDR	Benjamine A	326	20h10	Pointe-Claire	4-Cités	Cadette A
21h00 Mini partie Benjamine A					21h00 Mini partie Cadette A				
8h00 à 22h00									
Dimanche 24 mars 2019									
#	hre	vis	rec	catégorie					
127	8h00	B2	A1	Benjamine A					
128	9h05	A2	B1	Benjamine A					
327	10h10	B2	A1	Cadette A					
328	11h15	A2	B1	Cadette A					
129	12h30	Perdant 127-128 BR	Perdant 127-128	Benjamine A					
130	13h50	Gagnant 127-128 OR	Gagnant 127-128	Benjamine A					
329	15h10	Gagnant 327-328 OR	Gagnant 327-328	Cadette A					
330	16h30	Perdant 327-328 BR	Perdant 327-328	Cadette A					
8h00 à 18h00									

Benjamine pool A	
1	Ste-Marie
2	Intrépides
3	VDR
4	Des Moulins
5	Pointe-Claire
6	Boisbriand
7	Boucherville

Benjamine pool B	
8	Gatineau
9	Lévis
10	Ste-Julie
11	Pierrefonds
12	4-Cités
13	Blainville

Cadette pool A	
1	St-Eustache
2	VDR
3	4-Cités
4	Ste-Julie
5	Blainville
6	Gatineau
7	Pointe-Claire

Cadette pool B	
8	Pierrefonds
9	Lotbinière
10	Roussillon
11	Des Moulins
12	Boucherville
13	Repentigny

A & B Provincials • March 29-31 • hosted by Pierrefonds-DDO-Ile Bizard

Divisions: Atome A, Atome B, Benjamine B, Junior B
Cadette B, Juvénile B, Intermédiaire A, Intermédiaire B

LES JEUX DU QUÉBEC, March 2-5

Congratulations to LSL's Kayla Quinlan, who will be participating as a referee!! Good luck to all teams

Centre Sportif de Sainte-Foy

930, avenue Roland-Beaudin, Sainte-Foy-Sillery-Cap-Rouge

Glace A

2 mars 2019

Glace B

Heure	#	Visiteur	Receveur
8h30	101	Rive-Sud	Côte Nord
9h40	103	Outaouais	Montréal
10h50	105	Laurentides	Sud-Ouest
12h10	107	Bourassa	Rive-Sud
13h20	109	Centre du Québec	Outaouais
14h35	111	Côte Nord	Laurentides
15h50	113	Sud-Ouest	Bourassa
17h00	115	Richelieu Yamaska	Centre du Québec

Heure	#	Visiteur	Receveur
8h45	102	Lanaudière	Laval
9h55	104	Capitale Nationale	Mauricie
11h05	106	Lac St-Louis	Richelieu Yamaska
12h25	108	Laval	Chaudière Appalaches
13h35	110	Mauricie	Lanaudière
14h50	112	Montréal	Lac St-Louis
16h05	114	Chaudière Appalaches	Capitale Nationale

3 mars 2019

Heure	#	Visiteur	Receveur
8h30	116	Chaudière Appalaches	Mauricie
9h40	118	Bourassa	Côte Nord
10h50	120	Laval	Capitale Nationale
12h10	122	Lanaudière	Chaudière Appalaches
13h20	124	Laurentides	Bourassa
14h35	126	Mauricie	Laval
15h50	128	Capitale Nationale	Lanaudière
17h00	130	Rive-Sud	Laurentides

Heure	#	Visiteur	Receveur
8h45	117	Centre du Québec	Montréal
9h55	119	Richelieu Yamaska	Outaouais
11h05	121	Sud-Ouest	Rive-Sud
12h25	123	Lac St-Louis	Centre du Québec
13h35	125	Montréal	Richelieu Yamaska
14h50	127	Côte Nord	Sud-Ouest
16h05	129	Outaouais	Lac St-Louis
17h15	mini	3e 3e	2e 3e

