

SEPTEMBER NEWSLETTER



Welcome everyone to the 2008/2009 Ringette Season. Have a great time!

Skating Enhancement/Power Skating

Monday, September 22nd to Thursday, September 25th & Monday, September 29th to Thursday, October 2nd, 2008

Power Skater Coach Eric Henderson will coach the Petite and older. Jana Campbell and the Bunny/Novice coaches will coach the Bunny and Novice divisions.

September 22 @ Coliseum

5:00 – 5:40 Bunnies
5:40 – 6:30 Novices
6:45 – 7:30

Petites/Tweens
7:45 – 8:30 Juniors/
Belles/Open/ladies

September 23 @ Coliseum

5:00 – 5:40 Bunnies
5:40 – 6:30 Novices
6:45 – 7:30

Petites/Tweens
7:45 – 8:30 Juniors/
Belles/Open/ladies

September 24 @ Coliseum

5:00 – 5:40 Bunnies
5:40 – 6:30 Novices
6:45 – 7:30

Petites/Tweens
7:45 – 8:30 Juniors/
Belles/Open/ladies

September 25 @ Coliseum

5:00 – 5:40 Bunnies
5:40 – 6:30 Novices
6:45 – 7:30

Petites/Tween
7:45 – 8:30 Juniors/
Bells/Open/ladies

September 29 @ Coliseum

5:00 – 5:40 Bunnies
5:40 – 6:30 Novices
6:45 – 7:30

Petites/Tweens
7:45 – 8:30 Juniors/
Belles/Open/ladies

September 30 @ Coliseum

5:00 – 5:40 Bunnies
5:40 – 6:30 Novices
6:45 – 7:30

Petites/Tweens
7:45 – 8:30 Juniors/
Belles/Open/ladies

October 1 @ Coliseum - CHANGE OF TIME

5:15 – 5:55 Bunnies
5:55 – 6:45 Novices
7:00 – 7:45

Petites/Tweens
8:00 – 8:45 Juniors/
Belles/Open/ladies

October 2 @ **CN Center** CHANGE OF VENUE

5:00 – 5:40 Bunnies
5:40 – 6:30 Novices
6:45 – 7:30

Petites/Tweens
7:45 – 8:30 Juniors/
Belles/Open/ladies

THANK YOU

to everyone who volunteered at Rec Mart at Pine Centre on Sept 6th and 7th.



REFEREE CLINIC

Anyone interested in refereeing Ringette this season? All new referees (age 13 and up) will attend a one day (8 - 9 hour) clinic. This will include one hour of ice time. The clinic will be held on Saturday, September 27, 2008. All interested individuals contact Rudy at rzellman@telus.net or call 250-564-3992 or cell 250-961-1840.



COACHING CLINICS

To help on the bench at tournament you must be certified. Go to <http://www.bcringette.org/Content/Development/Coaching/Overview.asp> for more info about each course
Brian and Madeleine Crandell will be hosting the CSI (Community Sport Initiation) coaching clinic in PG.

The clinic starts on Friday night, October 3rd and all day Saturday, October 4th, at College Heights Elementary School.

Friday 6 to 9pm and Saturday 9am to 5pm.

CSI is for B, C and House league caliber coaches (go to www.pgringette.ca for Coaching Certification Requirements).

You have to register online. PGRA is paying for the course BUT you have to pay when you register and PGRA will reimburse you after you complete the course.

Even if you don't want to coach but want to help on the bench please take this FREE course!

Go to www.pgringette.ca for more information and to register. If you have any troubles or if paying online is a problem for you please contact Karen 250-964-4425 and she'll help you.

For more info please contact me!

Thank- you
Madeleine Crandell
Coaching Director crandell@telus.net



Congratulations:

Rick Girard was the winner of a Free Registration at the PGRA AGM in March. Also, congratulations to everyone who won sticks and clothing. **Thank you** to everyone who organized the AGM. We had a great turnout.

Brian Crandell received the "2008 Volunteer of the Year Award" during the British Columbia Ringette Association Annual General Meeting the weekend of May 2-4, 2008. Brian Crandell was a director with PG Ringette and was the President of the Northern League. Brian, along with his wife Madeline have coached their daughters for many years in Ringette. Brian (and Madeline) are the only people in the North that can teach the coaches course and have been very active with PG Ringette.

