

SEPTEMBER NEWSLETTER



WELCOME to new and returning Skaters to the 2010/2011 Ringette Season.

Have a great time!

Skating Enhancement/Power Skating

starts on September 20th. Click here

<http://www.pgringette.ca/ringette/53/Skating+Enhancement> for the schedule or go to the website.

Please note: This program is included with your Ringette registration and there is no need to sign up.

Eric Henderson will coach the U14 and older skaters. Jana Campbell will coach the U8 to U12 skaters.

To maximize your experience please arrive early to get on the ice on time.

The registrar (Karen) will be at the Skating Enhancement on Sept 20th from 4:30 to 8:30pm.

Please remember that no skaters or parents can go on the ice unless they are registered with PGRA.

If want to bring someone who wants to join Ringette in time for the Skating Enhancement please try to get them to register before September 20th or to at least contact the Registrar pgringette@hotmail.com or 250-981-2347 before September 20th.

The **Ice schedule** is on the website.

<http://www.pgringette.ca/ringette/32/Ice+Schedule> Please note: the times are in PM.

Congratulations to the following winners at the AGM in March, 2010:

- 2010/11 Free registration Draw – Lacey Pearce
- Hyundai Set of watches – Peder Nasset
- Treasure Cove Casino one nights stay draw – Brian Crandell
- Tim Hortons Puzzle – Jason Altmeyer
- Tim Hortons Puzzle - Julie Bester
- Tim Hortons Puzzle – Jennifer Nasset

MEET YOUR 2010/2011 DIRECTORS:

Erwin Matzelle, President
250-964-3472 / matzelle@telus.net

Rick Girard, Past-President
250-964-3111

Janine Gervais, Vice-President
250-964-2981 / jcgervais@shaw.ca

Melanie Altmeyer, Secretary
250-564-2267 / mjhlalt@shaw.ca

Karen Nicklen, Registrar
250-981-2347 / pgringette@hotmail.com

Corinne Faller, Treasurer
250-964-1977 / cjfaller@shaw.ca

Jason Altmeyer, Director - Equipment
250-564-2267 / mjhlalt@shaw.ca

Madeleine Crandell, Director - Coaching & Ice
250-964-1274 / crandell@telus.net

Rhonda Meroniuk, Director - Publicity
250-963-6924 / rhonda_meroniuk@hotmail.com

Julie Bester, Director - Sponsorship
250-564-6990 / pgringette@hotmail.com

Keith Sullivan, Director - Officials
250-562-4224 / keithSullivan@telus.net

Thompson Martine, Director - Tournament
250-962-5771 / mthompson@sd57.bc.ca

THANK YOU to Janine, Karen B, Janique, Diane, Saynia, Lisa, Ery, Karen N, Corina and Rhonda, for volunteering at Rec Mart at Pine Centre on Sept 11th and 12th.



Prince George Ringette Association's

Joy Hoffman Memorial Tournament

November 12, 13, 14, 2010



- 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 for all divisions
- 50-50 Draw / Souvenirs / Draw Tables /Gift Baskets

*"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"*

Keep updated on **events** at www.pgringette.ca

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

Check out Prince George Ringette on



Tell your friends

Come Try Ringette

A Free Event

Oct 22, 2010 – a Pro D Day

PG Coliseum

To register contact:

pgringette@hotmail.com

or 250-963-6924 /

www.pgringette.ca has more information.

BC Ringette Association:

<http://www.bcringette.org/web/>

Northern League Tournaments:

Terrace Tournament	Terrace	October 15 – 17, 2010	All Divisions
Joy Hoffman Tournament	Prince George	November 12 - 14, 2010	All Divisions
Houston Tournament	Houston	December 3-5, 2010	U14, U16, U19
Gold Pan Tournament	Quesnel	January 7-9, 2011*	All Divisions
Houston Tournament	Houston	February 18-20, 2011*	U9, U10, U12

*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.



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!

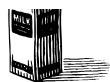
Copied from:

http://kidshealth.org/kid/stay_healthy/food/sports.htmlRevi

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

Date reviewed: February 2008

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



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>