THE NEWS LETTER

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

VOL. I • NO. 4 – JANUARY 2019

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
LSLring**NEWS**@gmail.com

Inclusion in future newsletters is subject to approval.

@LSLRingNews

Join our ranks

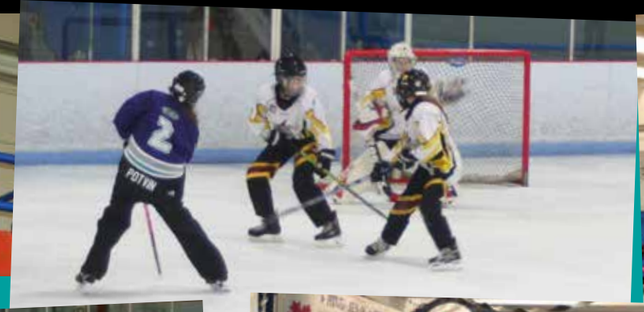
LSL referees Doreen Edward (left) and Heather Jardine. Photo by Karen Landon.

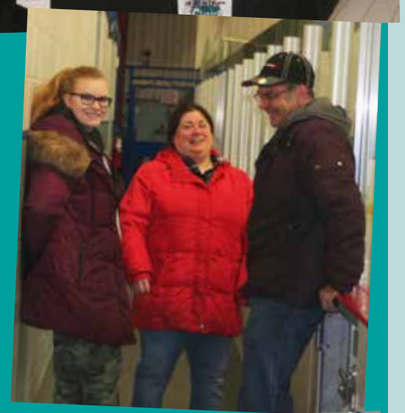
Stay on top of the ringette news in the region
Visit our website regularly
www.ringuettelacsaintlouis.com

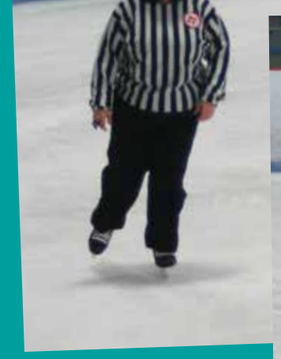
mon sport. ma passion. play it. love it. live it.

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

ACTION FROM THE POINTE-CLAIRE TOURNAMENT







FINAL RESULTS

U10 Novice C
Lotbinière 7
Ottawa 2

U12 Atome C
Ottawa 4
VDR 2

U14 Benjamin B
Pointe-Claire 3
4-Cités 2

U16 Junior B
Nepean 3
Gloucester-Cumberland 1

U16 Junior C
NDG 2
Pointe-Claire 1

U19 Cadette B
Pointe-Claire 1
West Ottawa 0

21+ Inter B
Montreal-Nord 4
Pointe-Claire 2

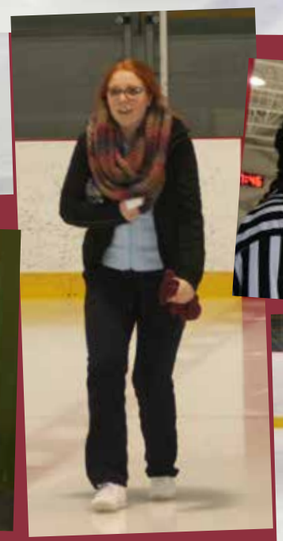
21+ Inter C
Mile End Ringette 4
Pointe-Claire 3 (shootout)

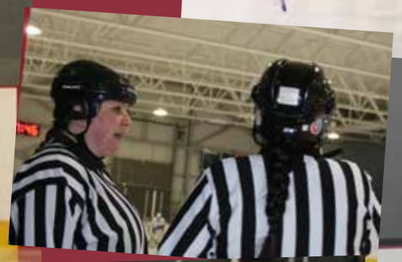
Congratulations to all participating teams