4 mars 2019

Heure	#	Visiteur	Receveur
8h30	132	15e	14e
9h40	134	G mini	A1
10h50	136	B2	C1
12h45	138	G132	13e
13h55	140	Gagnant 133-134	Gagnant 133-134
15h05	142	Gagnant 135-136	Gagnant 135-136

Heure	#	Visiteur	Receveur
8h45	133	C2	A2
9h55	135	1er 3e	B1
11h05	137	10e	9e
13h00	139	12e	11e
14h10	141	8e	7e
15h20	143	6e	5e

5 mars 2019

Heure	#	Visiteur	Receveur
9h00	144	Perdant 140-142	Perdant 140-142
10h30	145	Gagnant 140-142	Gagnant 140-142

Heure	#	Visiteur	Receveur
9h00	144	Perdant 140-142	Perdant 140-142
10h30	145	Gagnant 140-142	Gagnant 140-142



Desjardins
présente

54^e FINALE DES JEUX DU
QUÉBEC 2019
DU 1^{er} AU 9 MARS

LERQ provincial championships - March 14-17

Championnat Provincial LRQ 2019								26-12-2018	
Junior AA - Cadette AA									
Étienne Desmarteau									
3430 Rue de Bellechasse, Montréal, QC H1X 2Y6									
Glace 1				Glace 2					
Jeudi 14 mars 2019									
#	hre	vis	rec	catégorie	#	hre	vis	rec	catégorie
101	15h00	Rive-Sud	B.L.L.	Junior AA	201	15h00	B.L.L.	Rive-Sud	Cadette AA
102	16h10	Laurentides	Lac St-Louis	Junior AA	202	16h10	Laurentides	Outaouais	Cadette AA
103	17h20	Québec	Outaouais	Junior AA	203	17h20	Lac St-Louis	Québec	Cadette AA
15h00 à 19h00					15h00 à 19h00				
Vendredi 15 mars 2019									
#	hre	vis	rec	catégorie	#	hre	vis	rec	catégorie
104	9h00	Rive-Sud	Québec	Junior AA	204	9h00	Laurentides	Québec	Cadette AA
105	10h10	B.L.L.	Lac St-Louis	Junior AA	205	10h10	Rive-Sud	Lac St-Louis	Cadette AA
106	11h20	Laurentides	Outaouais	Junior AA	206	11h20	Outaouais	B.L.L.	Cadette AA
107	14h00	B.L.L.	Québec	Junior AA	207	14h00	Québec	Rive-Sud	Cadette AA
108	15h10	Outaouais	Lac St-Louis	Junior AA	208	15h10	Lac St-Louis	Outaouais	Cadette AA
109	16h20	Laurentides	Rive-Sud	Junior AA	209	16h20	B.L.L.	Laurentides	Cadette AA
9h00 à 18h00					9h00 à 18h00				
Samedi 16 mars 2019									
#	hre	vis	rec	catégorie	#	hre	vis	rec	catégorie
110	9h00	Outaouais	B.L.L.	Junior AA	210	9h00	Lac St-Louis	B.L.L.	Cadette AA
111	10h10	Québec	Laurentides	Junior AA	211	10h10	Rive-Sud	Laurentides	Cadette AA
112	11h20	Lac St-Louis	Rive-Sud	Junior AA	212	11h20	Québec	Outaouais	Cadette AA
					12h30 LNR				
113	14h00	B.L.L.	Laurentides	Junior AA	213	14h30	Laurentides	Lac St-Louis	Cadette AA
114	15h10	Lac St-Louis	Québec	Junior AA	214	15h40	Outaouais	Rive-Sud	Cadette AA
115	16h20	Outaouais	Rive-Sud	Junior AA	215	16h50	B.L.L.	Québec	Cadette AA
17h30 LNR					18h00 Mini parties Junior Cadette				
9h00 à 20h00					9h00 à 20h00				
Dimanche 17 mars 2019									
#	hre	vis	rec	catégorie					
116	9h00	3ème	BR	2ème	Junior AA				
216	10h10	3ème	BR	2ème	Cadette AA				
11h20 LNR									
117	13h15	Gagnant 116	OR	1er	Junior AA				
217	14h40	Gagnant 216	OR	1er	Cadette AA				
9h00 à 16h00									

Junior AA	
1	Québec
2	Lac St-Louis
3	Rive-Sud
4	Outaouais
5	Laurentides
6	B.L.L.

