



2022 SWEETHEART TOURNAMENT

Activities Package
February 18-20, 2022

Welcome to the 2022 Spruce Grove Sweetheart Ringette Tournament

On behalf of the SGRA Board and the entire membership of the Spruce Grove Ringette Association, we are excited to welcome 59 teams, approximately 900 athletes, their coaches, parents and fans from around Alberta, BC and Saskatchewan to the tri-community area.

Thank you all for your dedication, and for providing athletes with the opportunity to grow and learn through the sport of ringette. It is sure to be an action-packed few days, filled with some truly impressive skills.

We trust that through good sportsmanship, friendship, and competitive play, this tournament will be fun and memorable for all. We hope you enjoy your time with us.

The Sweetheart Tournament has gained a reputation for one of the biggest sporting events in the tri-community area. It's great to see the growth and momentum of our sport.

In order to reduce crowds in our facilities and keep our athletes, parents and volunteers safe and healthy we have moved our 50/50 raffle and vendors online. Between games, make sure you take in some special events throughout the tournament including our team social media scavenger hunt and remember to check out our raffles and silent auction.

Plus, enjoy all the amenities and attractions that the tri-community area – Parkland County, Town of Stony Plain and City of Spruce Grove – has to offer.

Check out our website and our social media feeds for up to date information. This year we will be using the TeamSnap app which will have our sponsors, scheduling, team rosters etc. and will allow us to communicate with participating teams throughout the event.

We'd like to thank our many tournament sponsors. These individuals and organizations have given their time, gifts in kind, and generous donations to make the tournament more fun and a little more affordable for all. Without their support, this event would not be possible.

Volunteers are the heart of any sport association and the Sweetheart tournament in particular. We'd like to thank each one of our "too many to count" volunteers, especially those who served on our tournament committee. When you see a volunteer at the registration table, doing raffles or countless other roles, take the time to say, "thank you – we appreciate it". This tournament would not be successful without their commitment, perseverance and hundreds (and hundreds!) of hours of hard work.

To the athletes, good luck in your ringette games. Play hard, have fun and most of all, make memories to last a lifetime!

Michelle Viney

President,

Spruce Grove Ringette Association





OFFICE OF THE MAYOR



SPRUCE GROVE RINGETTE ASSOCIATION SWEETHEART TOURNAMENT

On behalf of Spruce Grove City Council and our residents, it's my pleasure to welcome you to Spruce Grove for this year's Spruce Grove Ringette Sweetheart Tournament. With over 1,000 athletes, coaches, and officials visiting our community, representing dozens of teams, this weekend is sure to be packed with high calibre competition and a rich exchange of community spirit.

We're always happy to have competitions like this come to Spruce Grove. They promote sportsmanship, provide an excellent opportunity for personal and athletic development, and allow our local athletes and sports families to connect with others from around the country. It's also an opportunity for local organizations, like the Spruce Grove Ringette Association, to make great use of some of our facilities, including the TransAlta Tri-Leisure Centre and the Agrena.

I hope you enjoy your visit and I encourage you to make the most of your stay. We are proud to offer a wide variety of shops, restaurants, and services in Spruce Grove. Our residents and businesses will be happy to show you the hospitality and friendly service that makes Spruce Grove the Community of Choice.

Congratulations to the Spruce Grove Ringette Association for organizing this event, and thank you for your continued contribution to the health and wellness in our community and across Canada.

Good luck to you all!

A handwritten signature in black ink, appearing to read "Jeff Acker".

Jeff Acker
Mayor
City of Spruce Grove



OFFICE OF THE MAYOR

February, 2022



I would like to extend a warm welcome to all athletes, coaches, parents and spectators who are attending the 2022 Sweetheart Ringette Tournament in the Tri-Municipal Region.

We hope you will have the opportunity to experience the hospitality and the pride we have in our tri-regional communities during your stay. While you are here, please take some time to visit the Town of Stony Plain.

The Tri-municipal region has a strong history of community involvement and joint-partnerships. Residents, local service clubs and organizations and local businesses are well known for their support of community initiatives. This championship is no exception and could not be possible without the unwavering commitment and efforts of the many volunteers who have given of their time and energy. Such dedication and participation demonstrates the heart of our tri-regional community.