photos by Karen Landon

ACTION FROM THE MARCIAL FONTAINE 4-CITÉS TOURNAMENT

photos by Karen Landon





FINAL RESULTS

U10 Novice C
G – 4-Cités 7
S – Bellechasse 4

U10 Novice B
G – Bellechasse 2
S – 4-Cités 0

U10 Novice A
G – Pointe-Claire 6
S – Lévis 3

U12 Atome B
G – Bellechasse 5
S – 4-Cités 1

U12 Atome A
G – 4-Cités 5
S – Bellechasse 4

U16 Junior B
G – Boucherville 5
S – Gatineau 3

U16 Junior A
G – BKRA 4
S – 4-Cités 3

U19 Cadette B
G – CORA Ottawa 4
S – Bellechasse 2

U19 Cadette A
G – St-Eustache 4
S – Boucherville 2

18+ Open B
G – 4-Cités1 5
S – MER1 4

Congratulations to all participating teams

LSL referee Olivier Aubry. Photo by Karen Landon.

Make the right call and become a ref

“Do you love the Ringette? Do you want to get involved but don’t know how? Do you want a part time job that allows you to make your own schedule, meet new people and exercise at the same time? If you answered yes to any of these questions, why not become a referee!

The Lac St-Louis Ringette Association is looking for enthusiastic men and women aged 14 and older to join the officiating team.

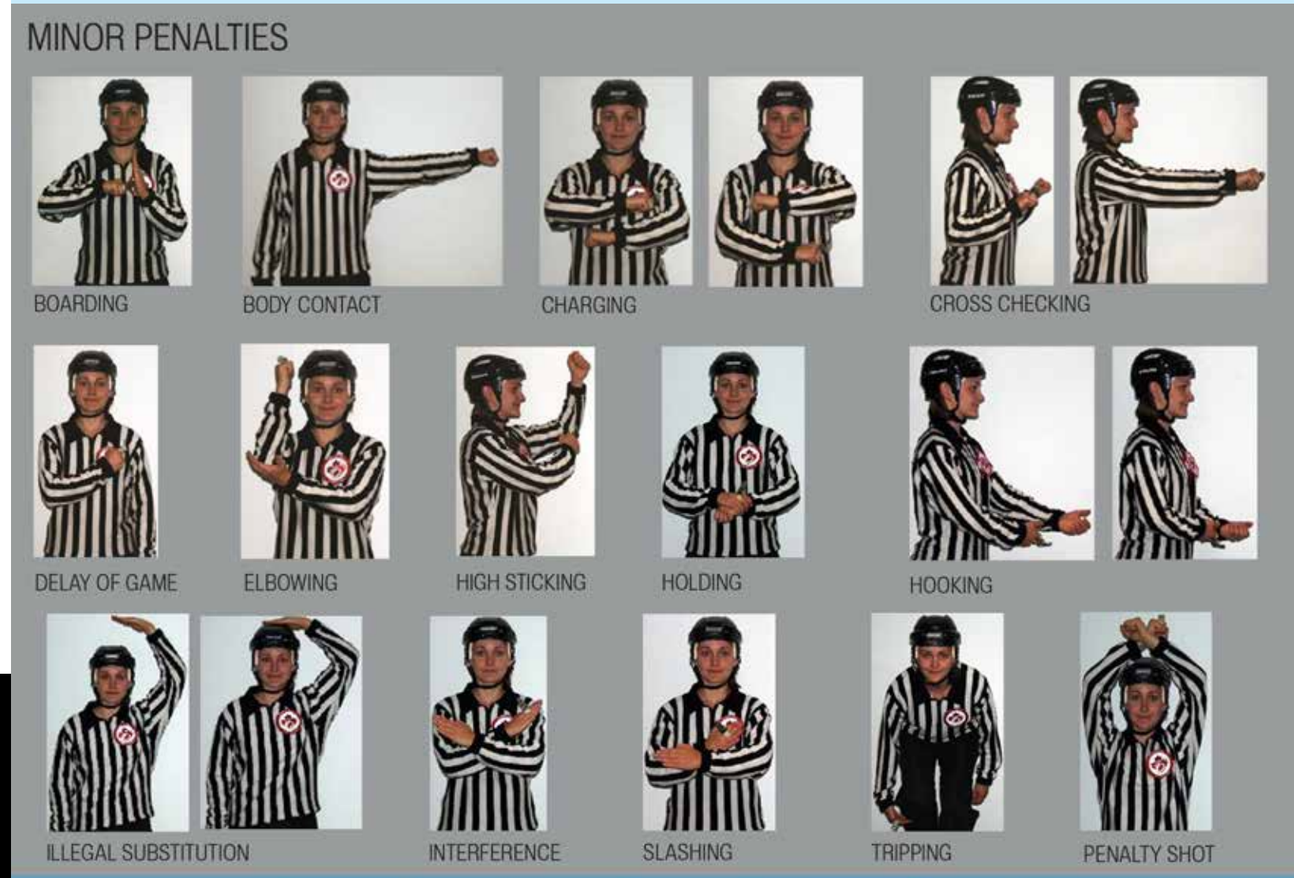
Please email riclacstlouis@gmail.com for more information on the recruitment process.”