Cadette AA	
1	Rive-Sud
2	Québec
3	Outaouais
4	Lac St-Louis
5	Laurentides
6	B.L.L.



Desjardins

présente



54^E FINALE DES JEUX DU
QUÉBEC 2019
DU 1^{ER} AU 9 MARS

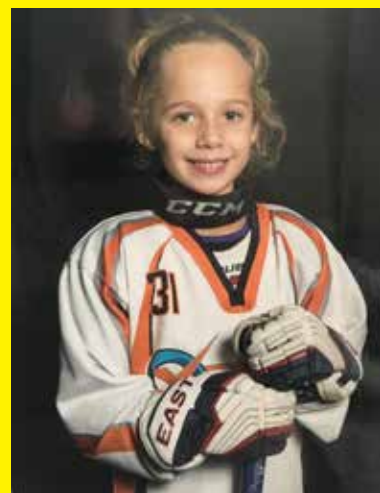


Holly BASTIEN	Lauren KRAUSS
Léa CHEVRIER	Jessica LIDELL
Annabelle FORTIN	Trista MALLAIS
Caitlyn FULTON KENNEDY	Madisson McLAUGHLIN
Sarah FULTON KENNEDY	Elizabeth MOREAU
Keira GAGLIARDI	Naomi PELLETIER
Janelle HABAY	Elizabeth REID
Kaitlyn HESKET	Elisabeth SIMON

Thamaël BOISJOLI	Dara KILEY
Melyssa CRAMERSTETTER	Camélia LAUZON
Jeanne DUFOUR	Julia PLOURDE
Sabrina FRASER	Danika RAYMOND
Abigail GARNER	Élodie RANGER
Olivia-May GIGUÈRE	Maude RIOUX
Madison HAIGH	Megan RIOUX
Maude JACOB	Maelie ROUSSEAU



Romane Doyon just turned 6 last December and is in kindergarten. She currently plays above her level in St-Laurent's Novice C team as a player and a goalie (one game out of two). Romane, third one of a family, started skating at the young age of three to follow her big sister, also a ringuette player and her big brother, a hockey player. Dad, as a coach, brought her to almost all practices, she ends up having a lot of ice time with her bunnies friends and both her novice team and her sister atome team! Romane is dedicated to ringuette, she loves being on the ice with her friends and singing songs at game. She dreams of being a full time goalie! She sometimes even sleeps with her pads in her bed! She may be small, but she's fierce and brave and she plays with all her heart... When she is on the ice, she flies with the ring, her big smile shining through her helmet.



Romane Doyon
Novice 'C' - St-Laurent



The Beaconsfield-Kirkland Ringette Association is pleased to invite you to its

6th Annual Moustique (Bunnies) Festival

Where: Beaconsfield Aréna

When: Saturday April 6th, 08h00 to 16h00

For more information, contact BKRAu8coord@gmail.com

LRRN Junior B All-star participants
Iona Rhodes, Julianne Villalobos,
Emma Pearson-legeault and Esmee Roy



LRRN Benjamine C All-star participants
From left to right: Luzi Soetje, Sophia Filipchuk,
Rosalie Homet, Morgan Longlade



LRRN Benjamine C All-star participants Victoria
Dziewirz, Elizabeth Jerome, Hannah Daly and
Anne Bernard-Doucet



Thanks Coach!