Brian Crandell was nominated and accepted the position on the BCRA Board as VP for Athlete Development at the BC Ringette Association's AGM in May, 2008.

Stephanie Crandell for being awarded a 2008 scholarship from BC Ringette Association. **Gillian Missellbrook** was awarded a scholarship in 2007.

Nicole Crandell won top defense at the 2007 Westerns in Medicine Hat.

Megan Spooner won top goalie in Tween division at 2007 Westerns.

Lisa Matzelle won top goalie at the skills competition at 2007 Westerns.

Joy Hoffman Memorial Tournament

November 7, 8, 9, 2008

- every team donates a basket. Your team will ask for \$ from each players and any donations for the basket.
- each team will be responsible for a time slot at the tournament to sell basket tickets and 50/50 tickets.
- This tournament is for A, B & C Levels & will include the following Divisions: **BUNNIES, NOVICE, PETITES, TWEENS, JUNIORS, BELLES, OPEN, LADIES.**
- 50-50 Draw / Souvenirs / Draw Tables / Gift Baskets



JOY HOFFMAN

*"A Special Person and True Friend to all whose life she Touched"
December 16, 1938 - July 6, 1992*

*Joy's motto:
"I wouldn't do anything unless I could give it my very best"*

Joy organized the local Girls "Ringette" League and continued to work with the sport locally and provincially for 15 years. Joy was instrumental in the establishment of the Northern BC Ringette League in 1985.

In March of 1988, Joy received the "Sport's Citizen of the Month", for her dedication to the sport of Ringette. Joy is also an "Honorary Lifetime Member" of the Prince George Ringette Association, and received numerous other plaques of acknowledgment for outstanding achievement to the Ringette Association.

The first "Joy Hoffman Tournament" was established in November of 1990 to recognize her dedication and commitment to the sport, and became the "Joy Hoffman Memorial Tournament" in the fall of 1992.

Northern League Tournaments:

Terrace Tournament	Terrace	October 17, 18 & 19, 2008	All Divisions except Open, University possibly Belle
Joy Hoffman Tournament	Prince George	November 7, 8, 9, 2008	All Divisions except
Houston Tournament	Houston	December 6, 7, 2008	Tween/Junior
Gold Pan Tournament	Quesnel	January 2 - 4, 2009*	All Divisions
Houston Tournament	Houston	February 21, 22, 2008*	Bunny, Novice & Petite

*fyi – expect to play on the Friday or Monday

Your Coach/Manager will need to know what tournaments you are going to attend and give you more information.

MEET YOUR 2008/2009 DIRECTORS:

Rick Girard



President

Phone: 964-3111

rgirard@dwbforestry.com

PLEASE CONTACT ME WITH ANY QUESTION OR COMMENTS – GOOD AND BAD

Kim Campbell



Vice-President

Phone: 964-7085

kim-campbell@shaw.ca

PLEASE CONTACT ME WITH ANY QUESTION OR COMMENTS – GOOD AND BAD

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Treasurer

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Karen Nicklen



Registrar

Phone: 964-4425

karennicklen@shaw.ca

REGISTRATION IS OPEN UNTIL DECEMBER 31, 2008 – TELL YOUR FRIENDS

Shane Campbell



Director - Ice

Phone: 964-7085

shane.campbell@worksafebc.com and

shanecampbell@shaw.ca

THE ICE SCHEDULE IS POSTED ON THE WEBSITE. TALK TO YOUR COACH IF YOU HAVE ANY CONCERNS

Sandra Heidt



Director - Publicity

Phone: 562-9691

heidts@unbc.ca

Cara Lazar



Director - Sponsorship

Phone: 964-6571

rclazar@telus.net

IF YOU KNOW OF ANY COMPANY WHO WOULD LIKE TO SPONSOR A TEAM CONTACT ME

Grant Rerick



Director - Equipment

Phone: 962-7657

grierick@shaw.ca

CONTACT ME IF YOU WANT TO BUY A RINGETTE STICK FOR YOUR BUNNY/NOVICE PLAYER – WE HAVE A FEW RINGJETS AS WELL.

