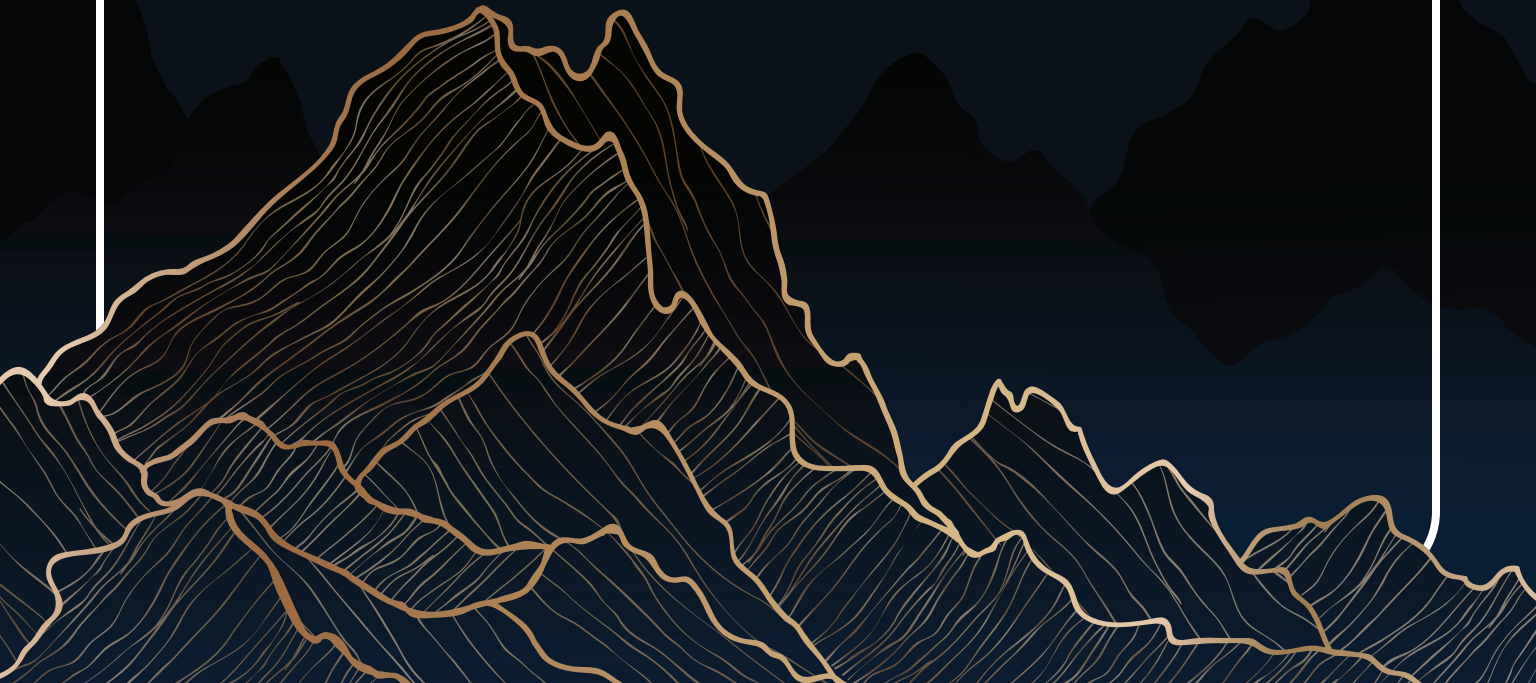




www.ringettealberta.com



PROVINCIALS





Welcome U19B teams!!

On behalf of the Pembina Ringette Association, I would like to extend a warm welcome to all athletes, coaches, officials, and fans to the 2023 Ringette Alberta U19B Provincial Championships. Congratulations to all teams on the accomplishments that have brought you to this point.

Athletes - You should be proud of your skill, determination and dedication that has brought you here. This weekend will pass by clusters of moments. There will be exciting battles, game- winning goals, group cheers and laughter. There will also be moments of hard decisions, games lost and tears. All these moments will come together to form strong, long-lasting bonds and memories.

Coaches- Your devotion and dedication on and off the ice does not go unnoticed, thank you for all that you do!