Would you like to express your gratitude to your coach for a great season? Express your thanks with a poem, a note, a drawing or any way you feel you would like to share. Send us your note of thanks and we will include it in our April newsletter.

email LSLringNEWS@gmail.com



Lea Scalia
Novice 'C' - St-Laurent

Lea initially did not want to play ringette because she was nervous about not being good enough. She would sit in the stands during her little sister's bunnies' practices. One day, she decided that she wanted to lace-up her skates too. It was love at first try! Within just a few months, she was being invited to practice and play with the novice C team. Slowly, her confidence grew and she became a leader on the ice. She currently plays forward and defense in St-Laurent's Novice C team, the Extremes. What Lea loves most about ringette is the feeling she gets when she scores a goal. In the future, Lea wants to become an architect and work with her dad. Ringette has given her the confidence to try new things, to chase her dreams and to not worry about what other people think about her! She is our rising star!



It's all about the rules!

Q how come refs don't call a blue line infraction when the a player spears the ring on the blue line and bring it into the next zone?

A Answer 1: "A ring on or touching a blue line is simultaneously in both of the zones blinded by that line and is playable by all eligible players".

Case 5

A1 passes the ring the ring, which stops in contact with the blue line.

a. A1 moves the ring back into the same zone that it was passed from.

b. A2 gains control of the ring and moves it from the blue line in either direction,

c. A1 gains control of the ring and moves it into the next zone.

Ruling 5:

a. Legal (Rule 8.4.b)

b. Legal. All skaters, except A1, May play the ring in either direction (Rule 8.4.b)

c. Blue line violation by A1 (Rules 8.4.b and 12.1)



Lifelong friendships through the love of ringette



Left to right in both photos: Lise de la Durantaye and Rina Blincoe. The photo at left was taken in Pierrefonds in 1975. At right at the Kingston Ringette Tournament, January 2019.

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.



JULIA FRANCO

- 13 years old, has played for 10 years
- Plays Center/ forward for PCRA Ben A
- Assistant to captain of her team
- Hopes to find a career in media/ arts and entertainment
- Loves the competition, speed and bonding that ringette offers
- Hopes that ringette becomes an Olympic sport one day



VALENTINA FRANCO

- Plays center for PCRA atom A, team Captain
- 11 years old (been playing since age of 3)
- Started playing to be with her 2 older sisters that played
- "I play ringette because I believe it challenges me to be the best that I can be. The competition makes me stronger, the friendships make me happy and what I learn from the teamwork will stay with me forever."
- I don't know what I want to be when I am grown up yet but my mom tells me that if I do what I love, no matter what it is, that I will succeed..



ANGELINA FRANCO

- 15 years old
- Plays center for PCRA Junior B
- Captain of the team
- Has played for 10 years
- Aspires to be a veterinarian



LEA NURSE

- Age: 10
- Plays for Ice Breakers Atom A PCRA
- Natural defense but now playing forward!
- This is her 4th year
- Learned to skate by playing Ringette!
- Absolutely loves the sport!



GRACE PLIMER

- 8 years old
- BKRA Novice B white
- Playing for 4 years
- "When I grow up I want to be many things for my real job, too many to choose just one, but I know for sure that I want to coach ringette."



ABIGAIL PLIMER

- 5 years old
- plays for BKRA Bunnies White
- First year playing and his hooked!
- "When I grow up I want to either the tooth fairy or a princess"
- "What I love about ringette is playing games."



KAREN LANDON

- Been involved in ringette for over 45 years as a player, referee, coach, shotclocker and various executive positions. Current LSL webmaster
- Participated at CRC's as a player and as a coach, hopes to one day participate as a minor official
- Shot clocker extraordinaire to the stars



ARIELLE DOYON

- Plays for Xtreme St-Laurent Atom C and is 10 years old
- Has been playing for 5 years
- Position she plays : everywhere but she prefers Center
- Also plays in the BKRA summer 3x3 league for the last 2 years. She loves to be with her friends and she's one on the volunteers for the St-Laurent Ringette Tournament.