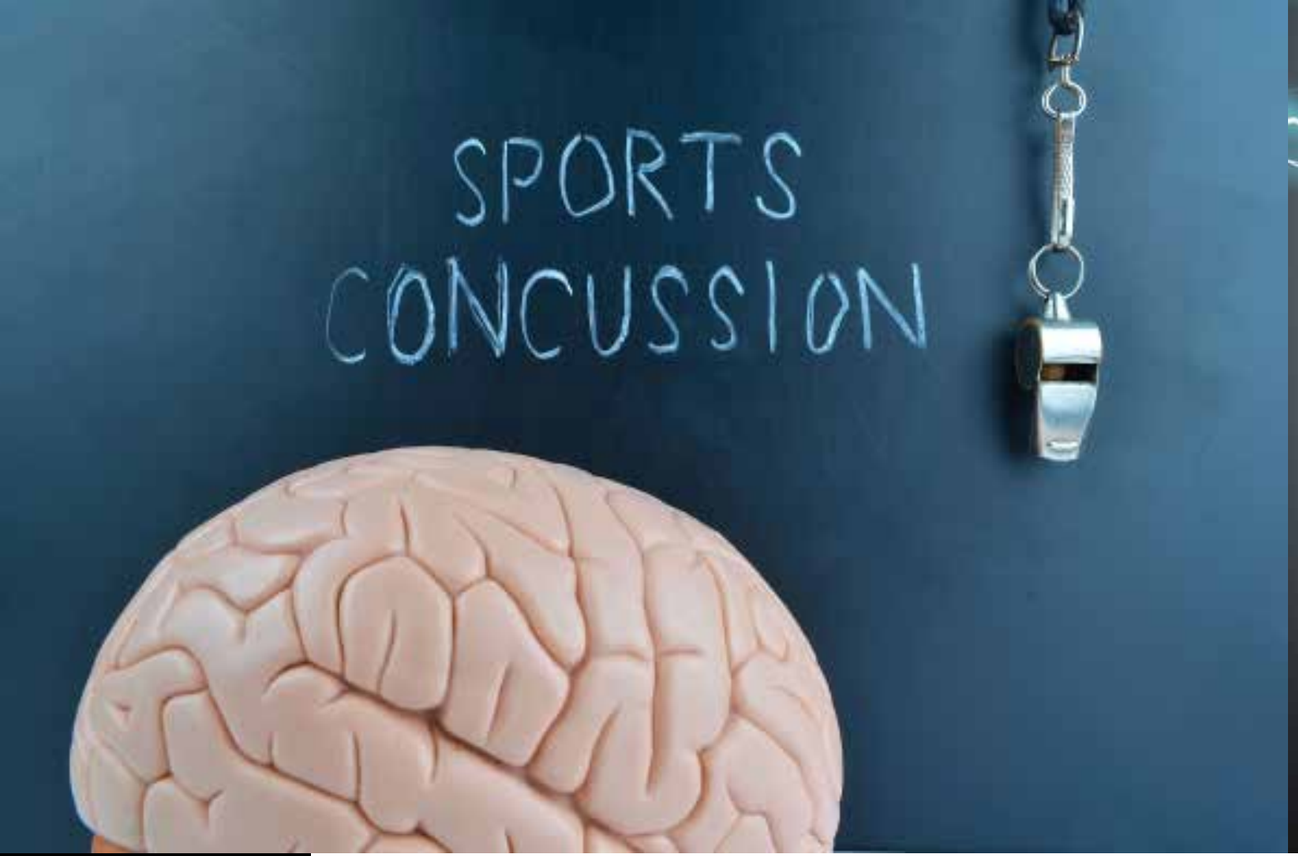
Support the Quebec AAA ringette team, of which five LSL players are part of the team. Tickets for this comedy night fundraiser ($30 each) available from players on the AAA team or from Ringette Quebec.

