

THE NEWS LETTER



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



VOL. I • NO. 1 – OCTOBER 2018

play it. love it. live it.

Welcome to our new monthly newsletter

We would like to introduce you to the new Lac Saint-Louis Ringette newsletter, which will be published monthly and distributed electronically to local associations, and anyone interested in receiving it.

What can you expect in the monthly newsletter?

ASK A REF: There will be regular monthly features that will include "Ask a Ref", a column where we will help explain rules and regulations for play. Do you have a question about rule interpretation? You can submit questions to the newsletter for future columns.

HEALTH & WELLNESS: Courtesy of Coaching Canada, and other resources, we will include health food choices for athletes as well as tips for improving performance.

GARAGE SALE: Do you have extra equipment lying around that you would like to sell or donate. We will help you spread the word by listing it in our newsletter.

3 STARS: (Player of the month) - we will select 3 players (based on submissions from local teams and associations) to be featured. Send us those names and photos.

RISING STAR: These players are the future of our sport. Who doesn't go 'aaahhh' every time they watch the little ones play. We will feature a little one in this section each month. Submissions from associations.

Help us spread the love of our great sport by submitting your ideas and photos to LSLringnews@gmail.com

Follow us on Facebook and Instagram @LSLRingNews
Thank you,

Tracy Hill
Public Relations, Lac Saint-Louis Regional Ringette Association

INSIDE THIS MONTH:

- LSL players on AAA
- AA rosters
- Upcoming LRQ & LERQ games
- Ask a ref
- Health & Wellness
- Upcoming local tourneys
- Important dates & deadlines

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.



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.

Congratulations to our 2017-18 LRQ award winners

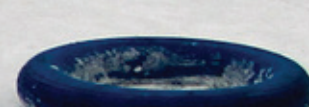
Benjamin A
BKRA – Melyssa Cramerstetter
Best goaltender

Cadette A
Pte Claire – Brooklyn Vanderwoude
Scoring champion

Junior A
Pte Claire – Kaitlyn Tyndall
Best defense

Cadette A
BKRA – Alexia Lee
Best defense

2018-19 Lac St Louis 'AA' Elite teams



U16-AA (Junior)

Holly Bastien
 Annabelle Fortin
 Sarah Fulton-Kennedy
 Janelle Habay
 Lauren Krauss
 Trista Mallais
 Elizabeth Moreau
 Elizabeth Reid

Léa Chevrier
 Caitlyn Fulton-Kennedy
 Keira Gagliardi
 Kaitlyn Hesketh
 Jessica Liddell
 Madison McLaughlin
 Naomi Pelletier
 Elizabeth Simon

U19-AA (Cadette)

Sarah Chiarella
 Emilie Cunial
 Erin Gaudet
 Isabella Larocque
 Lea Reid
 Kathleen Southern
 Laura Therien

Noémie Crevier
 Kamille Duquette
 Mia Hamm
 Jaime McGrath
 Ariane Sagala
 Julianne St-Denis
 Aryane Wand

Head coach - Sharon Tait

Head coach - Debbie Frail

UPCOMING LERQ HOME GAMES

U16AA – Junior

Date	Time	Arena	Versus
Oct. 13	13:30	St-Timothée	Ottawa
Oct. 20	13:00	Ray Bourque	GCRA

U19AA – Cadette

Date	Time	Arena	Versus
Oct. 13	13:00	Ray Bourque	Laurentides

*Please note that all game schedules are subject to change. Confirm dates and times at Ringette Quebec's online schedule.
http://membres.ringette-quebec.qc.ca/cedules_liste_web.asp

Congratulations to the five Lac Saint-Louis players who have been selected to Quebec's AAA team and will be competing in the Canada Winter Games in Red Deer, Alberta.



EMILIE CUNIAL

Age: 18 Team: LSL U19AA / Home Club: BKRA / Hometown: Beaconsfield
School: Studying Nursing at John Abbott College

What I love most about ringette: The feeling of accomplishment I get when my team or personal goals are achieved.



CAMILLE DUMONT

Age: 19 / Team Rive Sud NRL / Home Club: BKRA / Hometown: Beaconsfield
School: McGill, BSc. Food Science & Nutritional Science

What I love most about ringette: I love ringette because it has taught me the importance of discipline, determination, leadership and hard work.



ISABELLA LAROCQUE

Age: 17 Team: LSL U19AA / Home Club: 4Cités / Hometown: Vaudreuil
School: Studying Social Sciences at John Abbott College

What I love most about ringette: What I love most about ringette is the team spirit you get to build with your teammates and I love the speed at which the game goes!