On behalf of Stony Plain Town Council and the residents of Stony Plain, we thank all the volunteers and sponsors who have ensured the success of this regional championship tournament.

Best of luck to all participants, and enjoy your stay in our community.

Sincerely,

A handwritten signature in blue ink, appearing to read "William Choy".

Mayor William Choy

OFFICE OF THE MAYOR

Message from the Mayor of Parkland County

On behalf of Parkland County Council, I would like to extend a warm welcome to the athletes, coaches and their families to the Spruce Grove Ringette Association's 2022 Sweetheart Ringette Tournament! It is with a great deal of pleasure that we welcome you to our region.

We acknowledge the hard work and dedication of all the athletes and their coaches. As well, we would like to congratulate the many volunteers who helped to organize this event. Their efforts and commitment to the sport are recognized and are a tribute to our community.

Parkland County Council welcomes you in the spirit of good sportsmanship and friendship.


Good luck and have fun!

Mayor Alan Gamble

Parkland County

SOCIAL MEDIA SCAVENGER HUNT

 **1st Prize – Subway Platter PLUS \$100 cash**

 **2nd Prize – \$100 Cash**

- ✓ Like us on Facebook **@sprucegroveringetteassociation**
- ✓ Follow us on Instagram **@sprucegroveringette**
- ✓ Post to **Instagram** with hashtag **#sweetringette2022** and tag **@sprucegroveringette**
- ✓ Please include your **TEAM NAME** in all posts.
- ✓ Each Challenge = 1 Entry
- ✓ Each Challenge with a Sponsor Sign = 1 Extra Entry

1. BREAKFAST OF CHAMPIONS

Post a photo of your healthy pre-game meal

2. TEAM CHEER

Share your team cheer!

3. TEAM SWAG

We'd love to see your association or team toques, sweaters, t-shirts, etc.

4. RINGETTE PICK UP STICKS

Gather your sticks together and let them fall– can each player remove their stick without moving another!?

5. FIND YOUR ZEN

Share a photo of your team taking part in mediation, yoga, etc.

6. HEART HEALTHY FLEX

Strike a pose and show off those ringette muscles!

7. MAKING SHAPES

How can your team create their own unique heart(s)!?

8. MOVE TO THE BEAT

Share a video of your team dancing to their favorite pump-up song!

9. SECRET HANDSHAKE

Come up with a unique handshake for your team with your ringette gloves on!

10. RINGETTE LOVE

What is your favorite thing about the sport of ringette?





Click on the Logo to learn more
about our local sponsors

SPONSORS

- ♥ Thompson Brothers
- ♥ Zender Ford
- ♥ Freetek Construction
- ♥ Wildflower Designs
- ♥ Elements Health
- ♥ Grove Dental
- ♥ Smitty's Skate Shop
- ♥ Royal Tyrell Museum
- ♥ SYC Brewing Co.
- ♥ Save On Foods
- ♥ McElhanney Ltd.
- ♥ Fortis Alberta
- ♥ Culligan Water
- ♥ Subway
- ♥ Fix Auto
- ♥ CB Max
- ♥ Booster Juice
- ♥ Rabbit Hill
- ♥ Technichrome
- ♥ Jack's Drive In
- ♥ KIWI Nurseries
- ♥ University Ringette
- ♥ PipeTech
- ♥ MEG Energy
- ♥ Karo Dental
- ♥ Vanity Collective
- ♥ McDonalds
- ♥ Laser City
- ♥ Pro Skate
- ♥ United Cycle
- ♥ The Comic Strip
- ♥ Freson Brothers
- ♥ Parkland County
- ♥ Yellow Jacket Oil Tools
- ♥ City of Spruce Grove
- ♥ Golden Spike Lumber
- ♥ Time Out Beauty Retreat
- ♥ Edmonton International Raceway



VENDORS

Real Hip Clothing



Thank you for providing pre-orders for our Sweetheart apparel!

<https://realhipclothing.com/collections/spruce-grove-sweetheart-ringette-tournament>



Damaged Timber



A display will be setup at the tournament and orders can be placed through their website using the promo code SWEETHEART2022 for a 10% discount.

