

RINGETTE  
HISTORY  
TIMELINE

Check out  
the history  
timeline  
inside

Congratulations to the  
PLAY IT AGAIN SPORTS  
RINGETTE FRIENDS  
& FAMILY RAFFLE WINNERS



NOVEMBRE 2021 NOVEMBER

# THE RING

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



# In her own words

Pointe-Claire's Alison Kilpatrick



REV. 11/5/21

NOVEMBER • NOVEMBRE  
**SCHEDULE**  
**CÉDULE**



- 6** U16AA  
vs BLL  
MacDonald • 18h00
- 7** U19AA  
vs Outaouais  
Pointe-Claire • 15h30
- 20** U16AA  
vs Rive-Sud  
MacDonald Col. • 17h00
- 27** U16AA  
vs Québec  
Pointe-Claire • 15h00
- 28** U16AA  
vs Laurentides  
Pointe-Claire • 15h30
- 28** U19AA  
vs Québec  
Pointe-Claire • 17h30

FOLLOW US / SUIVEZ NOUS:

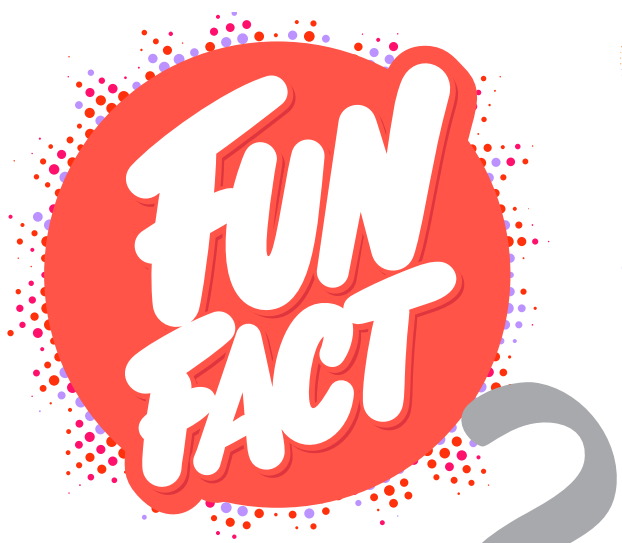


@Ringuette Lac St-Louis



@LSLRingNews

[www.ringuettelacstlouis.com](http://www.ringuettelacstlouis.com)



Who is hosting provincials this year

**Jeux du Québec 2022**

Rivière-du-Loup

**March 4-12 mars**

☆ . ☆ . ☆ . ☆ . ☆ . ☆ . ☆

**championnat LERQ championship**

Montreal (Étienne Desmarteau)

**March 3-6 mars**

☆ . ☆ . ☆ . ☆ . ☆ . ☆ . ☆

**championnat LRQ championship**

Laurentides

**March 17-20 mars**

☆ . ☆ . ☆ . ☆ . ☆ . ☆ . ☆

**championnat A/B championship**

Québec (de la Capitale - Lévis - Ste-Marie de Beauce)