Parents - Thank you for the time and effort you have dedicated to getting your athletes to practices, games, tournaments, and now the Provincial Championship.

Volunteers/Sponsors - I want to extend a heart-felt thank you to all of our sponsors for making this event so successful. Their generous contribution helped make our vision a reality. In addition, our provincial committee and our volunteers have worked for many months to offer us an incredible weekend. Without these volunteers, hosting this event would not be possible.

We look forward to watching the top athletes play the fastest age on ice. Play hard, play fair and most importantly, have fun!

Kyley Belton
President
PRA



Game #	Date	Start Time	Home	Visitor	Arena
1	03/24/2023	7:00 AM	Berzerk	Rush	Westlock
2	03/24/2023	8:30 AM	Edge	Aces	Westlock
3	03/24/2023	10:00 AM	Royals	Trojans	Westlock
4	03/24/2023	11:30 AM	Chicken Hawks	Sting	Westlock
5	03/24/2023	1:00 PM	Edge	Berzerk	Westlock
6	03/24/2023	2:30 PM	Aces	Rush	Westlock
7	03/24/2023	4:00 PM	Chicken Hawks	Royals	Westlock
8	03/24/2023	5:30 PM	Sting	Trojans	Westlock
9	03/25/2023	7:30 AM	Trojans	Chicken Hawks	Westlock
10	03/25/2023	9:00 AM	Sting	Royals	Westlock
11	03/25/2023	10:30 AM	Rush	Edge	Westlock
12	03/25/2023	12:00 PM	Aces	Berzerk	Westlock
13	03/25/2023	1:30 PM	MINI	GAMES	Westlock
14	03/25/2023	4:15 PM	3A	4B	Westlock
15	03/25/2023	5:45 PM	3B	4A	Westlock
16	03/25/2023	7:15 PM	1A	2B	Westlock
17	03/25/2023	8:45 PM	1B	2A	Westlock
18	03/26/2023	8:15 AM	L14	L15	Westlock
19	03/26/2023	9:45 AM	W14	W15	Westlock
20	03/26/2023	11:15 AM	L16	L17	Westlock
21	03/26/2023	1:00 PM	W16	W17	Westlock

PEMBINA ROYALS



Player #	Player Name
3	Emerson Belton (AP)
4	Mc Kenna Belton
5	Paige Tymkow
7	Emily Hodgetts
8	Janessa Madson
9	Jolie Snow (AP)
11	Skye Kubinec (AP)
14	Breanne Hnatko (A)
19	Taya Lorimer (A)
20	Eliza Sharpe
31	Raina Nanninga (AP)(G)
34	Katie Midgett
36	Sarah Hodgetts (AP)
38	Ruby Kubinec (C)
83	Hunter Budgen (G)

Coaching Staff	Position
Kyley Belton	Head Coach
Janice Tymkow	Assistant Coach
Ryan Kubinec	Assistant Coach
Cory Kubinec	Trainer
Jes Midgett	Manager



CALGARY NW ACES



Player #	Player Name
	Kristen Zieglansberger
	Skyla Earl
	Sarah Peterson
	Avery Hayes
	Maya Jina
	Catherine Carbert
	Kaelin Jackson
	Kaitlyn Cochran
	Anna Nelson
	Kaila Doiron
	Kaitlin Bowes
	Brooke McDavid
	Hannah (Jade) Ditner
	Natalie Savoia
	Makenna Rushfeldt
	Emma Macgillivray

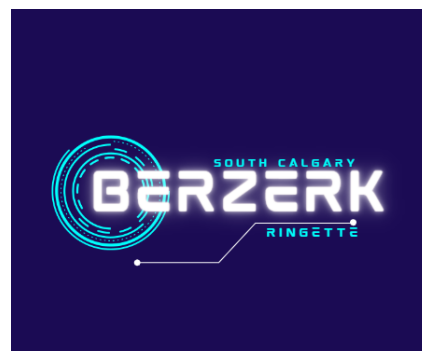
Coaching Staff	Position
Trevor Cochran	Head Coach
Jill McDavid	
Brett Pope	
Danielle Nelson	
Kim Doiron	Manager