<https://www.damagedtimber.com/>



SILENT AUCTION

Technichrome Ind. Ltd.	\$100	Gift Bag
Edmonton International Raceway	\$190	NASCAR Test Drive Experience
SYC Brewing	\$95	Flat of beer
University Ringette	\$100	Game Jersey
University Ringette	\$450	Ringette Camp in August
Laser City	\$56.64	Laser tag for 4 people
Smitty's Skate Shop	\$80	Two skate sharpening cards
Golden Spike Lumber	\$150	Hilberg and Berk earrings, scarf, wine, and chocolate
Rabbit Hill	\$166	Full day adult lift tickets for 2 and rentals for 2
Royal Tyrrell Museum	\$50	One Day Family Pass to Royal Tyrrell Museum (up to 8 people)
United Cycle	\$300	Autographed Leon Draisaitl Print
Starbucks	\$550	Assortment of coffee & cups Embler digitally temperature-controlled mug Four \$5 gift cards
Time Out Beauty Retreat	\$200	Gift basket of beauty products and gift certificate for pedicure
Dani and Madi	\$180	Beauty products and gift certificate
The Comic Strip	\$260	8 Tickets
RISEN	\$90	60-minute massage with Alesha Plandowski
Town of Stony Plain	\$120	Camping Chair

Sweetheart Tournament 50/50 RAFFLE

https://www.rafflebox.ca/event-ticker/sgra?fbclid=IwAR07eWgyCFGOrOD7HC82jJmE5jxtO9WSPq2_OIXfbtbINR5ZzjPKUEqQwnU



SUCKER TREE

Be sure to stop by our sucker tree and play to win this massive tower of goodies!



SWEETHEART COOKIES

We will be selling these delicious conversation heart cookies from Cake Affair for \$2 each at all of our arenas during the tournament. They will sell out fast, so you will want to make sure to get yours while you can!





Sharpen Your Skates

Parkland Skate Sharpening @ Tri Leisure:

Friday 9:00 a.m. - 8:00 p.m.
Saturday 9:00 a.m. - 7:00 p.m.
Sunday 9:00 a.m. - 6:00 p.m.

Skate Sharpening @ Glenn Hall Arena:

Friday 11:00 am- 7:00 p.m.
Saturday & Sunday 6:00 a.m. - 7:00 p.m.

Stony Plain Skate Service 4405 - 50 Street

Friday 12:00 p.m. – 5:30 p.m.
Saturday 10:00 a.m. – 4:00 p.m.



PLACES TO EAT

Please consider supporting these Sweetheart Tournament Sponsor locations

Jack's Drive In	Burgers, fries and much more	123 First Avenue	Spruce Grove	Friday Saturday Sunday	8AM-11PM 10AM-10PM 10AM-10PM
Subway	Fast Food	#104 205 Jennifer Heil Way	Spruce Grove	Friday Saturday Sunday	10AM-830PM 10AM-7PM 10AM-4PM
McDonald's	Fast Food	310 St. Matthews Ave	Spruce Grove	Friday Saturday Sunday	8AM-11PM 8AM-11PM 8AM-11PM
McDonald's	Fast Food	4201 South Park Drive	Stony Plain	Friday Saturday Sunday	6AM-11PM 6AM-11PM 6AM-11PM
Boston Pizza	Pizza, Pasta, Burgers and More	205 Jennifer Heil Way #112	Spruce Grove	Friday Saturday Sunday	11AM-12AM 11AM-12AM 11AM-10PM

Boston Pizza is offering teams who dine in a 10% discount. Call ahead to reserve, let them know you are with the sweetheart ringette tournament!

Booster Juice	Smoothies	221 Jennifer Heil Way	Spruce Grove *Inside Tri Leisure*	Friday Saturday Sunday	9AM-9PM 9AM-7PM 9AM-7PM
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Local restaurants to check out