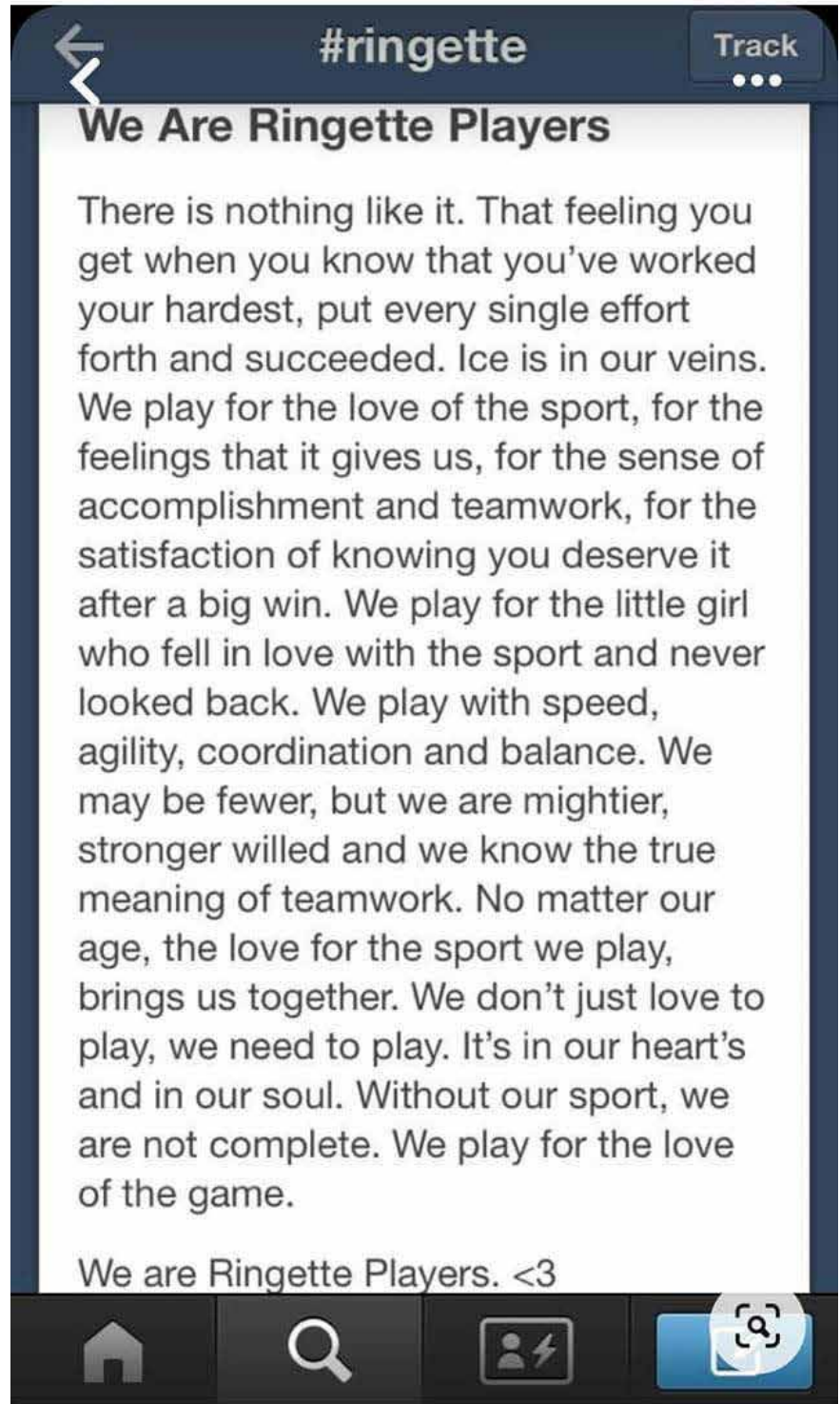
**March 25-27 mars**

☆ . ☆ . ☆ . ☆ . ☆ . ☆ . ☆

**Festival C**

Trois-Rivières

**April 8-10 avril**



# RINGETTE HISTORY TIMELINE



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

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

# TOURNOIS 2021-22 TOURNAMENTS



December 7 -12 décembre

Accréditation TD2122-10

Catégories:

Novice A, B, C

Atome A, B, C

Benjamine A, B, C

Junior AA, A, B

Cadette AA, A, B

Open A, B, C

Intermédiaire A, B, C



January 5 - 9 janvier

Accréditation TJ-2122-02

Catégories:

Novice A, B, C

Atome A, B, C

Benjamine A, B, C

Junior AA, A, B, C

Cadette AA, A, B, C

Open A

Intermédiaire A, B, C



January 10 - 16 janvier

Accréditation TJ2122-09

Catégories:

Moustique

Novice A, B, C

Atome A, B, C

Benjamine A, B, C

Junior A, B, C

Cadette A, B, C

Open A

Intermédiaire A, B



Who's your  
rising star?

