16A / 19A PROGRAM

Hosted by Airdrie Ringette Association

AIRDRIE 2023 PROVINCIALS

Welcome to the 2023 Alberta U16A and U19A Ringette Provincial Championships

On behalf of the Airdrie Ringette Association executive and our provincial tournament committee, I would like to welcome you to our community and wish everyone the best of luck in the 2023 Provincial Championships. I would also like to say “Thanks!” to the families and friends who have come out to support the players.

I also want to extend a heart-felt thank you to all our sponsors for making this event so successful. Their generous contribution helped make our vision a reality by helping to offset the cost of holding the 2023 Provincials. In addition, our provincial committee and our volunteers have worked for many months to offer us these week-end’s activities. Without these volunteers and their strong sense of community spirit, hosting this event would not be possible.

During this weekend, we all look forward to seeing a great display of skill, competition and teamwork in the true spirit of fun and good sportsmanship.

We have plenty to offer over this championship weekend, including many exciting prizes. Check out our tournament map for directions to all our venues, and don’t hesitate to ask any of our volunteers, for directions or advice on where to eat, get skates sharpened or where to go shopping, they will be happy to help.

We look forward to three days of good competition, developing relationships and a fun filled weekend!
Skate Hard and Have Fun!

Clara Leblond,
ARA President

TRUE SPORT PRINCIPLES

KEEP IT FUN

Find the joy of sport and have a good time. Keep a positive attitude and look to make a positive difference, on the field and in your community.

RESPECT OTHERS

Show respect for everyone involved in creating a sporting experience, both on the field and off. Win with dignity and lose with grace.

GIVE BACK

Always remember the community that supports your sport and helps make it possible. Find ways to show your appreciation and help others get the most out of sport.

PLAY FAIR

Play honestly and obey the rules, in letter and spirit. Winning is only meaningful when competition is fair.

GO FOR IT

Always strive for excellence and rise to the challenge, but never at the expense of others. Discover how good you can be.

STAY HEALTHY

Place physical and mental health above all other considerations and avoid unsafe activities. Respect your body and keep in shape.

INCLUDE EVERYONE

Share sport with others, regardless of creed, ethnicity, gender, sexual orientation or ability. Invite everyone into sport to make it more meaningful for the whole community.

Coaches Oath

In the name of all coaches taking part in these Provincial Championships, I pledge our commitment to the True Sport Principles and that we will coach in a manner respectful of the dignity of all athletes and carry out our tasks with responsibility and integrity.

Athletes Oath

As I come to play ringette, grant me the will to participate to my fullest, as an individual player and a team member. May my goal be to play, with spirit and fairness, to the best of my knowledge and ability. While my coach guides and teaches my team, may he or she receive respect and encouragement from players and parents alike. Thank you for the officials whose organization gives us the opportunity to play ringette and, as I play, may the support of my parents add to the fun of the game. I promise to play ringette, respecting and abiding by the rules which govern it. I pledge my commitment to the True Sport Principles, for the appreciation of the sport and the honour of my team.

Officials Oath

In the name of all officials, I promise that we shall officiate these Provincial Championships, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of the sport. I pledge my commitment to the True Sport Principles and will ensure that these Games are played in a fair and respectful manner for all participants.

RINGETTE
CANADA
play it. love it. live it.

The Airdrie Tournament Committee would like to thank all the players, parents and many volunteers whose hard work and dedication have made this another successful Tournament.

A BIG "THANK YOU" TO ALL OUR REFEREES!

2023 PROVINCIALS RINGETTE ALBERTA

Thank You Sponsors!!

SiteOne LANDSCAPE SUPPLY

Stone Centre

ehs[P]

INTERRA ENERGY SERVICES LTD.

