

# Kayla Liber

## From FSRA to Future: Celebrating Our Alumni

# KAYLA LIBER

How long did you play for FSRA?  
8 years for FSRA, 14 years in total

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 [pr@fortsaskringette.com](mailto:pr@fortsaskringette.com)

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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:

### From FSRA to Future: Celebrating Our Alumni

# RAYNA WERNER

How long have you played ringette?  
12 years

What made you decide to play ringette?

My parents thought it would be a great experience for me and my sister to play ringette as a sport and we loved it. I have played ever since!

What does ringette mean to you?

To me, ringette means teamwork and joy, a place to learn and compete, a place to have fun and make friends and a place to be proud of who I am.

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.



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# RAYNA WERNER

OFFICIAL



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.

PLAYER



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.

COACH



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

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.