Send us a photo of your team's rising star with a brief description.  
Age, team she plays for, position, why does she love playing ringette?



Qui est votre  
étoile montante ?

Envoyez-nous une photo de votre étoile montante avec une courte description :  
son âge, son équipe et sa catégorie, la position où elle joue, et pourquoi elle aime la Ringuette.

Courriel/Email:

[lsringnews@gmail.com](mailto:lsringnews@gmail.com)

# RINGETTE COACH

## AND ASSISTANT COACHES

to represent Lac Saint Louis  
at the Jeux de Quebec



RIVIÈRE-  
DU-LOUP  
2022

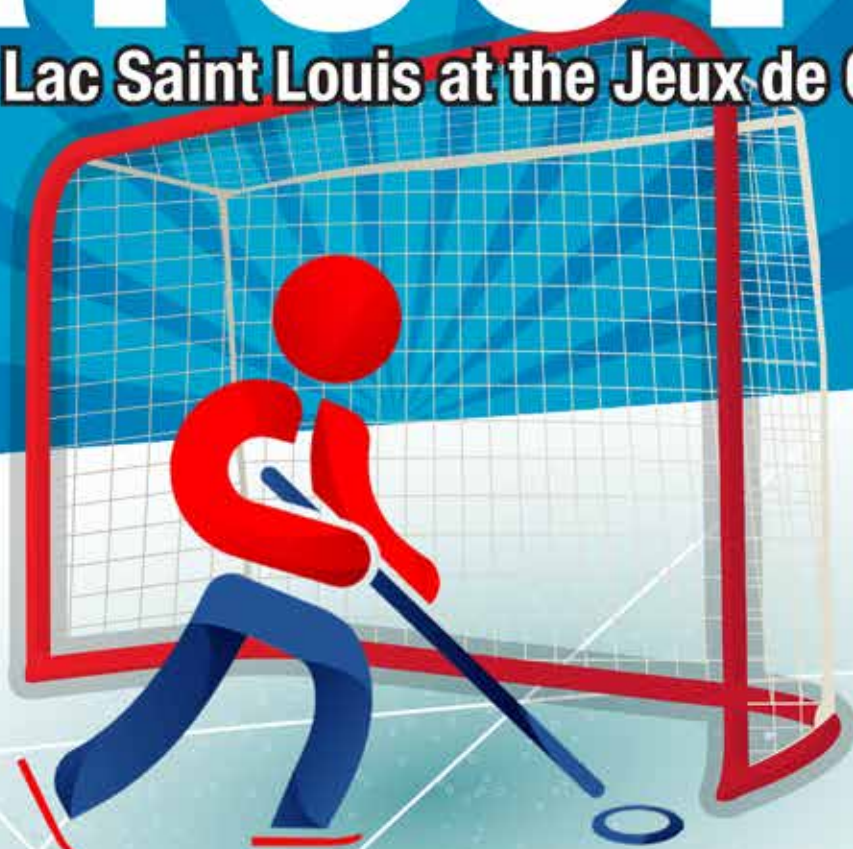


**Coach application deadline is November 14th**  
Tryout dates: November 19th and 22nd and 23rd.



# RINGETTE TRYOUTS

to represent Lac Saint Louis at the Jeux de Quebec



RIVIÈRE-  
DU-LOUP  
2022



*revised  
dates*

Players born between January 1, 2005 and February 15, 2009 are eligible to try out.