Broadway and Grand	Pub-Cafe	248 St Matthews Ave	Spruce Grove	Friday Saturday Sunday	11AM-9PM 11AM-9PM Closed
Bing's	Chinese Food	21 Westway Rd	Spruce Grove	Friday Saturday Sunday	1130AM-9PM 1130AM-9PM 1130AM-8PM
Docherty's	Fish and Chips	309 McLeod Ave	Spruce Grove	Friday Saturday Sunday	12PM-7PM 12PM-7PM Closed
Cheesecake Cafe	Pub-Cafe	96 Campsite Rd	Spruce Grove	Friday Saturday Sunday	11AM-9PM 11AM-9PM 11AM-9PM
Las Vantas	Mexican	7 Tri Leisure Way	Spruce Grove	Friday Saturday Sunday	10AM-8PM 10AM-9PM 10AM-6PM
Porta Romana	Authentic Italian	#7, 420 King St.	Spruce Grove	Friday Friday Saturday Sunday	1130AM-130PM 5PM-9PM 5PM-9PM 4PM-8PM
Twenty Eight	Urban Kitchen Serves Breakfast	#108, 4807 44 Ave	Stony Plain	Friday Saturday Sunday	7AM-9PM 7AM-9PM 7AM-3PM
Love Pizza	Pizza	#314, 11 Westwind Dr	Spruce Grove	Friday Saturday Sunday	11AM-9PM 11AM-9PM 11AM-8PM
Talking Dog Brewing	Brewery and Restaurant	#216, 10 Westwind Dr.	Spruce Grove	Friday Saturday Sunday	2PM-10PM 12PM-10PM 12PM-4PM
Barbacoa	Steakhouse	470 South Ave	Spruce Grove	Friday Saturday Sunday	11AM-10PM 11AM-10PM 11AM-10PM
KC's	Pub and Greek Food Lounge	#104, 4600 48 St	Stony Plain	Friday Saturday Sunday	11AM-9PM 11AM-9PM 11AM-8PM



LOCAL SHOPPING

Whimsical Vintage	Locally created products and unique finds.	3919 49Ave Stony Plain	Fri 10-6 Sat 10-6 Sun 11-5
Cake Affair	Cakes, Cupcakes, Cookies	15B Alberta Ave	Fri 10-5 Sat 10-2 Sun Closed
One Man's Treasure	Antiques	4912 50 Ave Stony Plain	Fri 11-5 Sat 11-5 Sun 12-4
Wilhawk Jerky	Beef Jerky	#11, 201 Mcleod Ave Spruce Grove	Fri 10-6 Sat 10-5 Sun 10-3
Pretzel Shack	Fresh Pretzels	4305 50 St Stony Plain	Fri 10-5 Sat 10-5 Sun Closed
Raggs to Riches	Vintage Items	123 Mcleod Ave Spruce Grove	Fri 11-5 Sat 11-5 Sun Closed
Dani and Madi	Clothing Boutique	#6, 280 King Street	Fri 11-6 Sat 10-5 Sun Closed
Crown and Fox Boutique	Boutique	#121, 3003 43 Ave Stony Plain	Fri 10-6 Sat 10-5 Sun Closed
The Local Refillery	Zero Waste Shopping	5113 50 th St Stony Plain	Fri 11-6 Sat 11-4 Sun Closed
Hooked Up Fishing Gear Inc.	Fishing Apparel and Gear	#108, 301 Saskatchewan Ave Spruce Grove	Fri 9-5 Sat 10-5 Sun Closed
KIWI Nurseries	Garden Centre	31313 118Ave Spruce Grove	Fri 11- 4 Sat 11-4 Sun 11-4
Hyperspace	Comics and Games	#1, 229 First Ave Spruce Grove	Fri 12-6 Sat 11-4 Sun 11-4
Sandy View Farms	Deli	155 South Ave Spruce Grove	Fri 8-6 Sat 8-5 Sun 8-5
So Pretty Gift Store	Gift Shop	#120, 131 Century Rd Spruce Grove	Fri 10-7 Sat 10-5 Sun 12-4



THINGS TO DO

Tri-Leisure Centre (TLC)

The home of Sweetheart Headquarters has a pool area which includes a hot tub, steam rooms, lap pool, leisure pools & water slide!

<https://www.trileisure.com>

Alberta Beach SnoMo Days:

Winter Festival dedicated to supporting motorized & non-motorized winter sports, fun for the whole family!

Location: Alberta Beach

Date: February 19 – 21, 2022

Local outdoor rinks (no cost to use):

- Myshak Rink - Tri Leisure Centre, 221 Jennifer Heil Way, Spruce Grove
- Central Park Oval - 9 Agrena Road, Spruce Grove (firepit available, free firewood onsite)
- Rotary Park - 44th Ave & 48 St, Stony Plain
- Jubilee Park - 510 Grove Drive, Spruce Grove

Landmark Cinemas:

Catch the latest movies!