SOUTH CALGARY BERZERK



Player #	Player Name
2	Anastasia Gellela
3	Audrey Hobbins
4	Sophie Knapik
5	Katie Clark
6	Annika Yip
8	Emily Auger
9	Emma Edwards
10	Hannah Timson
11	Amelia Hinton
12	Victoria Powers
13	Gabrielle Roznicki
14	Helena Hart
16	Grace Ayres
17	Caroljean Bate
18	Avery Ryan
19	Victoria Veale
30	Faith Bouillet

Coaching Staff	Position
Myron Gellela	Head Coach
Darrin Ryan	
Arlene Clark	
Kristie Bate	
Joan Hinton	
Garth Ayres	
Chantelle Edwards	Manager



MEDICINE HAT CHICKEN HAWKS



Player #	Player Name
1	Grace Carrier
2	Charlie Christie
3	Hannah Giesbrecht
4	Abrielle Guest
5	Rheagyn Heinrichs
6	Leah Jetter
7	Callie Johnson
8	Kylie Kallenberger
9	Dimitria Karamanos
10	Sophie Kerr
11	Leah Mason
12	Delaney Mastel
13	Kayla Robinson
14	Hailey Sanders
15	Brooklyn Schlenker
16	Alycia Simpson
17	Ryan Sweet
18	Hannah Thompson
19	Ashlyn Unreiner
20	Natasha Unreiner
21	Kylee Waldegger
22	Avery Weisgerber
23	Jordan Weisgerber

Coaching Staff	Position
John Karamanos	Head Coach
Rod Thompson	Assistant Coach
Michelle Robinson	Assistant Coach
Wendy Kallenberger	Assistant Coach
Jackie Johnson	Assistant Coach
Wade Carrier	Manager



LACOMBE EDGE



Player #	Player Name
1	Sarah Hatto
2	Sydney Wilzer
3	Ella Voth
4	Emmerson Winslow
5	Baylee Retzer
6	Shaylee Wilkie
7	Tucker Stephenson
8	Mia Cunningham
9	Rilyn Prins
10	Taryn Miller
12	Loren Nielsen
13	Macy Ahlquist
14	Samantha Fitzgerald
15	Tori Dean
15	Bridget O'Muir

Coaching Staff	Position
Katelyn Litwin	Head Coach
Tristen Hatto	
Bruce Miller	
Shelley Leslie	
Ami Rintoul	
Sherri O'Muir	
Shauna Smith	
Lori Winslow	Manager

RED DEER RUSH



Player #	Player Name
1	Lacey McFarlane (G)
4	Ava Kay
5	Ashley Bull
6	Lyvia Watson
7	Katelyn Joa
8	Reese Bowers
9	Taya Labrecque
12	Makenna Wiens
13	Denisha Maerz
14	Haley Fischer
16	Arwynn Abbott
17	Cadence Veleti
18	Brooklynn Little

Coaching Staff	Position
Brent Wiens	Head Coach
Michelle Fischer	Trainer
Darryl Kay	Assistant Coach
Tamara Pollock	Assistant Coach
Tyler Labrecque	Assistant Coach
Jes Midgett	Manager



ST. ALBERT STING



Player #	Player Name
2	Madison Seligner
5	Mackenzie Wilcox
6	Gracie Cook
8	Lily Kylmatycki
9	Roxanne Papadopolous
10	Inara Van De Vliert
11	Ashleigh Wood
12	Olivia Morris
13	Brooklyn MacAllister
14	Helena Eddie
16	Lauryn Shelton
17	Kennedy Flaman
18	Jorja Miles
19	Maya Van Brabant
23	Kailey Metlin
31	Claire Williams
92	Addison Evoy

Coaching Staff	Position
Tom Metlin	Head Coach
Caity Palfy	Assistant Coach
Ben Van De Vliert	Assistant Coach
Darlene Wood	Assistant Coach
Twana Rose	Assistant Coach
Krissy Van De Vliert	Manager



SOUTH CALGARY TROJANS



Player #	Player Name
1	Gideon Breitenstein (G)
2	Ava Fougere
3	Liz Okrusko
5	Julia Thompson
6	Liza Scase
7	Rachel Norris
8	Grace Mitenko
9	Kyra Grenning
10	Lauren Humphreys
11	Ava Shenher
12	Maya Grierson
14	Sophia MacDonald
15	Violet Nyitrai
16	Carly Proudfood
18	Joceline Keller
19	Brynn Pattison
22	Amanda Cook
31	Janelle Mozill (G)