**Tryout dates: November 19th, 22nd and 23rd.**



16 oct  
U16AA  
vs  
BLL  
victoire  
6-3  
win



Laura Muer Photography

Laura Muer Photography



Laura Muer Photography

Laura Muer Photography

## JUNIOR AA

### STANDINGS • CLASSEMENTS

11-07-2021

- Rive-Sud
- Laurentides
- Québec
- B.L.L.
- Lac St-Louis
- Outaouais



## CADETTE AA

### STANDINGS • CLASSEMENTS

11-09-2021

- Lac St Louis
- Québec
- Rive-Sud
- Outaouais
- B.L.L.
- Laurentides



PLAY IT AGAIN  
SPORTS



# Ringette FRIENDS & FAMILY

Congratulations to

**Madeleine  
Patterson**

of NDG, winner of the Play It Again Sports Friends and Family Raffle ringette stick





# Jr. AA ROSTER

- Marika Lavoie
- Justine Guertin
- Ariel Cantin
- Béatrice Desmarais
- Ruby Jennings
- Avery Ouimet
- Sofia Levidis
- Sofia Morello
- Audrey Poupart
- Eliane Mallette
- Valentina Franco
- Elizabeth Mallais
- Gabriella Blom
- Charlotte Leroux

2021-2022

JUNIOR AA

TODAY'S GOALIE SPOTLIGHT

## In her own words

ALISON KILPATRICK



### ALISON KILPATRICK

Age: 30

Team: Inter A Windmills

**What you love about being a goalie:** I love standing behind a team that trusts me to guard our net. I love being loaded with gear and taking shots that most people would run away from. I love the feeling of making an impossible save and thinking about it all week. And mostly I love the strength it has given me to keep my head up even when things don't go as well as I had hoped.

**Why & when did you 1st try being a goalie:** My dad actually decided I was a goalie when I was playing in Atom B. It was my third year playing ringette and I was a foot taller and way heavier than all of the other players on the ice. So it was for everyone else's safety and I just went with it.

**What no one knows about being goalie/ goalie secret:** all goalies have the same pre game routine / ritual. If you watch a goalie in a warm up, they will probably be doing the same warmup at every game. Once you have one that works, it's the one that sticks.



# Cad. AA ROSTER

- Brooklyn MacLean #25
- Coralie Habay #24
- Daphnée Rancourt #35
- Elizabeth Reid #26
- Elizabeth Moreau #8
- Janelle Habay #14
- Jessica Liddell #18
- Jovanna Lan Baxter #19
- Julia Franco #3
- Kaitlyn Hesketh #28
- Keira Gagliardi #27
- Lauren Krauss #21
- Macie Robinson #13
- Madison McLaughlin #30
- Melyssa Cramerstetter #1
- Zoe Aubin #11

