

WRRR High Performance Report December 2021

Western Region HP Skills and Drills Sessions

Western Region held four Warmup Skills and Drills sessions for those athletes interested in trying out for this year's AAA program. Thank you to Waterloo, London, Guelph and Kitchener for all their help in arranging these ice times.

Western Region Coaches well represented as part of Ringette Ontario's HP Program

Team Ontario Coaches – Head Coach Sheri Markle and Assistant Coaches, John Mezenberg, and Melanie Norris, in addition, Erin Markle will also be joining the team as an Apprentice Coach.

Ringette Ontario AAA Coaches

Head Coaches Becky Branton and Freedom Warne

Assistant Coaches, Abby Breckles, Elysia Ashton, Kenzie Taylor, Shelagh Rouse

Trainer – Paige Lanteigne

Western Region Athletes well represented as part of the Ringette Ontario HP AAA Program

52 Athletes from all over the Region were selected to be part of this year's AAA Program. We congratulate them on their accomplishment and wish them luck with their AAA season.

Dates and Locations of the Ringette Ontario HP Program events

For those that might be interested in coming out to watch the following is a list of dates and locations of this year's events

Pickering – December 3 to 5

Markham December 27 to 29

Kingston January 21 to 23

Ontario Winter Games in Arnprior February 24 to 27

If you have any questions, please do not hesitate to contact me.

John Mezenberg

Western Region High Performance Coordinator