JAIME McGRATH

Age: 17 Team: LSL U19AA / Home Club: BKRA / Hometown: Beaconsfield
School: Studying Arts Literature and Communication at John Abbott College

What I love most about ringette: The family its given me and the bond I've created with my girls through a sport I've loved since I was 3 years old.



ARIANE SAGALA

Age: 18 Team LSL U19AA / Home Club: 4Cités / Hometown: Ile Perrot
School / Studying: Studying Social Sciences at John Abbott College

What I love most about ringette, is the amazing experiences that I have had the chance to do.

What ringette means to me



I first began playing ringette in the 70's, in NDG, when many games were played outdoors and positional play was determined by the color of the stick in your hands. White sticks meant you were the centre, blue sticks the wingers and red sticks the defense. Many sticks were just cutoff or busted hockey sticks painted to match the position. They were heavy, rigid and nowhere near performance based as today's sticks.

Equipment was not as extensive or elaborate as it is in today's game. We wore helmets without a cage, some wore volleyball-style kneepads and soccer shin pads stuck in their socks to protect their shins instead of the standard one-piece hockey shin pad. Some girls wore figure skates while others wore hockey skates. The ring was made of foam rubber (not hollow rubber like today's ring) and when it froze it became rock hard. If you were hit with it you would most certainly bruise. If you spent a lot of time playing on outdoor rinks then you quickly learned the old 'milk bag' trick to keep your feet warm. Slipping a milk bag between two pairs of socks kept the heat in and prevented frozen toes.

For a while, referees in the Montreal region wore blue & white striped shirts as opposed to today's black and white jerseys. Throughout the years uniforms came in a multitude of forms. From tracksuits with zippered jackets and pants to the standard hockey jersey with lace at the collar paired with regular sweat pants. Those old thick, wool-type hockey jerseys and sweatpants sure got heavy and cold when they got wet!

Those early memories of the sport in its growth stages are fond memories for me. I have played with hundreds of players throughout my career, and against

some associations that no longer exist. There were teams from Town of Mount Royal, Verdun, Delormier, St. Michel, Dorval, Ville St. Pierre and others that have since folded or amalgamated into combined territories, in different regions and associations.

Back then ice times were nowhere near as convenient and plentiful as they are now. Because hockey dominated ice scheduling you were left with practices at 6:30 or 7 a.m. on weekends. Ringette certainly made me comfortable with becoming an early riser but I don't miss the days of carting my equipment and stick on the city bus to get to the rink.

Over time, and with the development of governing bodies and revised rules, improvements and changes were brought to the game. One thing that has remained constant through the years of being involved in ringette as a player, official, coach and administrator, are the life lessons that are taught.

For myself, some of the most lasting lessons I have learned were taught through sport. I was fortunate enough to play for, and work with, some of the most talented coaches in the game and developed some life-long friendships, many of whom I now consider family. As I got older and began coaching, I found myself sharing some of those lessons. As parents and leaders we sometimes find ourselves saying "boy, do I sound just like ___" I feel there could be no greater compliment paid to a former coach when I find myself saying something like that in my head.

When a player of yours "gets it" during a teaching moment, and you see that light bulb go off in their mind's eye and they understand what you're trying

to get them to achieve, is one of the most satisfying feelings as a coach or mentor. For me, being there for a player outside of the game is even more important. Through team squabbles, life's struggles, or just being a tween or teen can be difficult enough at times. Lending a kind ear, providing a gentle hug, or a discussion in an informal non-judgmental environment plays a lasting role in a child's life. Personally some of my most trying times were eased by being able to share, and seek support or guidance from a coach or teammate. It is within those times that I find ringette has played an important part in becoming the person I am today.

Our impact on youth in sport is monumental. We often read of abuses towards athletes. For myself, ringette was a sanctuary. A place that helped guide me, helped me grow; for which I will be eternally grateful.

Some may think that sport is just that, a sport. But for me it is so much more. And for me, ringette is for life. I fell in love with the game over 40 years ago and still find myself staying involved in any way I can. The old joints may not appreciate the effort the next morning; like after a weekend of reffing multiple games, but as long as I can lace them up; whether playing or reffing or helping out a coach with shooting lessons or skills and drills, I will keep dragging the equipment to the car whenever I can.

As the saying goes - **live it, love it, play it!** And who doesn't go aaaawww..... when they see a rink full of bunnies with jerseys below their knees trying to make their way around a giant ice surface!!!