2021-2022

CADETTE AA

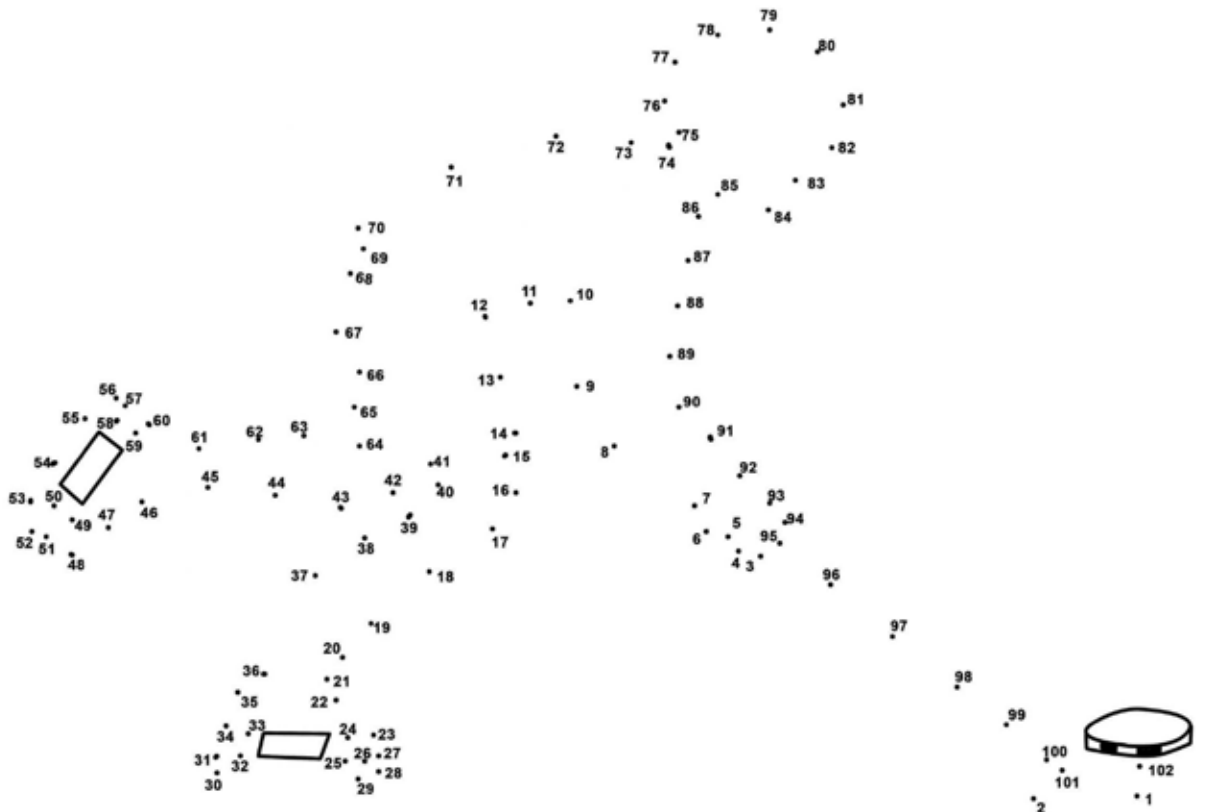
# PENALTY CANCELLATION

The number of penalized players, not the total number of penalties, determines penalty cancellations with the scoring of a goal.

## Rule 21.4

Team Blue	Team White
Blue #8 - 3:28 remaining (two minor penalties)	White #4 - 1:28 remaining (one minor penalty)

If the white team scores, no penalties are canceled because the teams are each playing with 5 players (skaters and goalies) on the ice.





# BKRA CADETTES A TEAM WINS STE-JULIE TOURNAMENT

Results:

BKRA vs Pierrefonds = 3-1 victory

BKRA vs VDR = 2-1 victory

BKRA vs STE-JULIE = 5-5 tie



FINAL: BKRA vs Pierrefonds = 5-0 victory



PCRA is hosting a ringette Jamboree on November 27th & 28th.

A full weekend of ringette with a festive ambiance.

We are still looking for teams for the following categories:

**Novice A** : Saturday, Nov. 27th at 3h30 or Sunday, Nov. 28 at 1PM

**Novice B** : Saturday, Nov. 27th at 1h or Sunday, Nov. 28 at 12h

**Atome B** : Saturday, Nov. 27th at 2PM or Sunday, Nov. 28th at 12h30

**Benjamine A** : Saturday, Nov. 27th at 6h30PM.

**Benjamine B** : Sunday, Nov. 28th at 9AM

**Junior B**: Saturday, Nov. 27th at 4h30PM

**Cadette B1** : Saturday, Nov. 27th at 2h30PM

**Inter B1** : Saturday, Nov. 27th at 5h30PM or Sunday, Nov. 28th at 11AM.

If you are interested or for information:  
[brigittegosselin@yahoo.ca](mailto:brigittegosselin@yahoo.ca)



Wowkwis (Whoa-quis) is the official mascot for the 2023 Canada Winter Games. Named after the Mi'kmaq First Nations peoples' word for "red fox," Wowkwis celebrates the rich history of our province.

Nous vous présentons Wowkwis (Woh-couisse)! Son nom fait référence au terme « renard roux » dans la langue du peuple des Premières nations mi'kmak. Wowkwis célèbre la richesse de l'histoire de notre province.



#LSLFIERCE



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