It’s all about the rules!

Q If my defense passes the ring from our defensive zone and the ring comes to rest (stops) on the 2nd blue line, without it contacting anyone else, can I spear the ring and carry it into my attacking zone?

A No, Two blue line violation.
“A ring on or touching a blue line is simultaneously in both the zones bounded by that line and is playable by all eligible players” (8.4.b).
However, since the ring traveled “from the defending zone across the center zone untouched, and the ring remains on or touching the second blue line [...], if a teammate of that player who passed the ring carries the ring directly into the attacking zone, that player is deemed to have played the ring in their attacking zone, committing a two blue line pass violation”(8.5.c).
Rule 8.4.b, 8.5.c, & 12.1 - case 9 scenario c





Concussion are an evil part of sport and require attention and care. There are many tools and information available to coaches, parents and athletes concerning concussion.
Included here are links and information for concussion management and care. First and foremost you should consult your physician if you are concerned about symptoms. Seek medical advise immediately.

Click here to download the Montreal Children's Hospital Third Edition Concussion Kit

https://www.thechildren.com/departments-and-staff/departments/department-of-concussions

Courtesy Ringette Canada's website:

CONCUSSION INFORMATION FORM FOR ATHLETES, PARENTS/GUARDIANS

During a ringette activity, an impact has resulted in the team staff becoming concerned the athlete may have suffered a concussive injury. Information about concussion has been included with this information material.

Click here for information on concussions courtesy of Ringette Canada

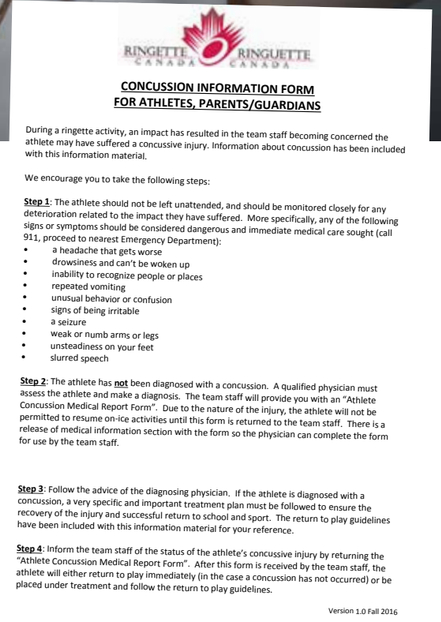
https://www.ringette.ca/concussion/

More concussion awareness information also available at Coaching Canada's website....

http://coach.ca/concussion-awareness-s16361

Ringette Quebec's tools for concussion detection and return to play protocol

https://news.ringuette-quebec.qc.ca/fiche-actualite.html?id=644319&idbox=29202



RINGETTE CANADA RINGUETTE CANADA

CONCUSSION INFORMATION FORM FOR ATHLETES, PARENTS/GUARDIANS

During a ringette activity, an impact has resulted in the team staff becoming concerned the athlete may have suffered a concussive injury. Information about concussion has been included with this information material.