<https://www.landmarkcinemas.com/showtimes/spruce-grove>

Tri Leisure Toboggan Hill:

Get your toboggans ready! Located next to the Tri Leisure Arena (Far West side of Parking lot)

Spruce Grove Saints VS. Camrose Kodiaks AJHL Hockey

Teams with the sweetheart tournament can get discounted rates, message Chad to get tickets ahead of the game. chohmann@silentice.com – 780-916-3446

Location: Grant Fuhr Arena - 9 Agrena Road, Spruce Grove

Date: Friday February 18

Time: 7:00 p.m.

Spruce Grove Saints VS. Fort McMurray Oil Barons AJHL Hockey

Teams with the sweetheart tournament can get discounted rates, message Chad to get tickets ahead of the game. chohmann@silentice.com – 780-916-3446

Location: Grant Fuhr Arena - 9 Agrena Road, Spruce Grove

Date: Sunday February 20

Time: 7:00 p.m.

 SCHEDULE OF EVENTS			
Saturday	SnoMo Breakfast	Agplex	8:30 am - 11 am
	Snowmobile Poker Rally - Registration	Agplex	9 am - 11 am
	Snowmobile Poker Rally - Event	Designated Trail Route	9 am - 5 pm
	Freeze Hunger	Van near Beachside Market	10 am - 6 pm
	Snow Sculptures - Carving	Across from Lion's Park	All Day
	Lake Ice Skating	On the Ice	All Day
	Over the Line Snowball - Event	Next to Heritage Centre	11 am
	Beachside BBQ	Across from Beachside Market	11 am - 7 pm
	Skate Hut & Concession	Beachwave Park	11 am - 8 pm
	Public Skating	Beachwave Park	12 noon - 2 pm
	Car Ice Racing	On the Ice	11:30am - 4 pm
	Horse-Drawn Wagon Rides	Beachwave Park	1 pm - 3 pm
	Tattoos	Beachwave Park	12 pm - 5 pm
	Family & Friends Skate	Beachwave Park	3 pm - 9 pm
	All You Can Eat - Roast Beef Dinner	Heritage Centre	4:30 pm - 7:30 pm
	Ice Breaker Party (Bar open from 1 pm - 5 pm)	On the Ice (18+)	5:30 pm
	Couples Skate Contest	Beachwave Park	7 pm - 7:30 pm
	SnoMo Bonfire	Beachwave Park	7 pm - 9 pm
Sunday	Snowmobile & ATV Parade	Boat Launch	7 pm
	Fireworks	Boat Launch	9 pm
	SnoMo Breakfast	Agplex	8:30 am - 11 am
	Snowmobile Drag Races - Registration	Agplex	9 am - 11 am
	Lake Ice Skating	On the Ice	All Day
	Ice Park & Kidz Zone	Ice Park	All Day
	OHV Novelty Challenge - Registration	Agplex	9 am - 10:30 am
	Freeze Hunger	Lake Admin. Gate	10 am - 3 pm
	Skate Hut & Concession	Beachwave Park	11 am - 8 pm
	Broomball Tournament	Beachwave Park	10 am - 3 pm
	SnoMo Concession	On the Ice	11 am - 5 pm
	Snow Dig	CN Ice Park	11 am
	Beachside BBQ	Across from Beachside Market	11 am - 7 pm
	OHV Novelty Challenge - Event	On the Ice	11:15 am - 1:15 pm
	Snowmobile Drag Race - Event	On the Ice	12 noon - 5 pm
	Vintage Show and Shine	On the Ice	12 noon - 5 pm
	5 km Walk/Run	Starts on the Ice	1 pm
	Family & Friends Skate	Beachwave Park	3 pm - 9 pm
Monday	Tattoos	Beachwave Park	12pm - 5pm
	SnoMo Prize Draw	Beachwave Park	6 pm
	Freeze Hunger	On Ice, by Fishing Derby	8 am - 1 pm
	Lake Ice Skating	On the Ice	All Day
	ATV Poker Rally - Registration	Agplex	9 am - 11 am
Monday	ATV Poker Rally - Event	Designated Trail Route	9 am - 4 pm
	Public Skate	Beachwave Park	12 pm - 8 pm
	Skate Hut & Concession	Beachwave Park	12 pm - 7 pm