HS HOME STAGING & DESIGN CENTRE

FUNCTIONAL 45 F45 Training

EMCO CORPORATION

2023 PROVINCIALS RINGETTE ALBERTA

2023 U16A / U19A Provincial Championships

March 3-5, 2023

DATE	START	END	DIVISION	HOME	Score	VISITOR	Score	LOCATION
March 3, 2023	8:00 AM	9:15 AM	16A - Pool A	CNW-U16A-2		SPK -U16A- 2		Genesis RV
March 3, 2023	8:15 AM	9:30 AM	16A - Pool A	STA- U16A-1		CNW -U16A-1		Genesis SH
March 3, 2023	9:00 AM	10:15 AM	16A - Pool C	SPK-U16A-1		CSO-U16A-2		REA Blue
March 3, 2023	9:00 AM	9:45 AM	19A - GEN	**19A OPENING CEREMONIES**				Town & Country Centre
March 3, 2023	9:15 AM	10:30 AM	16A - Pool C	CSO-U16A-1		STR-U16A-1		REA Gold
March 3, 2023	9:30 AM	10:45 AM	16A - Pool B	EDM-U16A-1		CBV-U16A-1		Genesis RV
March 3, 2023	9:45 AM	11:00 AM	16A - Pool B	BMT-U16A-1		AIR-U16A-1		Genesis SH
March 3, 2023	11:00 AM	12:15 PM	19A - Pool A	SPK-U19A-2		CBV-U19A-3		Genesis RV
March 3, 2023	11:15 AM	12:30 PM	19A - Pool A	CNW-U19A-1		AIR-U19-1		Genesis SH
March 3, 2023	11:15 AM	12:30 PM	19A - Pool B	CSO-U19A-1		SPK-U19A-1		REA Blue
March 3, 2023	12:45 PM	2:00 PM	19A - Pool B	HIN-U19A-1		CNW-U19A-1		Plainsmen
March 3, 2023	12:30 PM	1:45 PM	16A - Pool A	CNW-U16A-2		STA- U16A-1		Genesis RV

AIRDRIE PROVINCIALS

2023 U16A / U19A Provincial Championships

March 3-5, 2023

DATE	START	END	DIVISION	HOME	Score	VISITOR	Score	LOCATION
March 3, 2023	12:45 PM	2:00 PM	16A - Pool A	SPK -U16A- 2		CNW -U16A-1		Genesis SH
March 3, 2023	2:15 PM	3:30 PM	16A - Pool C	SPK-U16A-1		CSO-U16A-1		Plainsmen
March 3, 2023	2:00 PM	3:15 PM	16A - Pool C	CSO-U16A-2		STR-U16A-1		Genesis RV
March 3, 2023	2:45 PM	4:00 PM	16A - Pool B	EDM-U16A-1		BMT-U16A-1		REA BLUE
March 3, 2023	3:30 PM	4:45 PM	19A - Pool A	SPK-U19A-2		CNW-U19A-1		Genesis RV
March 3, 2023	4:00 PM	5:15 PM	19A - Pool A	CBV-U19A-3		AIR-U19-1		Genesis SH
March 3, 2023	4:30 PM	5:45 PM	19A - Pool B	CSO-U19A-1		HIN-U19A-1		Plainsmen
March 3, 2023	5:00 PM	6:15 PM	19A - Pool B	SPK-U19A-1		CNW-U19A-1		Genesis RV
March 3, 2023	5:00 PM	5:45 PM	16A - GEN	**16A OPENING CEREMONIES**				Town & Country Centre
March 3, 2023	7:00 PM	8:15 PM	16A - Pool B	CBV-U16A-1		AIR-U16A-1		Plainsmen
March 3, 2023	7:00 PM	10:00 PM	19A - Dance	**19A DANCE PARTY**				Town & Country Centre