We encourage you to take the following steps:

Step 1: The athlete should not be left unattended, and should be monitored closely for any deterioration related to the impact they have suffered. More specifically, any of the following signs or symptoms should be considered dangerous and immediate medical care sought (call 911, proceed to nearest Emergency Department):

- a headache that gets worse
- drowsiness and can't be woken up
- inability to recognize people or places
- repeated vomiting
- unusual behavior or confusion
- signs of being irritable
- a seizure
- weak or numb arms or legs
- unsteadiness on your feet
- slurred speech

Step 2: The athlete has **not** been diagnosed with a concussion. A qualified physician must assess the athlete and make a diagnosis. The team staff will provide you with an "Athlete Concussion Medical Report Form". Due to the nature of the injury, the athlete will not be permitted to resume on-ice activities until this form is returned to the team staff. There is a release of medical information section with the form so the physician can complete the form for use by the team staff.

Step 3: Follow the advice of the diagnosing physician. If the athlete is diagnosed with a concussion, a very specific and important treatment plan must be followed to ensure the recovery of the injury and successful return to school and sport. The return to play guidelines have been included with this information material for your reference.

Step 4: Inform the team staff of the status of the athlete's concussive injury by returning the "Athlete Concussion Medical Report Form". After this form is received by the team staff, the athlete will either return to play immediately (in the case a concussion has not occurred) or be placed under treatment and follow the return to play guidelines.

Version 1.0 Fall 2016

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.

SHARRON LEGGETT

- Has two daughters that play ringette
- Volunteer Timekeeper and Shotclocker coordinator for PCRA.

ELIZABETH PARENT

- Has been playing since 7 years old
- Currently playing for Pointe Claire Juv B
- Timekeeper and Shotclocker for PCRA.

SOPHIE PARENT

- Has been playing since 7 years old
- Currently plays for Pointe Claire Junior B
- Timekeeper and Shotclocker for PCRA.

LÉA CHEVRIER

Léa Chevrier, 15 years old, is currently in her 2nd year on the Junior AA team, playing forward. Léa has been playing since she was 7 years old. A resident of St-Lazare, Léa is from 4Cités Ringette.

ALEXIA CHEVRIER

Alexia, aged 12, is currently in her first year as part of the 4-Cités Benjamin A team, playing forward. Alexia had an opportunity to see Team Canada play in Mississauga and since then her dream has been to one day play for Team Canada.

AMANDA BONIN

- Currently playing her 16th season of ringette for Pierrefonds Open A2
- Played 4 years in AA, 3 with Montreal Mission and one season for Lac-St-Louis.
- A leader on many of her teams, being named captain or alternate captain throughout her U16 and U19 seasons.
- In 2013, her Benjamin A team participated in Eastern Nationals in Nova Scotia as Team Quebec.

LINDSAY MACRAE

- 19 years old
- Has been playing since she was 4 years old
- Currently plays Cadette A for the Pierrefonds Lynx.

CINDY DICKSON

- Currently coaching Pierrefonds Open A2 and playing Inter C.
- Part of Pierrefonds committee since 2006 holding various positions.
- Coaching, assistant coach or manager for many teams since 2003.

Rising STAR

Dahlia Côté
4-Cités Atome A

Dahlia Côté and is 10 years old. She plays forward for the 4-cités Stars in Vaudreuil-Dorion.
She started playing to follow her mother's footsteps when she was 3. She always has a smile on her face, on and off the ice. She loves ringuette because she gets to see her friends and because she loves the exercise.
Dahlia would like to be a phys ed teacher.

LSL RINGETTE GARAGE SALE

$8.00

Hemmed BK pants (used)
Size: adult small

$8.00

CCM Shoulder pads
Junior Large - used - (30-34")

Warrior Shin Pads 12", used

$8.00

$12.00

CCM Junior 10" gloves – slightly used

INTERESTED IN ANY OF THESE ITEMS?
Contact Tanya, tvanblokland@gmail.com

Upcoming Events

2019 Annual Tournament
January 3 to 6, 2019
results and photos to follow in the February newsletter
Check the Pierrefonds website for results
http://www.ringuettepierrefonds.com/en/resource.php?resource=1534773100

2019 Annual Tournament
January 7 to 13, 2019
results and photos to follow in the February newsletter
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

44ième 44th
Tournoi Tournament
January 3-6 janvier
85 ÉQUIPES TEAMS
7 PROVINCES
12 DIVISIONS
www.ringuettepierrefonds.com
Lynx Ringuette
Pierrefonds • DDO • Ile Bizard

THE HISTORY OF RINGETTE

Text courtesy Ringette Canada website

THE 80's

'80 Second Canadian Ringette Championships are held in Waterloo. The Ontario juniors of Sudbury, belles of Waterloo and debs of Etobicoke win Canadian championships.

