



2023-2024 Regional Award Recipients

Regional Goalie of the Year: **Hannah Cowie**

"It means a lot to me to win this award I have been a goalie for a few years now and I was memorized by an older goalie, Lauren Nagy when she played with my older sister Jessica, and that is what convinced me to become a goalie and I think I have really improved from when I first started and all it needs is commitment"

Regional Volunteer of the Year: **Phyllis Bergmans**

"When my daughter, Annika, first started playing ringette, I didn't think volunteering to be an assistant coach on her Novice team would lead me down the path that I've been on for the past 14 years. But as with every other path in life, you take it to see where it leads you. For me, volunteering in various capacities in the ringette space was as natural as breathing. I loved being a coach for many years for both my daughter and my niece. Being President of CORA for six years allowed me to contribute to the continued growth and development of the association. Navigating through the COVID years was certainly challenging but together with the other amazing volunteers within CORA, we were able to provide ringette programming that was essential to the wellbeing of our athletes.

Although Annika has long since aged out, some of my volunteer time is currently spent as the 1st Vice Chair on the Eastern Region Board, chairing the Eastern Region U19AA Working Group, and co-chairing the committee for upcoming 2025 Canadian Ringette Championships.

It's an absolute joy to watch our athletes on and off the ice, realizing that my contributions have had a (very) small part in their ringette journey.

It's truly an honour to be recognized by Ringette Ontario as the Regional Volunteer of the Year."

Regional Coach of the Year: **Julie McNeely**

"I have been involved with ringette since I was 8 years old. First as a player and referee, now as a coach, referee and returning player! Ringette was a pivotal part of my upbringing. As such, I am extremely happy to be sharing my love of this sport with my three girls and so excited to see them developing as players but also as independent little women finding confidence in themselves and their skills.

I am so fortunate to have coached such a phenomenal group of kids this year. I was able to watch this group of first time players grow into a competitive team, that learned how to lose with dignity and win with grace. Above all, they learned the importance of sportsmanship and being a good teammate. It was a pleasure to coach such a dedicated group of kids in their first season. They never gave up, and I couldn't be more proud of them!

Regional Association of the Year: Sunderland Ringette Association

“Being named Regional Association of the Year is a huge honour and accomplishment for our association! Our small but mighty association went above and beyond this year both on and off the ice! SRA had a total of 7 regional teams this year - 4 of which were at the FUN age. We offered numerous development clinics for players fun 2 and above including shooting, goalie, and power skating clinics! We held a two-day holiday development camp for our FUN aged players as well as a Bunnyfest event for central region Fun 1 teams. Our U12 team worked hard this season and improved so much, they had a blast at the U12 Event. The U14 team battled hard this season and it was great to see them come together. It was great to see so many adults still loving the game and playing in the 18+ division. Off the ice SRA collected food for the local food bank, and participated in the local Santa clause parade. Our board was successful in implementing new bylaws and policies! Being named association of the year highlights the amazing work our volunteers are doing!

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