LERQ STANDINGS

U16AA

	GP	W	L	T	GF	GA	PTS
Rive-Sud.....	20	14	3	3	115	71	31
Les Cyclones..	20	12	7	1	94	65	25
West Ottawa...	19	9	4	6	75	69	24
Outaouais.....	19	10	7	2	103	77	22
GCRA.....	18	9	7	2	77	63	20
Lac St Louis....	20	8	9	3	83	97	19
Laurentides...	20	8	9	3	72	95	19
BLL.....	19	5	9	5	83	94	15
Nepean.....	19	4	11	4	71	101	12
Ottawa.....	20	3	16	1	55	96	7

U19AA

	GP	W	L	T	GF	GA	PTS
Laurentides....	18	16	2	0	130	53	32
Lac St Louis....	18	13	2	3	104	64	29
Nepean.....	18	11	4	3	78	70	25
Outaouais.....	19	7	9	3	63	75	17
BLL.....	19	5	9	5	70	92	15
Ottawa.....	18	6	9	3	68	79	15
Rive-Sud.....	17	6	10	1	68	84	13
Les Cyclones..	20	5	15	0	62	93	10
GCRA.....	17	2	11	4	53	86	8



CHAMPIONNES

Jeux du Canada 2019 - Red Deer



Preliminary round:

Quebec 14 - PEI 1

Quebec 10 - Sask 1

Quebec 7 - BC 3

Quebec 2 - Ontario 4

Playoff round:

quarter finals

Quebec 13 - Nova Scotia 1

semi finals

Quebec 7 - Manitoba 5

finals

Quebec 4 - Ontario 3 (OT)



Left to right: Lac St Louis' Ariane Sagala, Camille Dumont, Jaime McGrath, Emilie Cunial and Isabella Larocque.