'81 The third Canadian Ringette Championships are played in Sudbury. The Ontario juniors of Kitchener and belles of Gloucester, plus the debs of Fort Richmond-Winnipeg, Manitoba, win the Canadian titles. The Manitoba debs are the first non-Ontario team to win a Canadian Ringette Championship title.
Quebec teams participate in the Canadian Ringette Championships for first time, represented by teams from the Lac-Saint-Louis Regional Ringette Association.
New Brunswick becomes the eighth provincial ringette association.

'82 Newfoundland forms provincial ringette association.
The fourth Canadian Ringette Championships are held in Dartmouth-Cole Harbour, with the Sudbury juniors, Gloucester belles and the Kildonan Transcona (Winnipeg) debs capturing Canadian crowns. Newfoundland participates for the first time with a belle team.
First Ringette Canada Women's Leadership Workshop is held in Ottawa.
Ringette Canada achieves full residency status at National Sports and Recreation Centre in Ottawa.
Ringette Canada hires first full-time employee.
Ringette Canada officiating program is developed, complete with manuals and resources for the certification series.

'83 Ringette Canada gains control of the official ringette rules and ringette rulebook copyright with cooperation of the Ontario Ringette Association.
The fifth Canadian Ringette Championships are staged in Sherwood Park, Alberta.
The Waterloo juniors of Ontario and the Transcona Belles and Kildonan-Transcona debs of Manitoba win the Canadian Ringette Championships.

'84 Tom Mayenknecht, Ringette Canada director of public relations, wins first-ever national sports award for ringette. Ringette Review is awarded the Doug Gilbert Media Medallion at Canadian Sports Federation National Awards, selected as the best Canadian amateur sports magazine produced by a volunteer editor.
Ringette Canada coaching program and officiating manuals achieve bilingual status.
The sixth Canadian Ringette Championships are held in Port Coquitlam, British Columbia.

'85 Ringette Canada representatives travel to the Soviet Union, Finland and Sweden to promote Ringette.
St. James Ringette Association of Winnipeg introduces ringette to the Soviet Union.
Barry Mattern introduces ringette to Japan.
Ringette Canada breaks 20,000 player mark with registrations.
Prince Edward Island becomes the 10th provincial ringette member.
Ringette Canada holds first marketing meeting.

'86 Members approve change in rules to "extended zone" concept.
Northwest Territories becomes the 11th provincial ringette member.
Betty Shields becomes a finalist for the Air Canada Executive of the Year.
International Ringette Federation is formed. Canada, Finland, France, Sweden and the United States are the founding countries.
First International ringette tournament is held in Finland.
Ringette is introduced to Australia and New Zealand by the Maples ringette tour.

'87 New format adopted for the Canadian Ringette Championships.
Graeme Rodden wins Doug Gilbert Media Award from the Sports Federation of Canada.

'88 Ringette Canada's Hall of Fame established.

UPCOMING LRQ GAMES

Benjamine (U14A)

Date	Time	Arena	Versus
12-1-2019	10:30:00	La Plaine - Forum	Des Moulins vs Pointe-Claire
13-1-2019	13:15:00	Blainville	Blainville vs Pierrefonds
19-1-2019	13:00:00	Baribeau - Gatineau	Extrême de Gatineau vs Pointe-Claire
19-1-2019	17:30:00	Sportsplex 2 - Nepean	Nepean vs Pointe-Claire
20-1-2019	13:30:00	Sportsplex 2 - Nepean	Nepean vs Pierrefonds
20-1-2019	17:00:00	Campeau - Gatineau	Extrême de Gatineau vs Pierrefonds
26-1-2019	10:30:00	La Plaine - Forum	Des Moulins vs Pierrefonds
26-1-2019	17:00:00	Pointe-Claire	Pointe-Claire vs 4 Cités
13-2-2019	19:00:00	Vaudreuil - Dorion	4 Cités vs Blizzard

