

OCTOBER NEWSLETTER



Welcome everyone to the 2010/2011 Ringette Season. Have a great time!

UPDATES:

- Change to August Newsletter – The Terrace Ringette tournament is now on Oct 15th & 16th
- October Ice schedule has been revised – see website
- U9 teams will have ice on Fridays from 5:00 - 6:00pm when the Spruce Kings are not playing
- PGRA REGISTRATION is still open.

THANK YOU

- To everyone who volunteered at the PGRA's booth at Pine Centre on Sept 10th and 11th.
- To all who helped at the Come try Ringette on Sept 11th and Sept 17th.
- To all who helped at the Skating Enhancement. 8 days was a huge commitment from Coaches, volunteers, skaters and PARENTS!



COACHING CLINICS



To help on the bench at tournaments you must be certified. There also must be a certified female coach on the bench.

October 28, 2011 CI in Prince George – for an A caliber coach

November 26, 2011 CSI in Quesnel – CSI is for B, C and House league caliber coaches. Click here:

<http://www.bcringette.org/web/PlainHTML.aspx?idPage=131> for more info about each course

Click here: <http://www.karelo.com/restdetail.php?&BID=281> to register online. 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!

Questions? Contact Lee, Coaching Director leeingp@yahoo.com

PLEASE don't wait, register NOW so the courses don't get cancelled!

HELP WANTED:



Are you interested in making a difference? Help is needed for the PG Ringette Association's **Joy Hoffman**

Tournament. We have a great group and **you will have help.** Please Contact Karen or Janine – <http://www.pgringette.ca/ringette/18/directors>



CONGRATULATIONS

to **Layne Ongman** as she was awarded the 2010-11, Northern League Bursary.

Click here for more info: <http://www.pgringette.ca/ringette/220/nrl-scholarship>



REFEREE CLINICS



Anyone interested in refereeing Ringette?

The following clinics will be offered in Prince George:

Prince George **Level 1 Oct 29th** 9AM - 5PM

- \$75 (you will be reimbursed by BCRA)
- **All** new referees (age 13 and up) will attend a one day (8 - 9 hour) clinic. This will include one hour of ice time.

AND

Prince George **Refresher Oct 30th** 10AM - 3PM

- \$50 (you will be reimbursed by BCRA)

Click here: <http://www.karelo.com/restdetail.php?&BID=281> to register

Please contact Keith Sullivan with any questions on these courses. keithsullivan@telus.net

TOURNAMENTS:

Click here

<http://www.pgringette.ca/ringette/238/northern+league+tournaments> for Northern League Tournament dates:

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



and HAVE FUN to everyone going to the Terrace Ringette Tournament on October 15, and 16th.

Check out at the 2011 Healthier You EXPO on Sunday, October 23rd. 10 – 4 at the PG Civic Centre. Drop by and say Hi at the PGRA's booth.





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.