- '00** TSN broadcasts a one-hour special on the 2000 Tim Hortons Canadian Ringette Championships from Prince George, British Columbia.
The fifth World Ringette Championship is held in Helsinki, Finland. Finland wins the gold medal and Canada takes silver.
- '01** TSN broadcasts a one-hour special on the 2001 Tim Hortons Canadian Ringette Championships from Moncton, New Brunswick.
Ringette Canada begins transition to Competency Based Education Training (CBET) for coaches (August).
- '02** 30-second shot clock rules come into effect for the junior, belle and open divisions.
Participant Development Model (PDM) and Coach Development Model (CDM) produced and approved by Ringette Canada's Board of Directors in January.
Community Sport — Initiation (CSI) workshop developed in May. CSI workshops are piloted in Calgary, Alberta in June and Halifax, Nova Scotia in July.
Ringette Canada presents their CSI workshop model at the Coaching Association of Canada's Partner Days in September.
Agnes Jacks is inducted as a Member of the Order of Canada on October 26, 2002 in Halifax, Nova Scotia.
First Leadership Retreat for High-Performance Women Coaches takes place in October.
Canada hosts the sixth World Ringette Championship in Edmonton, Alberta. Canada reclaims the world title after posting a 3-1 win over Finland. A sell-out crowd of 3850 attends the final game, which was also televised live on CBC Sports to 144,000 viewers.
- '03** Ringette is part of the Canada Winter Games in Bathurst/Campbellton, New Brunswick. Ontario wins gold, Manitoba takes home silver and British Columbia claims bronze.
The 2003 Canadian Ringette Championships are held in Waterloo, Ontario.
Facilitator training for CSI workshop takes place in Waterloo, Ontario in April.
The 40th anniversary of ringette is celebrated throughout Canada.
In September, the CSI workshop is launched across Canada and the first pilot of integrated CSI workshop for ringette and Special Olympics floor hockey coaches.
2nd annual Leadership Retreat for High-Performance Women Coaches (October).
- '04** The 2004 Canadian Ringette Championships are held in Calgary, Alberta.
The National Ringette League is launched (November), which features Canada's elite athletes participating on 17 teams in three divisions across the country (Western — eight teams, Ontario — four teams and Quebec — five teams).
Sweden hosts the seventh World Ringette Championship in Stockholm. Finland reclaims the world title after defeating Canada 9-3.
- '05** The first edition of the Ringette eReview is posted on the Ringette Canada website. The online publication replaces the former Ringette Review (a print publication) and is published every two months during the ringette season.
The 2005 Canadian Ringette Championships are held in Winnipeg, Manitoba from April 11-16.
The National Ringette League enters its second season with 19 teams participating in four divisions across the country (Western — five teams, Central — five teams, Ontario — five teams and Quebec — four teams). The inaugural NRL championship game was held in Montreal, Quebec on April 1, 2006 and the Cambridge Turbos came away with the win.
- '06** The 2006 Tim Hortons Canadian Ringette Championships are held in Longueuil, Quebec from April 3-8.
The National Ringette League enters its third season with 16 teams participating in three divisions across the country (Western — seven teams, Ontario — five teams and Quebec — four teams). The NRL championship game is held Halifax, Nova Scotia on April 10, 2007, with Edmonton WAM! claiming the league title.
- '07** Ringette is part of the Canada Winter Games in Whitehorse, NWT. Ontario wins gold, Alberta takes home silver and Quebec claims bronze.
The 2007 Tim Hortons Canadian Ringette Championships are held in Halifax, Nova Scotia from April 9-14.
The National Ringette League enters its fourth season with 17 teams playing in two Conferences across Canada — a Western Conference with seven teams and an Eastern Conference with ten teams. An NRL Championship tournament replaced the Open division at the Canadian Ringette Championships and the Cambridge Turbos won the league title.
Canada hosts the eighth World Ringette Championship in Ottawa, Ontario. Finland holds onto the world title after defeating Canada 5-4 in overtime.
- '08** The 2008 Tim Hortons Canadian Ringette Championships are held in St. Albert, Alberta from March 31 — April 5.
The National Ringette League enters its fifth season with 18 teams playing in two Conferences across Canada — a Western Conference with six teams and an Eastern Conference with twelve teams. The NRL championship tournament is held in Charlottetown, PEI, with the Cambridge Turbos winning the league title.
The first ever World Club Ringette Championship is held in Sault Ste Marie, Ontario from November 5-8. Four teams from Canada's National Ringette League participated, along with the top two club teams from Finland. The Cambridge Turbos captured the world club title after defeating the Finnish team, LuKi-82, Luvia.
- '09** Ringette is featured on the CBC TV show The Rick Mercer Report. Over 1.1 million viewers tuned in to watch Rick Mercer learn ringette with the Cambridge Turbos.
The 2009 Tim Hortons Canadian Ringette Championships are held in Charlottetown, PEI from April 6-11.
Canada Post issued a set of four stamps celebrating Canada's sporting inventions, including ringette, basketball, five-pin bowling and lacrosse.
The inaugural U19 World Ringette Championship takes place in Prague, Czech Republic in from August 4-8. The event included two teams from Canada (East and West) and two teams from Finland (White and Blue). Finland Blue captured the world junior ringette title after defeating Canada East in the final.
The National Ringette League enters its sixth season with 18 teams playing in two conferences across Canada — a Western Conference with six teams and an Eastern Conference with twelve teams.



This section is courtesy
Coaching Canada's
website

This recipe video is available at:

<https://www.coach.ca/easy-peasy-mac-n-cheesy-p161522>

Easy Peasy Mac n Cheesy



Nutrition Information
(per 1.5 cup serving)

Calories: 457
Carbohydrate: 66g
Protein: 21g
Fat: 14g
Fibre: 6g

Ingredients

- 3 cups uncooked whole wheat/whole grain elbow macaroni
- 2 tablespoons butter or margarine
- 1 tablespoons onion, chopped
- ¼ cup all-purpose flour
- ½ teaspoon (or less) salt
- ¼ teaspoon dry mustard
- Pinch of pepper
- 2 cups 1% milk
- 1 cup part skim sharp cheddar cheese, shredded
- ½ cup dry bread crumbs

Makes 4–6 servings

Instructions

Cook macaroni according to package directions. Preheat oven to 375F.

Meanwhile, melt margarine in saucepan and add chopped onion. Cook until tender but not browned.

Whisk in flour, salt, dry mustard, and pepper, and gradually stir in milk. Cook over medium heat, stirring constantly until thickened.

Add grated cheese and stir until melted. Remove from heat and mix well with cooked macaroni.