Junior (U16A)

Date	Time	Arena	Versus
12-1-2019	10:00:00	St-Hilaire -1-	V.D.R. vs Pointe-Claire
13-1-2019	15:10:00	Ste-Julie 3	Avalanches de Ste-Julie vs 4-Cités
19-1-2019	11:00:00	Beaconsfield - LSL	BKRA vs Avalanches de Ste-Julie
19-1-2019	14:00:00	GRC A	West Ottawa vs 4-Cités
19-1-2019	15:00:00	St-Bruno -	Intrépides vs Pierrefonds
19-1-2019	17:00:00	Pointe-Claire]	Pointe-Claire vs Lévis
19-1-2019	18:00:00	Osgoode	Metcalfe vs 4-Cités
20-1-2019	11:15:00	2 Glaces - Candiac	Rockets de Roussillon vs Pierrefonds
26-1-2019	11:30:00	D.D.O. Centre civique	Pierrefonds vs Lotbinière
26-1-2019	13:00:00	Kilrea (Ottawa)	Ottawa vs Pointe-Claire
26-1-2019	17:30:00	Vaudreuil - Dorion	4-Cités vs Lotbinière
26-1-2019	18:00:00	Metcalfe-Larry Robinson	Metcalfe vs Pointe-Claire
27-1-2019	12:00:00	Barrett - Gloucester	GCRA vs Pointe-Claire
27-1-2019	17:30:00	Barrett - Gloucester	Metcalfe vs Pointe-Claire
27-1-2019	18:30:00	D.D.O. Centre civique	Pierrefonds vs West Ottawa

Cadette (U19A)

Date	Time	Arena	Versus
12-1-2019	20:30:00	St-Eustache	Saint-Eustache vs Pierrefonds
12-1-2019	19:30:00	Westwood - Dorval	Pointe-Claire vs West Ottawa
14-1-2019	20:45:00	Vaudreuil - Dorion	4-Cités vs Rockets de Roussillon
17-1-2019	21:00:00	Yvon Chartrand - Laval	Des Moulins vs Pierrefonds
19-1-2019	19:30:00	Westwood - Dorval	Pointe-Claire vs Lothinière
19-1-2019	11:30:00	Sportium - Ste-Catherine	Rockets de Roussillon vs 4-Cités
26-1-2019	20:15:00	Repentigny - BLL	Repentigny vs Pointe-Claire
27-1-2019	17:10:00	Ste-Julie 3	Ste-Julie vs Pointe-Claire
27-1-2019	20:30:00	D.D.O. Centre civique	Pierrefonds vs Rockets de Roussillon
27-1-2019	16:15:00	Vaudreuil - Dorion	4-Cités vs Saint-Eustache
31-1-2019	21:00:00	Yvon Chartrand - Laval	Des Moulins vs 4-Cités

Open (18+A)

Date	Time	Arena	Versus
7-1-2019	20:45:00	Vaudreuil - Dorion	4 cités vs St-Laurent Xtreme
13-1-2019	17:00:00	Jacques Cartier - Long	Longueuil vs St-Laurent Xtreme
17-1-2019	20:30:00	Fleury - Montréal	Montréal Nord vs St-Laurent Xtreme
18-1-2019	21:15:00	Vaudreuil - Dorion	4 cités vs Pierrefonds #2
19-1-2019	20:30:00	Kirkland - LSL	BKRA vs Pierrefonds #1
20-1-2019	18:00:00	Kirkland - LSL	Extrême de Gatineau vs BKRA
26-1-2019	14:30:00	Val Bélair	Les Rafales vs Pierrefonds #1
26-1-2019	18:00:00	Val Bélair	Pierrefonds #1 vs Les Rafales
27-1-2019	18:10:00	Ste-Julie 3	Avalanches de Ste-Julie vs BKRA
29-1-2019	20:30:00	Pierrefonds - LSL	Pierrefonds #2 vs Ste-Julie
31-1-2019	20:30:00	D.D.O. Centre civique	Pierrefonds #1 vs 4 cités

health&wellness

This section is courtesy Coaching Canada's website

This recipe video is available at:
https://www.coach.ca/energy-bombs-p161508

Energy Bombs

Nutrition Information per serving (one 1" ball)
- Calories: 87
- Carbohydrates: 11g
- Protein: 3g
- Fat: 4g
- Fiber: 2g