Coaching Staff	Position
Tim Nyitrai	Head Coach
Jay Grenning	Assistant Coach
Joleen Humphreys	Assistant Coach
James Proudfood	Assistant Coach
Kevin Fougere	Assistant Coach
Shea McQuay	Assistant Coach
Nicole Genereux	Manager





True Sport Principles

Go For It

Rise to the challenge - always strive for excellence.
Discover how good you can be.

Play Fair

Play honestly - obey both the letter and spirit of the rules.
Winning is only meaningful when competition is fair.

Respect Others

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

Keep It Fun

Find the joy of sport.
Keep a positive attitude both on and off the field.

Stay Healthy

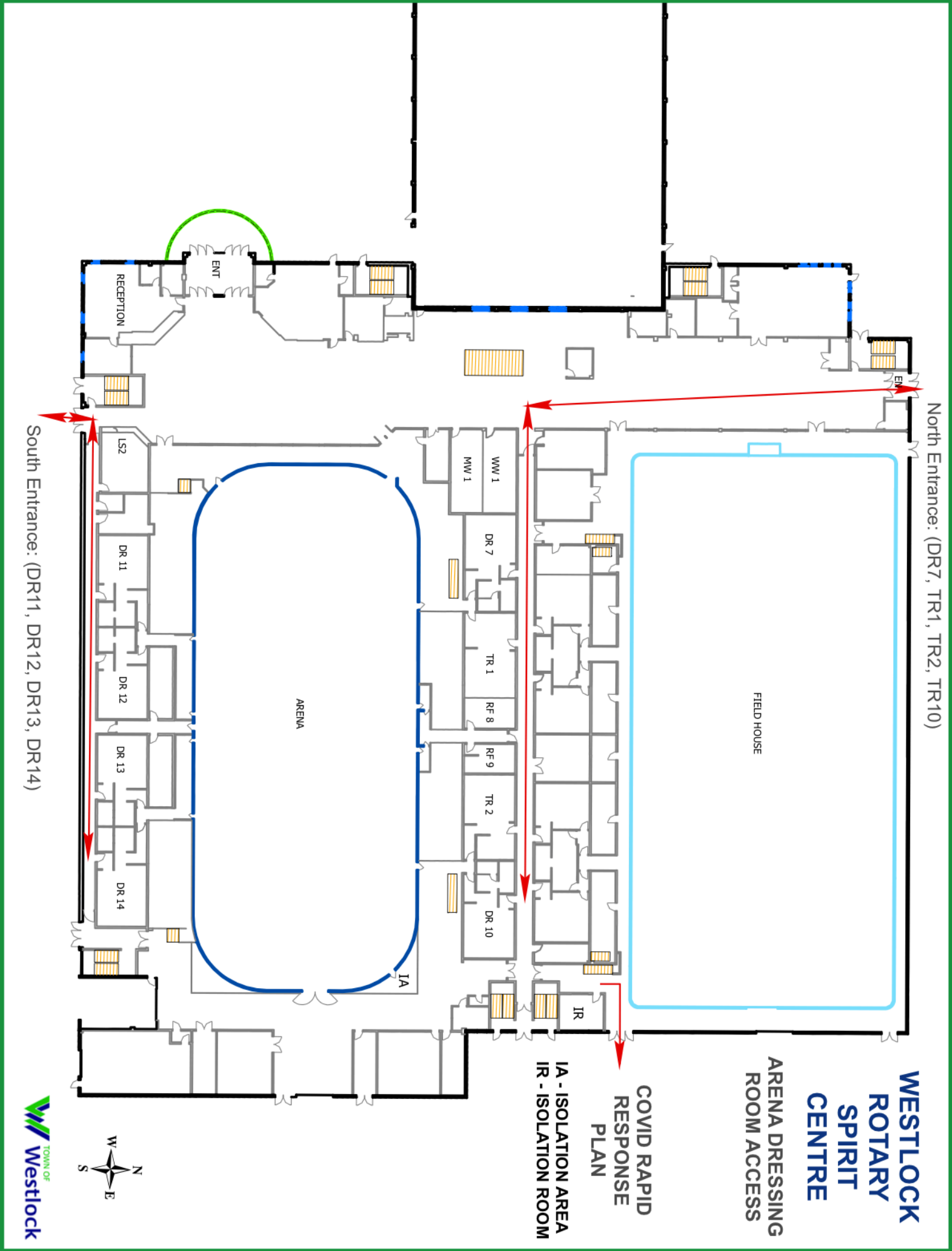
Place physical and mental health above all other
considerations - avoid unsafe activities.
Respect your body and keep in shape.

