### Kayla Liber

# From FSRA to Future: Celebrating Our Alumni

## KAYLA LIBER



What is your current team? U19AA Sherwood

Park Power

What does ringette mean to you?

What ringette means to me is a home away from home.
After playing for 14 years it became a very important part of my life building life long friendships.

What skills did ringette provide you with? Friendship, teamwork, leadership

If you are an alumni and want to be profiled, email prefortsaskringette.com

# From FSRA to Future: Celebrating Our Alumni

# KAYLA

What are your favourite memories of playing for FSRA?

Winning Provincials in 2015

What was your most memorable game or tournament?

Canadian Ringette Championships 2022

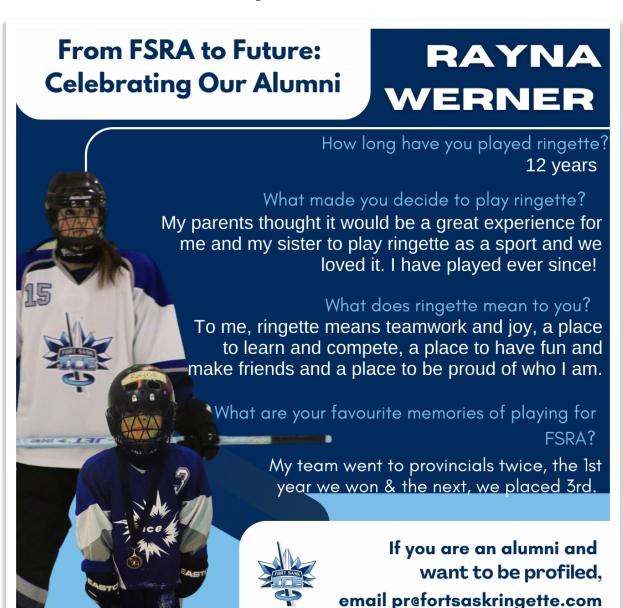
What advice would you give to current or future FSRA players?

Hard work and discipline will get you far! But most importantly remember to have fun

What does ringette mean to you?

What ringette means to me is a home away from home. After playing for 14 years it became a very important part of my life building life long friendships.

#### **Rayna Werner:**



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### RAYNA WERNER

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What are your favourite memories of playing for FSRA?

My team went to provincials twice, the 1st year we won & the next, we placed 3rd.

LAYER



What's your favourite pre-game ritual?

My favourite pre game ritual would be warming up to a song called 'Follow the Leader'. And our pregame song that we would sing to in the dressing room.

What advice would you give to current or future FSRA players?

COACH



Play ringette for as long as you can. Take your team as far as they can go. Skate as hard as you can. Work on your weaknesses.

Never be late for practice; 5 minutes before ice time is already late. And have fun.