2023 U16A / U19A Provincial Championships

March 3-5, 2023

DATE	START	END	DIVISION	HOME	Score	VISITOR	Score	LOCATION
March 4, 2023	7:00 AM	8:15 AM	16A - Pool C	STR-U16A-1		SPK-U16A-1		Genesis RV
March 4, 2023	7:15 AM	8:30 AM	16A - Pool C	CSO-U16A-2		CSO-U16A-1		Genesis SH
March 4, 2023	8:30 AM	9:45 AM	16A - Pool A	CNW -U16A-1		CNW-U16A-2		Genesis RV
March 4, 2023	8:45 AM	10:00 AM	16A - Pool A	SPK -U16A- 2		STA- U16A-1		Genesis SH
March 4, 2023	10:00 AM	11:15 AM	16A - Pool B	AIR-U16A-1		EDM-U16A-1		Genesis RV
March 4, 2023	10:15 AM	11:30 AM	16A - Pool B	CBV-U16A-1		BMT-U16A-1		Genesis SH
March 4, 2023	11:00 AM	12:15 PM	19A - Pool A	AIR-U19-1		SPK-U19A-2		Plainsmen
March 4, 2023	11:30 AM	12:45 PM	19A - Pool A	CBV-U19A-3		CNW-U19A-1		Genesis RV
March 4, 2023	11:45 AM	1:00 PM	19A - Pool B	CNW-U19A-1		CSO-U19A-1		Genesis SH
March 4, 2023	12:30 PM	1:45 PM	19A - Pool B	SPK-U19A-1		HIN-U19A-1		Plainsmen
March 4, 2023	1:00 PM	2:15 PM	16A CROSS	1ST C		4TH A		Genesis RV
March 4, 2023	1:15 PM	2:30 PM	16A CROSS	2ND C		3RD A		Genesis SH
March 4, 2023	2:00 PM	3:15 PM	19A MINI	**19A MINI**				Plainsmen

2023 PROVINCIALS RINGETTE ALBERTA

2023 U16A / U19A Provincial Championships

March 3-5, 2023

DATE	START	END	DIVISION	HOME	Score	VISITOR	Score	LOCATION
March 4, 2023	2:30 PM	3:45 PM	16A CROSS	2ND A		3RD B		Genesis RV
March 4, 2023	2:45 PM	4:00 PM	16A CROSS	2ND B		3RD C		Genesis SH
March 4, 2023	3:30 PM	4:45 PM	16A CROSS	1st B		3RD C		Plainsmen
March 4, 2023	4:00 PM	5:00 PM	COME TRY IT	**COME TRY IT**				Genesis RV
March 4, 2023	4:15 PM	5:30 PM	16A CROSS	1ST A		4TH B		Genesis SH
March 4, 2023	5:45 PM	7:00 PM	16A MINI	**16A MINI**				Genesis RV
March 4, 2023	7:00 PM	8:15 PM	19A CROSS	3RD B		4TH A		Genesis SH
March 4, 2023	7:15 PM	8:30 PM	19A CROSS	3RD A		4TH B		Genesis RV
March 4, 2023	8:30 PM	9:45 PM	19A SEMI	1ST B		2ND A		Genesis SH
March 4, 2023	8:45 PM	10:00 PM	19A SEMI	1ST A		2ND B		Genesis RV
March 4, 2023	7:00 PM	10:00 PM	16A - Dance	**16A DANCE**				Town & Country Centre

2023 PROVINCIALS RINGETTE ALBERTA

2023 U16A / U19A Provincial Championships

March 3-5, 2023

DATE	START	END	DIVISION	HOME	Score	VISITOR	Score	LOCATION
March 5, 2023	7:00 AM	8:15 AM	16ASF1	1ST		4TH		Genesis RV
March 5, 2023	7:15 AM	8:30 AM	16ASF2	2ND		3RD		Genesis SH
March 5, 2023	8:30 AM	9:45 AM	19A 7TH	LCONSF1		LCONSF2		Genesis RV
March 5, 2023	8:45 AM	10:00 AM	19A 5TH	WCONSF1		WCONSF2		Genesis SH
March 5, 2023	10:00 AM	11:15 AM	19A BRONZE	LSF1		LSF2		Genesis RV
March 5, 2023	10:15 AM	11:30 AM	19A GOLD	WSF1		WSF2		Genesis SH
March 5, 2023	11:45 AM	1:00 PM	16A BRONZE	LSF1		LSF2		Genesis SH
March 5, 2023	1:15 PM	2:30 PM	16A GOLD	WSF1		WSF2		Genesis SH

