

OCTOBER NEWSLETTER



On behalf of the Prince George Ringette Association (PGRA), we would like to welcome everyone to the 2010/11 Ringette season! We are looking forward to another exciting year of Ringette and wish the best to all new and returning players!

If you have any questions or concerns please contact one of the PGRA Board Members introduced in the September newsletter. Your team coach or team manager will also be able to direct any questions you may have regarding the association, teams or tournaments. This non –profit organization is managed by volunteers, please be patient and we appreciate your support of our organization! Ringette Rocks!

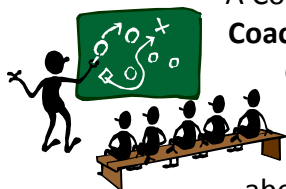
Erv Matzelle
PGRA President

Janine Gervais
PGRA Vice President



Huge Thank You to Jana Campbell, Eric Henderson and all coaches for your help with the Skating Enhancement.

Keep updated on ice schedules, events and much more at www.pgringette.ca



A Competition Introduction (CI) **Coaching clinic** will be held in Prince George on October 22, 23, 24.

Click [here](#) for information about being a coach.

To register go to <http://www.bcringette.org/web/PlainHTML.aspx?idPage=126>

The cost is \$150.00 and PGRA will reimburse you. If you don't have the funds contact pgringette@hotmail.com and we'll register you.

Did you know... you have to have a certified FEMALE coach on the bench! Different level of certification needed depending on the Tiering level for U14 and older.

Contact Madeleine crandell@telus.net if you need more information.

REGISTRATION is still open, tell your friends.

Do you want to be a **Manager** for a Ringette team now or in the future? Click [here](#) for more information or contact Karen at pgringette@hotmail.com. (PGRA will order and pay for your manual.)

PARENTS: Please remember that you CAN NOT go on the ice to help until you are registered with PGRA.

IF YOU KNOW OF A SPONSOR, please contact Julie 250-564-6990 or pqpotta@hotmail.com. [Click here](#) for more information



Come Try Ringette

A Free Event – TELL YOUR FRIENDS

Oct 22, 2010 – a Pro D Day

Kin 1

12:30 – 2:30

To register contact:

pgringette@hotmail.com

or 250-963-6924 /

www.pgringette.ca has more information.

If you did not get the **September Newsletter** click [here](#)

Prince George Ringette Association's
Joy Hoffman Memorial Tournament
November 12, 13, 14, 2010

This tournament is for A, B & C Levels for all divisions

50-50 Draw / Souvenirs / Draw Tables / Gift Baskets

Team responsibilities:

1. Each team donates a basket. Your team's Manager will ask for \$ from each player (usually \$5.00) and any donations for the basket.
2. Each team will provide volunteers during a time slot at the tournament table to sell basket tickets and 50/50 tickets.

Long Term Athlete Development (LTAD)
U9-U12 Program

It is important to understand why Ringette Canada BC Ringette and Local Associations are educating coaches, parents, and athletes about LTAD. It is the basis and rationale for the recent changes to the U12 program, specifically no longer tearing this age group.

The U12 program is now focused on enhancing the ringette learning and training experience, athlete development, camps, off ice skills development, fair play tournaments and season end fun events.

PGRA will be distributing this
U9-U12 Program handbook.

Please take the time to read through this document.

LEARN MORE ABOUT LTAD and SPREAD THE WORD!
Integrity - Respect - Fairness - Excellence

Guiding Principles for Ringette in Canada

- Fun, participation, learning.
- Inclusive, respect for varying skill levels.
- Respect the sport and all involved.
- Include on-ice and off-ice activities.
- Safety

LONG TERM
ATHLETE
DEVELOPMENT

Ringette U9 to U12 Program



The athlete, parent, and administrator's guide to the Ringette Development Program in British Columbia.



What is LTAD?

LTAD is a training, competition, and recovery framework for individuals at all stages of life, offering equal opportunity for participation and recreation. LTAD is athlete centered, coach driven, officials, administrators, parents, sport medicine & sport sciences and sponsors supported. LTAD focuses on the general framework of athlete development with special reference to growth, maturation, and development. LTAD is a framework for full sport system alignment in Canada, integrating health and education with sport and physical activity.

Additional Resources and Websites

Canadian Sport for Life, Parent's Guide

www.canadiansportforlife.ca

BC Ringette LTAD www.bcringette.org

Ringette Canada LTAD www.ringette.ca

Ringette Skills Matrix

www.ringette.ca/Images/LTAD/Pics/LTAD%20Technical%20SkillsENG.pdf

Outlines stages of development for all technical (skating, passing, shooting), goaltender, and psychological skills based on age division.