Spread the love. Find another young girl to share the passion with. The more the merrier!!!

Did you know

Most consecutive seasons played in the Lac St Louis region:

Rina Blincoe, 47 years.
Rina has played every season since first registering in 1971.



In 1972 Rina wins one of her first of many medals during her ringette career.



UPCOMING LRQ GAMES

Benjamine (U14A)

Date	Time	Arena	Versus
Oct 6	14:30	St-Timothee	Ste-Julie vs 4-Cites
Oct 13	11:30	DDO Civic Centre	Ste-Marie vs Pierrefonds
Oct 20	13:30	St-Timothee	Ottawa vs 4-Cites
Oct 20	17:15	Pierrefonds	Ottawa vs Pierrefonds
Oct 21	15:15	Vaudreuil	West Ottawa#1 vs 4-Cites
Oct 27	17:00	Pointe-Claire	VDR vs Pointe-Claire

*Please note that all game schedules are subject to change. Confirm dates and times at Ringette Quebec's online schedule.

http://membres.ringette-quebec.qc.ca/cedules_liste_web.asp

UPCOMING LRQ GAMES

Junior (U16A)

Date	Time	Arena	Versus
Oct. 4	20:00	Vaudreuil	Rousillon vs 4Cités
Oct. 13	17:00	Pte Claire	4Cités vs Pointe-Claire
Oct. 14	18:30	Pte Claire	Laval vs Pointe-Claire
Oct. 14	19:00	Kirkland	Intrépides vs BKRA
Oct. 20	11:00	St-Gilles	Pierrefonds vs Lotbinière
Oct. 20	16:00	BSR Lévis	Pierrefonds vs Lévis
Oct. 21	10:30	St Agapit	4-Cités vs Lotbinière
Oct. 21	16:30	PteClaire	Intrépides vs Pointe-Claire
Oct. 21	17:00	Kirkland	Ottawa vs BKRA
Oct. 21	17:30	St Agapit	4Cités vs Lévis
Oct. 27	11:30	BSR Lévis	Pointe Claire vs Lévis
Oct. 27	12:00	Kilrea	Pierrefonds vs Ottawa
Oct. 27	16:00	Ste Croix	Pointe Claire vs Lotbinière
Oct. 27	18:00	Baribeau	Pierrefonds vs Gatineau
Oct. 27	19:45	Boisbriand	BKRA vs Blainville
Oct. 28	16:00	Place Bell Laval	4Cités vs Laval

Cadette (U19A)

Date	Time	Arena	Versus
Oct. 1	20:45	Vaudreuil	Pointe-Claire vs 4Cités
Oct. 13	20:30	Westwood	Gatineau vs Pointe-Claire
Oct. 14	20:30	DDO Civic Centre	Boucherville vs Pierrefonds
Oct. 14	18:00	St Lazare	Nepean vs 4Cités
Oct. 20	15:30	Baribeau Gatineau	Pointe Claire vs Gatineau
Oct. 20	14:30	St Timothée	Repentigny vs 4 Cités
Oct. 20	19:15	Pierrefonds	Repentigny vs Pierrefonds
Oct. 21	11:30	Sportsplex2	Pointe Claire vs Nepean
Oct. 21	16:00	Potvin	Pointe Claire vs Gloucester
Oct. 22	20:30	La Plaine	Pierrefonds vs Des Moulins
Oct. 27	18:00	Pointe Claire	Ste-Julie vs Pointe Claire
Oct. 28	11:00	Beloil	Pierrefonds vs VDR

Open (18+A)

Date	Time	Arena	Versus
Oct. 2	20:30	Pierrefonds	Ste-Julie vs Pierrefonds 1
Oct. 9	21:30	Pierrefonds	Pierrefonds 1 vs Pierrefonds 2
Oct. 13	20:30	Kirkland	4Cités vs BKRA
Oct. 14	11:30	Ancienne Lorette	Pierrefonds 2 vs La Capitale
Oct. 14	16:00	Val Bélair	La Capitale vs Pierrefonds 2
Oct. 15	20:00	M.Normandin	St Laurent vs Roussillon
Oct. 15	20:45	Vaudreuil	Ste-Julie vs 4Cités
Oct. 21	18:00	Kirkland	Roussillon vs BKRA
Oct. 21	18:00	St-Lazare	Pierrefonds 1 vs 4Cités
Oct. 24	21:00	Ray Bourque	BKRA vs St Laurent
Oct. 25	21:00	Jean Beliveau	Pierrefonds 1 vs Longueuil
Oct. 26	21:00	Pierrefonds	Roussillon vs Pierrefonds 2
Oct. 27	14:30	St Timothée	BKRA vs 4Cités

It's all about the rules!