Ingredients
- 1 ½ cup oats
- 2/3 cup unsweetened coconut
- 1/2 cup peanut/almond or other nut/seed butter
- 1/2 cup ground flaxseed or chia seeds
- 1/2 cup raisins or cranberries
- ½ cup chopped dates
- ½ cup sunflower/pumpkin seeds and slivered almonds or walnuts
- 1/3 cup honey
- 1 teaspoon vanilla extract

For a Protein Boost add ½ cup Skim Milk Powder!
Makes 40-45 balls (1").

Instructions
- Stir all ingredients together in a medium bowl until thoroughly mixed.
- Let chill in the refrigerator for half an hour.
- Once chilled, roll into balls of about 1" in diameter.
- Store in an airtight container and keep refrigerated for up to 1 week.

Sport Benefits: A great mid-day snack to give athletes a quick and convenient dose of carbs, proteins, healthy fats, and fiber

Rising STAR

Mélanie Moreau
4-Cités Atome B

Mélanie has been playing ringette for 5 years and decided this year to switch from playing defense to play goaltender since there were none available in her age group. Without any prior training or experience, Melanie has impressed everyone with her movement and vision of the game. The association's goaltender coach couldn't believe this was her first season in nets and says she shows great potential. For Mélanie, her idea of a good time is to be bombarded with loads of shots during a game or practice.

CRÉDIT PHOTO : ELLE LUI PHOTO

Did you know

That this Beaconsfield Bunny is still playing ringette today, 26 years later.....

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L'Association Régionale de Ringuette

Lac St Louis

Regional Ringette Association

LERQ STANDINGS

As of December 17, 2018

U16AA

	GP	W	L	T	GF	GA	PTS
Rive-Sud	12	8	2	2	69	43	18
Outaouais	12	8	3	1	70	45	17
Lac St Louis	16	7	6	3	66	75	17
Les Cyclones	14	7	6	1	55	42	15
West Ottawa	13	4	4	5	49	54	13
GCRA	10	6	4	0	46	34	12
Laurentides	10	5	3	2	37	43	12
BLL	12	4	5	3	58	62	11
Nepean	13	3	8	2	52	73	8
Ottawa	14	1	12	1	45	76	3

U19AA

	GP	W	L	T	GF	GA	PTS
Laurentides	14	13	1	0	99	40	26
Lac St Louis	11	9	1	1	75	37	19
Nepean	13	7	3	3	54	56	17
Rive-Sud	12	5	6	1	52	58	11
Ottawa	11	4	5	2	40	50	10
Les Cyclones	14	4	10	0	45	64	8
BLL	11	2	7	2	37	59	6
Outaouais	10	3	7	0	33	45	6
GCRA	12	1	8	3	38	64	5

I WILL

- **ENCOURAGE** and **SUPPORT** my child
- **PROMOTE** and **EXEMPLIFY** good sportsmanship
- **NOT BERATE MY CHILD** for mistakes during or after the game
- **NOT COACH** from the sidelines
- **NOT ENGAGE IN NEGATIVE COMMENTS** with or directed at opposing players, parents or the referee
- **NOT DISPARAGE** or undermine my child's coach or teammates on the sidelines or at home
- **FOLLOW** the club's communication protocol
- At **Lac St Louis Ringette,** I will let them play

play it. love it. live it.

BK ringuette

39th ANNUAL TOURNAMENT

January 7-13, 2019

KIRKLAND ARENA
16950 boul. Hymus, Kirkland
H9H 3W7

BEACONSFIELD ARENA
1974 City Lane, Beaconsfield
H9W 6B1

RINGETTE
play it. love it. live it.

Friends of BKRA bk_ringette