U19A

POOL A	POOL B
SPK-U19A-2	CSO-U19A-1
CBV-U19A-3	SPK-U19A-1
CNW-U19A-1	HIN-U19A-1
AIR-U19-1	CNW-U19A-1

U16A

POOL A	POOL B	POOL C
CNW-U16A-2	EDM-U16A-1	SPK-U16A-1
SPK -U16A- 2	CBV-U16A-1	CSO-U16A-2
STA- U16A-1	BMT-U16A-1	CSO-U16A-1
CNW -U16A-1	AIR-U16A-1	STR-U16A-1

ARENA LOCATIONS

- Genesis Place - 800 East Lake Blvd. NE - **TOURNAMENT HEAD QUARTERS**
- Ron Ebbesen Arena - 200 East Lake Cr. NE
- Plainsman Arena – 320 Centre Ave E

- In addition to the ice surfaces, Genesis Place offers a swimming pool, gymnasium, soccer fields, a track and a food court

Opening Ceremonies Friday March 3rd
Town & Country Centre
19A – 9am -9:45am
16A – 5pm – 5:45pm

2023 AIRDRIE PROVINCIALS

- Dinner / Dance
- Town & Country Center
- 19A – Friday March 3rd 7pm-10pm
- 16A – Saturday March 4th 7pm-10pm

- Pre-purchased Ticket required for admission

2023 PROVINCIALS

RINGETTE ALBERTA

RINGETTE FOR ALL

RFA

Where everyone plays

EQUIPMENT DONATIONS

Airdrie Ringette will be collecting your old equipment for Ringette for All, all weekend.

Boxes will be marked and located at Genesis Place on the main level.

Please visit the RAB Provincials Website for full details

SCAN THESE QR CODES TO GET YOUR ACCESS TO SOME OF CMP'S ACTION PHOTOS ! (PURCHASED DOWNLOADS ARE AVAILABLE ON THE LINK

U19A LINK

U16A LINK --
→

BOTH GALLERIES SHOULD BE LIVE BY MARCH 15 STAY TUNED !

Captured Memories Photography

2023 PROVINCIALS RINGETTE ALBERTA

Make sure you visit the raffle and silent auction table at Genesis Place for some great Prizes

16A AIRDRIE STING

31	PRESLEY	TEAGUE
32	LIZ	TURNER
33	RYANN	CONNOLLEY
34	ALYSSA	HEISLER
35	ZAHYA	MCINTYRE
36	KENDYL	HEISLER
37	TAYLOR	HALL
38	ALISON	STOJKE
39	HAYLEY	MCINTYRE
40	BREE	RAVEN
41	IVY	FLETCHER
42	BRYNN	SCHMIDT
43	KAIDENCE	FLAMAN
44	AVERY	NEILL
45	ALLI	STURBY

2022 • 2023 • BEAUMONT RUSH RINGETTE • U16A

BACK: Katie Forre (M), Roxanne Moore (HC), Khari Weber (AC), Chris Wright (AC), Jeff Craik (AC), Lauren Hawtin (AC), Jocelyn Duhaime (AC), Abbygail Wight (AC)
MIDDLE: Julie Boyd, Ania Wright, Rebecca Brown, Alana Tremblay, Addison Rogers, Mya Delano, Nola Yaniw
FRONT: Heidi Atzesberger, Mollie Forre, Avy Moore, Yasmine Marier, Kamryn Courage, Sayaka Berentes, Olivia Craik, Savanah Bidulka, Kylie Ackerman

16A BEAUMONT RUSH

16A BOW VIEW BLAZE

2	CLAIRE	MACHNEE
3	CLAIRE	O'MAHONY
4	LAUREN	HUGHSON
5	ALLIE	LANGFORD
6	MEGAN	JANG
7	SHAELYN	KLASSEN
9	JOCELYN	PETERSON
10	SHOLEE	NOOR-ALI
11	JULIETTE	BLAISE
13	KATE	MULLBACK
14	GEORGIA	BRIGHT
15	DEVERYN	MARTIN
17	SOPHIA	ELDERKIN
19	REBEKAH	WILKIE
26	SIANNA	SLOANE
31	SIMON	FORGERON