Pour into lightly greased 2 L casserole dish. Sprinkle top with dry bread crumbs. Bake for 30 minutes until bubbly and browned.

Sport Benefits: A sure fire favourite among athletes, this lightened-up version has all of the tasty goodness of regular mac n cheese, but with much less fat. Most homemade mac n cheese pack in over 468 calories and 25 g of fat. So enjoy this leaner version pre-workout with your favourite side salad, or for a twist, add some peas or spinach for an antioxidant booster!

Recipe taken from PowerFuel Food, Planning Meals for Maximum Performance, by Angela Dufour, RD, CSSD, Performance Dietitian.

Benjamine (U14A)

Date	Time	Arena	Versus
9-3-2019	14:30:00	St-Timothée	4 Cités vs Sainte-Marie

Junior (U16A)

Date	Time	Arena	Versus
12-3-2019	19:30:00	McDonald Coll. - LSL	BKRA vs 4-Cités
16-3-2019	10:00:00	Yvon Chartrand - Laval	Laval vs Pierrefonds

Gadette (U19A)

Date	Time	Arena	Versus
3-3-2019	16:10:00	Ste-Julie 3	Avalanches de Ste-Julie vs 4-Cités
3-3-2019	12:30:00	Sportsplex 2 - Nepean	Nepean vs Pointe-Claire
9-3-2019	19:15:00	Pierrefonds - LSL	Pierrefonds vs West Ottawa
10-3-2019	11:00:00	Beloil -	V.D.R. vs Pointe-Claire
14-3-2019	20:30:00	D.D.O. Centre civique	Pierrefonds vs 4-Cités

Open (18+A)

Date	Time	Arena	Versus
2-3-2019	13:30:00	Baribeau - Gatineau	Gatineau vs Pierrefonds #1
2-3-2019	18:00:00	Baribeau - Gatineau	Pierrefonds #1 vs Gatineau
5-3-2019	21:00:00	Ste-Julie 1	Ste-Julie vs Pierrefonds #2
6-3-2019	21:00:00	Raymond Bourque	St-Laurent vs Montréal Nord
9-3-2019	13:30:00	St-Timothée	4 cités vs Montréal Nord
10-3-2019	12:00:00	Ancienne Lorette	Les Rafales vs St-Laurent Xtreme
10-3-2019	16:00:00	Val Bélair	St-Laurent Xtreme vs Les Rafales
10-3-2019	17:00:00	Jacques Cartier	Longueuil vs BKRA
12-3-2019	20:30:00	Pierrefonds - LSL	Pierrefonds #1 vs St-Laurent Xtreme
15-3-2019	21:00:00	Pierrefonds - LSL	Pierrefonds #2 vs Longueuil
18-3-2019	20:00:00	Michel Normandin	Rockets de Roussillon vs 4 cités

Thank you Manon!

MANON CÔTÉ FOURNIER

Manon got involved in ringette nearly 30 year's ago when her daughter began playing at the old Pierrefonds arena. There were beautiful moments in this old building, quirky moments, especially the tournaments with Audrey Dalton and her gang. Holding lunches on Friday and Saturday morning on the 2nd floor. Subsequently, her 2 other girls also started playing. A forward, a defense and a goalie. Her daughters are currently not playing, she is she is still involved with the Pierrefonds association, as well as a CA executive with Ringette Quebec. Her most memorable moment is when she coached her 3 daughters to a gold medal during the Pierrefonds tournament. Still loves ringette and probably will for a long time.



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



Rising Star Lea Scalia wants to be an architect like her dad when she grows up. This is Lea's rendition of what the renovated Saint-Laurent arena could look like.



Danica Scalia
Novice 'C' - St-Laurent

Danica Scalia, who just turned 6 in September, currently competes above her age group on St-Laurent's Novice C team, as a forward. Danica started in the bunnies team last September and she loved the sport so much that she often participated in her older sister's novice practices (in addition to her own!). All that practicing paid off! She loves being on the ice with her friends and singing the team chant. She may be small, but she plays with a lot of heart!

