



December 2017
Volume 1 Issue 2

SGRA News

SWEETHEART “WINTER” A SUCCESS!

SGRA hosted its **Sweetheart “Winter” Tournament** on **December 8-10th** for the **U12B, U14A, U14AA, U16B and 16AA divisions** where **19 teams, 285 athletes, 76 coaches and 25 referees** and their parents and fans from around AB and BC participated. It was an action-packed weekend, filled with some truly impressive skills, fun and competition. Special thank you to all the volunteers who pulled it off, in such a short timeframe!



So, why did SGRA split our tournament into two weekends? The Sweetheart Tournament is traditionally held over the Family Day weekend in February. Provincial playdowns (& Alberta Winter Games, every second year) start around the same time. Some teams and athletes were excluded in Sweetheart games and events! Plus, officials, tournament volunteers and available ice were increasingly difficult to secure during this busy time.

As SGRA grows, we predict these challenges for the foreseeable future. That means, we may be looking for additional Coordinators in 2018-19. If you are interested in becoming more involved and want to learn during the 2018 Sweetheart “Classic”, please contact our [Tournament Coordinators](#). **We are looking forward to Sweetheart “Classic” already!**

FANS, FANS IN THE STANDS!

We love SGRA parents and fans...they **support, encourage and cheer!** They also **represent** our team, our association and our community and are important **role models** for our young athletes to learn from. A few reminders to keep in mind as we go into the latter half of the season:

- Use **positive language** with coaches, referees, athletes and opposing teams.
- Respect officials decisions and encourage players to do the same.
- **Never ok**—verbal harassment, threats, physical abuse, profane language, cheering for mistakes of opponents and interfering with the game.

If you have any questions/concerns, talk with your team staff or Division Director.

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A PARENT'S PART

Do you know what to do if your child has an injury on the ice and needs to be removed from play? Check out updated safety resources on the SGRA website [HERE](#).

If a concussion is suspected, please check in with your coaches and managers and follow the [concussion protocol](#) and [return to play](#) procedures.

It is a player's responsibility to ensure safe and required equipment. Check your child's equipment

and compare to what is required using this [LINK](#).

A common question is length of stick. Here's what the rules say:

5.2.i. The maximum length of the Ringette stick depends upon the height of the player. Measured while the player is standing on skates with the arm extended at 90 degrees to the body, the maximum length of the stick is from the ice to the height of the underarm.

“Success is never final, failure is never fatal. It's courage that counts.” – John Wooden, Coach

RESOURCES

Have you seen the new smartphone App for concussion awareness? Search for “**Concussion Education**” in the App Store or on Google Play.

Or print a pocket guide [HERE](#). Great resource for your team's equipment bag!



COACH'S CORNER

The 2017-2018 season is a “rule change” year for officials. Have you seen the new rules? Check them out [HERE](#). Have you seen the video on “Move it or Lose it”? Check out it at this [LINK](#).

More **goalie development** is coming in January. Watch your email for details!

You can find out more about Ringette and **Long Term Athletic Development** [HERE](#).

Injuries remove athletes from their training program or competition schedule and may contribute to an early exit from sport. In order to prevent and manage injury in sport activities, we need to better understand where, to whom, why and how injuries occur. Ringette Alberta is participating with 3 other sports to gather information to help answer questions about injury and develop preventative strategies.

REQUEST: When a player is removed from play, it is requested that one adult from the team (either a parent or team manager) completes the questions in the **Alberta Injury Tracker via this form**. It will only take 5 minutes to complete.



Sweetheart "Classic" starts February 16th...

DID YOU KNOW...

...**SGRA fundraisers**, the Oilers 50/50 and the Galaxyland Special Event, raised just under **\$25,000**? These funds will help pay for new goalie equipment, additional player development opportunities and new jerseys. Just one set of jerseys (home, away, goalie) can cost \$3,000! These SGRA fundraisers help keep our registration fees reasonable for the value provided. A huge **THANK YOU** to volunteers, parents and fans for your participation!

...The **annual Sweetheart Tournament** is now in its 41st (or maybe 42nd) year! But, hey, who is counting?!

...Four SGRA athletes were successful in securing a spot on the **Alberta Winter Games (AWG)** Ringette Teams.

- Zone 5 Team: Makayla Kew and Alexis Byers
- Zone 5 Wildcard Team : Sydney George and Daelynn Kew (Head Coach: SGRA's Jason Stypula)

...Canada's Jr National Team won **GOLD vs Finland** at the World Championships in Mississauga, Ontario in December. A big shout out and congratulations to SGRA's very own, **Jacinda "Juice" Rolph** as Assistant Coach for this team!

...Sam Jacks, recreation director and sports enthusiast from North Bay, Ontario, invented Ringette in 1963. Currently, over **30,000** players play the game across Canada, with **1,500** officials and **8,000** coaches to support them.

KEY DATES

Mark your calendars for the following dates. Watch the website and your email for more details:

Dec 21 to Jan 6 — Holiday Break from BGL League Games

Jan 6 — National Ringette League Game, WAM vs. RUSH

Jan 9 — Team and Individual Photos at Elks Hall, Spruce Grove

Feb 10 — Ringette Night, Oil Kings, Rogers Place

Feb 16 to 20 — SGRA Sweetheart "Classic" Tournament for AS, U10, U12A/C, U14B, U16A, U19A/B divisions

Mid-Mar—Come Try Ringette

May 13 & 14— SGRA Casino Fundraiser



SOCIAL MEDIA

Like us and follow SGRA on:



T: @spruceringette

F: @sprucegroveingetteassociation

I: #sprucegroveringette

When your team participates in tournaments and team activities, share them by emailing a picture & description to SGRA Publicity Coordinator at publicity@sprucegroveringette.com so they can be shared across all our platforms.

Also use #sprucegroveringette and @sprucegroveringette when posting your own pictures!

A FINAL WORD

On behalf of the SGRA Board, we'd like to take the opportunity to extend holiday greetings to all our ringette families.

Black Gold League (games) takes a break from December 21 2017 to January 6th 2018. Enjoy your time away from the rink, spending time with family and friends. This is a great time to re-energize, rejuvenate and get ready for busy tournament and play down schedules in the new year.

For any last minute holiday gifts, check out our [Association Sponsors](#) and [Tournament Sponsors](#) page and go to local businesses that support ringette in our community.

We'd also like to take a moment to thank the many, many volunteers who put in countless hours to make ringette in this community possible, from coaches, managers, team volunteers to tournament organizers and Association volunteers. And to all the parents/guardians who get their kids to the rink and support them to play this great game, we appreciate all that you do!! **Cheers and best wishes for 2018!!**



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Drop off Mail Box Locations:
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* For a full list of your SGRA Board Members, visit the [website](#).

** If you would like to submit an article, please contact president@sprucegroveringette.com or publicity@sprucegroveringette.com.

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