16A CALGARY NW MATRIX

MATRIX
NORTHWEST RINGETTE

31	GWEN	WALKER
4	PAYTON	AITKEN
9	ZOE	SIMS
10	REBECCA	REYNOLDS
11	AMBER	FRIGON
12	ERRIGAL	KOSTICK
13	CASSIDY	REITBAUER
14	CASSIDY	BUDGELL
15	JENNA	HALL
16	SOPHIE	BOUMA
21	COLBIE	CARDINAL
23	ALYSSA	MCGAHEY
24	DANIKA	BRABEC
28	AMANDA	WILDE

16A CALGARY NW GRIT

1	Myah	Burrows
2	Lauren	Chesla
3	Robin	Boswell
4	Shaylee	Simard
5	Elsa	Shepherd
7	Anna	Johns
8	Rebecca	Carley
9	Chelsea	Pangracs
10	Brielle	Buchinski
11	Kennedy	Murphy
13	Ryleigh	MacNeil
14	Isabelle	Pallan
15	Niamh	Murphy
18	Carly	Bertulli

16A SOUTH CALGARY RAZE

2	Kira	MacDonald
5	Siera	Beckett
6	Jordan	Stevenson
7	Julia	Paulgaard
8	Leah	Zyznomirski
10	Ellie	Downing
11	Courtney	Cossette
12	Aida	Park
13	Evangeline	Nicholas
15	Mataya	Borduzak
17	Avery	Marien
18	Lucie	Groundwater
31	Elle	MacDonald

16A SOUTH CALGARY RIOT

3	NAOMI	VEALE
4	JADA	ROBERTSON
5	KAEL	MARSHALL
6	LIV	ABBOTT
7	MAKENA	CASEY
9	MIKA	RENNEBERG
11	FLYNN	MITENKO
12	AVA	RACZYNSKI
13	JADA	GATE
14	INDIA	RAMPAUL
17	BROOKE	SLENO
19	MAYA	STEWART
30	KAYDEN	GUNDERSON

16A EDMONTON XTREME

3	AMELIA	PROCIUK
4	GEORGIA	WILES
5	CASSIE	CARNAHAN
6	KATE	MCNEICE
7	GRACIE	ALLAN
8	JENNA	WADE
9	HANNAH	GILES
10	ISABEL	SMITH
11	SYDNEY	HARTMANN
13	ABBY	SORENSEN
14	BRIEONA	LAWSON
15	PAIGE	MCQUEEN
16	JORDYN	VIGEN
17	CHLOE	HENSCHELL
19	ALYSSA	KLEIN
33	RACHEL	MULLEN

16A SHERWOOD PARK APEX

2	AVA	COTE
4	ALAINA	HEINISH
5	CLAIRE	SANDE
6	MILA	MYDYNSKI
7	ADDISON	MARKS
8	TEAGAN	MALONEY
9	ZOEE	SIEBEN
10	BRYNN	KAUTZ
11	KAIA	FLECK
12	TARYNN	CLELLAND
13	EMILY	HAWKES
15	ALYSHA	LAZZER
16	REAGAN	SMITH
17	BRISEA	TONDELEIR
18	BRYNN	PASIKA
31	KATIE	LOSTY

APEX
RINGETTE

2	CALLIE	BIZUK
3	AVERY	DAY
5	GRACE	BIELECKI
8	TARYN	SHIELLS
10	LILY	DANIELS
11	AUBREY	SALLENBACK
12	TAYLOR	DEREWIANKA
13	KAYLEIGH	CURRAN
14	JILLIAN	HOBBS
16	CAEL	PREVILLE
17	JORDAN	FRENCH
18	REESE	DEREWIANKA
19	NATALIE	ENDRES
20	JORDAN	BAZLIK
21	EMILY	WINSHIP
26	JULIA	KENNERD