Madeleine Crandell



Director - Coaching

Phone: 964-1274

crandell@telus.net

ANY QUESTIONS ABOUT THE SKATING ENHANCEMENT, COACHES OR COACHING PLEASE CONTACT ME

Rudy Zellman



Director - Officials

Phone: 564-3992

rzellman@telus.net

TALK TO ME ABOUT BEING A REFEREE OR REFEREES

Thompson Martine



Director - Tournament

Phone: 962-5771

mthompson@sd57.bc.ca

ENJOY THE JOY HOFFMAN TOURNAMENT – WE'LL NEED VOLUNTEERS

Nycole Ross



Website Administrator

Phone: 649-0170

pgringette@mag-net.com

PLEASE SUBMIT PHOTOS AND I'LL POST THEM ONLINE.



Time to Practice or Compete

When it's time to practice or play, you'll get energy from the foods you've been eating all week. But it's still a good idea to eat well on that day. If you're going to eat a meal, have it 2 to 4 hours before practice or game time. If you have a full stomach, your body will need to spend energy digesting food, leaving less for you to use in your game or practice. The best pre-game meal includes carbohydrates and protein for energy, but is low in fat and fiber, which can slow digestion.

But you don't want to be hungry either. Bring a snack, especially for long practices, competitions, or all-day events. Half a sandwich, fresh or dried fruit, or a small handful of nuts are all good snacks. Sports bars, or energy bars, are convenient, but they aren't necessary for athletes. You can get the same energy from healthy foods.

Avoid sugary stuff like sodas or candy bars right before you practice or compete. You might get a little energy boost, but it will fade fast, leaving you feeling drained. But eating and drinking the right stuff will help you play your best.

Now, go out there and have a great season!

Copied from:

http://kidshealth.org/kid/stay_healthy/food/sports.html Review

ed by: [Mary L. Gavin, MD](#)

Date reviewed: February 2008

Originally reviewed by: [Jessica Donze Black, RD, CDE, MPH](#)

Keep updated on events at

www.pgringette.ca

All notices from PGRA will be emailed or posted on the website.

2007/10/15 - Post-Game Nutrition, by Nicole Lark

Many players have asked me about what is the best thing to eat after a ringette game. In general, if you are only playing in one game for the day you need not worry about your recovery diet because you have enough time to refuel your glycogen stores before your next workout (presumably the following day). However, if you are in a tournament and are going to be playing 2 or maybe even 3 games in one day, you should pay more attention to when and what you are consuming.

After a game, your top priority should be to re-hydrate and replace the fluids lost by sweating. A couple of examples of how players can replace their fluids are: drinking water, eating watery foods (such as watermelon, oranges, soups, etc..) drinking milk, and drinking fruit juices, etc. You will know that you are adequately hydrated by the frequency and colour of your urine (you should need to urinate frequently with your urine a clear, pale yellow). Be aware that high-carbohydrate sports drinks and powders can re-hydrate your system while increasing your glycogen stores; however, they lack most of the minerals and vitamins that natural fruit juice and other more wholesome beverages and foods offer.

Secondly, if competing in a tournament, athletes need to try and refuel their glycogen stores to ensure there is adequate energy available for the following game. Ideally, players should aim to consume carbohydrate-rich foods and/or beverages within 20 minutes after a game. During this "20 minute window" the body can rapidly absorb the much needed energy and begin to replace the lost glycogen. A great beverage to consume between games in the dressing room is a cup of chocolate milk, as it has a good ratio of carbohydrate to protein and it also contributes to re-hydrating the athlete.



Remember, if you are only playing one game during a day, then re-fuelling immediately after is not a huge priority. It becomes more important after harder, intense exercise that lasts for 60 minutes or more and when you are competing in more than one game per day.

The information above is from Nancy Clark's *Sports Nutrition Guidebook*. I recommend it to anyone who is looking for more information about nutrition as it is easy to read with lots of great tips, suggestions, and recipes.

From:

<http://www.bcringette.org/Content/Development/Athlete/Fun%20Zone.asp?ItemID=40263>