Q
A

Which team gets to choose the side for the warmup?

The home team shall the choice of goal areas to defend for the first period of the game. The home team can make their choice at the start or during the warmup. After the warmup, the teams will not be permitted to switch ends to start the game.

Rule 8.2



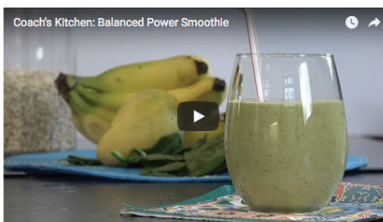
health & wellness

This section is courtesy of Coaching Canada's website



This recipe video is available at:
<https://www.coach.ca/balanced-power-smoothie-p161509>

Balanced Power Smoothie



Ingredients

- 1 ½ cup fruit (1 banana, 1 cup frozen mango)
- 1 ½ cup 100% fruit and vegetable juice
- 1 cup 1% milk
- 1 cup vegetables (spinach or canned pumpkin)
- ¾ cup plain greek yogurt (or cottage cheese)
- ¼ cup oats
- 2 tablespoons honey
- 1 tablespoon flax or hemp
- Antioxidant boost: 1 tsp ginger or cinnamon

For a Protein Boost add ½ cup Skim Milk Powder!
Makes two 500ml servings

Instructions: Put all ingredients in blender and blend until smooth.

Nutrition information per serving: Calories 540; Carbs 85g; Protein 20g; Fat 13g.

Sport Benefits: Great for Pre-Exercise or add ½ cup skim milk powder for a perfect post recovery snack, providing the right mix of carbs and proteins and chalked full of antioxidants for an immune booster! The added flax gives a dose of essentials Omega 3s. While flax provides fiber, you may want to skip this if choosing it as a pre-workout snack and sub with hemp instead!

Recipe by: Angela Dufour, MEd, RD, CSSD, Performance Dietitian



L'Association Régionale de Ringette
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coming up

5-11 Saint-Laurent
 tournament

<http://ringettesaintlaurent.com/>

november 2018

29-2 Pointe-Claire
 tournament

<http://ringettepointeclaire.ca/>



important dates to remember

October 10 is the deadline for blackout tournament dates.
 Local schedulers please collect black-out dates for your teams for tournaments.

LSL players in the NRL

Following the folding of our NRL squad, the redistribution of Lac St Louis' NRL players took place during this summer's 2018 Montreal Special Draft. These are the draft results.

Round 1 selection:

- 1 - Montreal - Cortney Keeble
- 2 - Rive Sud - Sarah Bernard-Lacaille
- 3 - Bourassa - Audrey Vachon

Round 2

- 4 - Bourassa - Catherine Groulx
- 5 - Rive Sud - Audrey Allan
- 6 - Montreal - Melanie Daraïche

Round 3

- 7 - Montreal - Ashlen Keeble
- 8 - Rive Sud - Andrée-Anne Paquet-Lajoie
- 9 - Bourassa - Stephanie Dufresne

Round 4

- 10 - Bourassa - Megane Derochers
- 11 - Rive Sud - Sarah Dixon
- 12 - Montreal - Annie Daraïche

Round 5

- 13 - Montreal - PASS
- 14 - Rive Sud - PASS
- 15 - Bourassa - Meaghan Hindle
- 16 - Bourassa - Roxane Lalonde
- 17 - Bourassa - Evy Mitsianis

National Ringette League 2018 Montreal Draft

Round 1:

- 1 BOU - Chloé Marcoux
- 2 RS - Ariane Sagala
- 3 MTL - Emilie Cunial

Round 2:

- 4 BOU - Cholé Archambault
- 5 RS - Camille Dumont
- 6 MTL - Kayla-Ashley Volcy

Round 3:

- 7 BOU - Sabrina St-Pierre
- 8 RS - Amélie Carrier
- 9 MTL - Maude Robitaille

Round 4

- 10 BOU (No Pick)
- 11 RS - Véronique Voyer
- 12 MTL - Marta Matuszewski

Round 5:

- 13 BOU - Alexandra Lacharité
- 14 RS - Véronique Simard
- 15 MTL - Élise Pouliot

Round 6:

- 16 BOU - Gabrielle Lefebvre Girard
- 17 RS - Pascale Charbonneau
- 18 MTL - Stephanie Dufresne



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