16A SHERWOOD PARK STRIKE

SHERWOOD PARK STRIKE

16A ST. ALBERT RAMPAGE

1	MADILYNN	MARTIN
5	MYKENNA	EVERITT
6	JILLIAN	BOMBAY
7	CHLOE	MURK
8	SAMANTHA	HLUSHAK
9	MADISON	THOMPSON
10	CLAIRE	LETAIN
11	CLAIRE	DAVIS
12	TRISTA	HERCEG
13	VEOLA	TOSTO
14	BROOKLYN	PURDON
15	LILIANNA	TOSTO
16	SARAH	FRIESEN
31	ADDISON	EVOY
88	JOSSLYNN	LEONARD

16A R.I.S.E

2	BROOKLYN	CONNELLY
3	ELLA	BROCKMAN
4	ALEXIS	WARTMAN
10	RAEGAN	MACLEOD
11	SIENA	ARMSTRONG
12	TARYN	PHILLIPS
13	HAYLEY	SMITH
14	AVERY	KOOLE
15	BROOKE	MOHR
22	ADDISON	INNES
23	MATEYA	MOLINA
25	AMBER	MCNAIR
26	KENZIE	CAMPBELL
27	ASPEN	MOORE
31	MARIA	BETKE

19A AIRDRIE VOLTAGE

2	Rachael	Stewart
3	Cassie	Vaillancourt
4	Alexa	Leblond
5	Shae	Sturby
6	Madie	Schiffner
8	Josie	Powers
9	Kiera	McCarthy
11	Moragan	Currie
14	Aggie	Baker
17	Emma	Dick
18	Claire	Kusler
19	Carli	Miller
22	Navee	Oosterveld
21	Ava	Campbell

19A BOW VIEW GRIT

1	DANIEL	MURPHY
2	MACKENZIE	PRIESTLEY-KOCH
4	KENDAL	JONE
5	HARLEY	KOWULA
6	MIKAELA	MORTENSEN
7	MOLLY	CARTIN
8	ALYSSA	BENOIT
9	KAITLYN	KRONBERGER
11	ASHLEIGH	ROBERTSON
12	KATE	GROSS
13	QUINN	SELBY
14	CLARE	CONINX
15	OLIVIA	MACKAN
16	ROWAN	MARSHALL
17	REECE	KAWATA

GRIT

EST. 2022

ATTACK

1	RAEGAN	HATCH
2	MARIKA	OKUBO
3	BRIANNA	DITTMER
4	LAUREN	ZAJDLIK
5	TAI	THOMPSON
7	KYLIE	WILLIAMS
8	BRYNN	AFFLECK
9	EMELIA	DROUIN
10	KATIE	DAUNHAUER
11	RACHEL	MORRISON
12	KENADIE	REITBAUER
19	CHELSEA	van DIEPEN
21	ELEXI	FRIGON
34	SOLAH	LUSSIER
37	ELISE	FAWCETT

19A CALGARY NW ATTACK

19A CALGARY NW ROWDY

2	ANNA	O'BRIEN
3	REANO	COFFYNE
4	AYLA	VENTURA
5	GRACE	STAPPLER
7	NATALIE	POTTER
8	JORDAN	DESROSIERS
9	SARA	GRAHAM
11	BRENNA	MURRAY
12	GABBY	LEGAULT
13	NATALIE	PAQUETTE
14	SHEA	KENT
15	HAYDEN	VENTURA
16	SHAYNA	FOLSTROM
19	ANNIKA	RUSSELL
31	TEAGAN	PENNOYER
34	CHARLOTTE	STAPPLER