Include Everyone

Share sport with others.
Ensure everyone has a place to play.

Give Back

Find ways to show your appreciation for the community
that supports your sport and helps make it possible.



OVERFLOW PARKING

North Entrance:
(DR7, TR1, TR2, TR10)

Curling Rink
Entrance:

Curling Rink

Main Entrance:
(Fieldhouse, Weightroom,
Walking Track,
Fitness Class Users)

South Entrance:
(DR11, DR12, DR13, DR14)

Field House

Arena

Pedestrian Walkway



TOWN OF

Westlock

0

10

20

30

40

Meters

N

↑

Spirit Centre Site

××××

Barricade

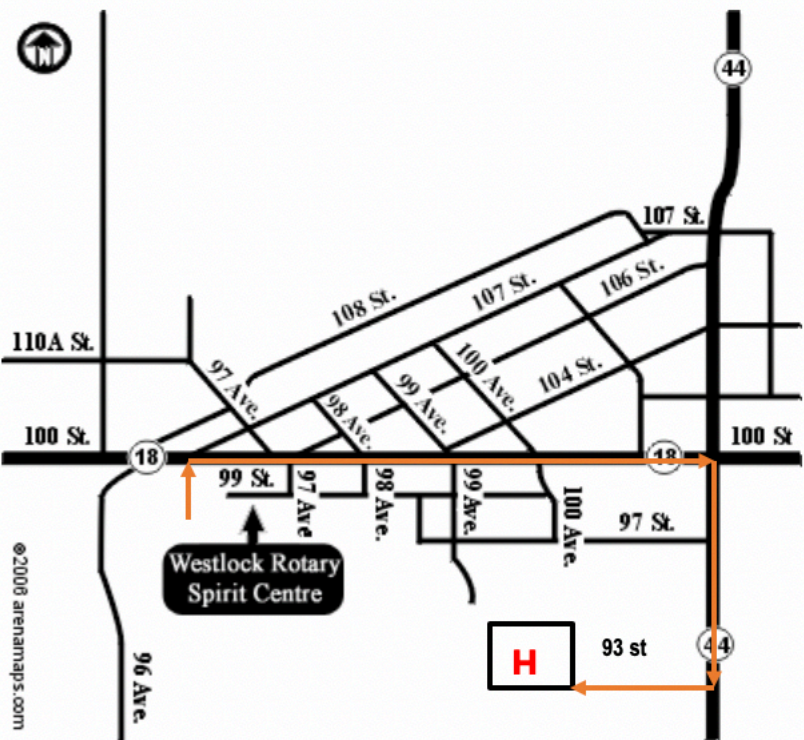
Emergency Action Plan – Westlock Rotary Spirit Centre

Facility

Westlock Rotary Spirit Centre

(Mountie Park)
9603 100 St.
Westlock, AB T7P1Y1
780-349-6654

For Ambulance service call 911



Nearest Hospital

780-349-3301
Westlock Healthcare Centre
10220 93st
Westlock, Alberta T7P 2G4

Directions to hospital

1. Head **east** (out of arena parking lot) on **Hwy 18** (100 st.)
2. Turn **right** onto Hwy 44
3. Turn **right** onto **93 st**
4. Turn **right** into Hospital parking lot & follow to Emergency drop point



OUR SPORT. OUR PASSION.

To Contact Ringette Alberta:

Phone: 780-415-1750

Percy Page Centre, 3rd Floor
11759 Groat Road
Edmonton, Alberta T5M 3K6

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