19A HINTON XTREME

3	EMILY	FRENCH
4	AYLA	GOUPIL
5	ADDISON	KLAVER
6	MAGGIE	KEMPIN
7	DAKOTA	BISHOP
8	GRACEY	KEMPIN
9	BRIELLE	GOUPIL
10	COLE	WHITFORD
11	CAILEB	DAVY
12	MAKENA	HILLS
13	ALYSSA	KLAVER
14	DANICA	HILLS
15	KENNEDY	DAVY
16	KYARA	BISHOP
17	KAYDENCE	HOLLINGSWORTH
31	TEAGAN	HILLS

PARK

RINGETTE

19A SHERWOOD PARK

4	PAIGE	KISTENKAS
5	PARIS	SPARROW
7	CASSIE	PASIKA
9	EMERY	TALAGA
10	ALEXA	RODRIGUE
11	JORJA	SOROCHAN
13	FRANCES	MCBRIDE
15	BROOKLYN	CLIFFORD
16	ASHLEY	WRIGHT
17	VANESSA	MATHESON
19	HANNAH	SARGENT
21	HOPE	HICKEY
22	AVA	MCTAVISH
31	KIRI	CONSTANTIN

THE PURSUIT

19A SHERWOOD PARK PURSUIT

3	JESSY	HAUGER
4	LAURYN	WISMER
5	PEYTON	THOMAS
6	JENNY	MANNING
7	ABBY	ST LOUIS
10	SAM	LAZARUIK
11	REESE	GOODWIN
12	CHLOE	MEAD
13	KACEY	POOLE
15	HALEY	SEBASTIAN
17	GABBY	LESAGE
19	KIARA	DRIECHEL
49	CAMERON	BURKE

1	JANAE	ALTHEN	10	MARIKA	GOOSENS
2	GABI	TRAVERS	11	MIA	NIRO
3	MAGDA	MYSAK	12	HANNAH	PEREJMA
4	BREANNE	MCQUAY	13	TRINITY	ROSE
5	TARYN	FOORD	14	SARAH	ACKERMAN
6	ROXY	ROULSTON	16	SOPHIA	MCMURREN
7	TEYAH	BRAITHWAITE	17	AMEYA	ARCHARYA
8	ELLIE	REYNAR	18	ELIA	PARK
9	ALLY	GAMMIE	31	BROOKE	VADORI

19A SOUTH CALGARY COUGARS

EMERGENCY ACTION PLAN

There is always the potential for injury in all physical activities. Therefore, it is important to have an emergency action plan. The key to the emergency action plan is getting professional care to the athlete as quickly as possible

DIAL 911 - Airdrie is a 911 community

First Aid Kits: Arena Staff, Team Staff

Telephones: Main Lobby, Arena Office, Cell Phones

Addresses:

Ron Ebbesen Arena (State blue or gold ice) - 800 East Lake Blvd NE, Airdrie, AB

Genesis Place Arena - 200 East Lake Cres NE Airdrie, AB

Plainsman Arena -320 Centre Ave. E, Airdrie, AB

EMERGENCY ACTION PLAN

When Injury Occurs

1. Take control and assess the situation.
2. Remember the basic first aid rule: Do not move the injured athlete. If the athlete cannot start a movement herself, do not move the body part for them.
3. Tell bystanders to leave the athlete alone.
4. Leave the athlete's equipment in place.
5. Evaluate the injury. Once you have assessed the severity of the injury, decide whether further assistance is required. **If an ambulance is required DIAL 911**.
6. If an ambulance is not needed, decide on how to remove the injured athlete from the ice surface.

Addresses for Hospitals
(*Non-emergency transport only)

Airdrie Urgent Care Clinic Open 24HRS - 403-912-8500
604 Main Street S, Airdrie, Alberta, T4B 3K7

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Peter Lougheed Hospital in Northeast Calgary - 403-943-4555
3500 26 Avenue NE, Calgary, Alberta, T1Y 6J4

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Foothills Hospital in Northwest Calgary - 403-944-1110
1403 29 Street NW, Calgary, Alberta, T2N 2T9

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Didsbury Hospital in Didsbury, 20 minutes North of Airdrie on QE2 - 403-335-9393
1210 20 Ave, DIDSBURY, AB

2023
AIRDRIE
PROVINCIALS