



Fall 2009 Newsletter

Welcome to the 2009/2010 Season!

Welcome all new and returning ringette players and their families to West Ottawa and another exciting ringette season! All our teams are off to a great start.

West Ottawa Teams

This year we are icing 17 teams as well as our usual large group of more than 45 'Wild' Bunnies. Introducing our coaches:

Belle A	Don Gainforth
Belle B	Angus Palmer
Junior AA	Rob Ross
Junior A	Barry Gorham
Junior B	Christine Klassen
Tween AA	Catherine Moore
Tween A	Hal Stewart
Tween C	John Campbell
Petite Provincial 1	Jackie Banning
Petite Provincial 2	Michelle Benoit
Petite B	Paul Leduc
Petite C	Larry Winn
Novice B	Ron Moore
Novice C Black	Rob MacKean
Novice C Red	Bill Crawley
Novice Rec Black	Gabby Doiron
Novice Rec Red	Bonnie Fioravanti
Bunnies	Carrie Lindsay

Practices and Games

All of our teams play in the National Capital Region Ringette League (NCRRL), except for our 'AA' teams, which play in the Quebec Elite League (LERQ). The game season got off to an earlier start this year in order to avoid having to play games during March Break.

The first half of the season will consist of 8 games and will end on December 4th. These first 8 games are essentially exhibition games, at the end of which the NCRRL re-assesses the placement of the teams and re-seeds them if necessary for the second half. The objective is to have every team playing meaningful, competitive games against teams of similar skill. The second half of the season will start on December 5th and will consist of 10 games. League playoffs will begin February 24th.

Our ice scheduler, Liz Abbott, has posted the practice schedule to December 3rd. Please note that additional December practices can't be allocated until the NCRRL game schedule for the second half is known, which will not be until approximately December 1st. Your patience is appreciated during that time. Recreational teams can generally expect one practice and one game each week. Every effort is made to balance practice ice among the teams.

Power Skating

We are pleased to report that approximately 90 of our Novice to Tween aged players are taking advantage of our power skating partnership arrangement with the Goulbourn Skating Club. This is a win-win deal all around as we believe power skating is important to a player's development, but we don't have enough of our own ice to offer a program like this. Partnering with the Goulbourn Skating Club allowed us to be able to offer a 10 session program to our members at the fantastic, subsidized price of \$100. A 20 session program is also available and there is still some room in both programs. Please contact our Registrar, Dawne Flaborea, if you'd like to register. All sessions are on Monday evenings at the Richmond arena.

West Ottawa Ringette Logo Contest

We are looking to update or change our logo and we invite all West Ottawa players to submit their ideas to our logo contest. The grand prize will be your logo on the new jerseys the association plans to purchase for all our teams. YES, WE ARE GETTING NEW JERSEYS!! All players will get a chance to vote on their favourite jersey design and favourite logo. The existing logo will be one of the choices.

The intent is to buy jerseys for all of our teams, which will be a large expense, so we are actively pursuing corporate sponsors to help cover some of the costs. If you know of someone who might be interested in sponsoring a set of jerseys (approximately \$2,500) or if you yourself are interested, we want to hear from you.

Logo submissions are due by December 15th. Please contact competitive@westottawaringette.com for more information and to submit your designs.

Team FUNdraising Opportunity

Friday, November 27th is Ringette Night at the Civic Centre! All ringette teams in the region have the opportunity to sell tickets to the November 27th 67's game and for every ticket your team sells for \$10 (tickets have a \$15 value), your team will receive \$5 back.

There are lots of great prizes to be won by the top ticket sellers, including suites for 67's playoff games, a chance to 'high 5' the 67's and numerous autographed items. In addition, everyone wearing a jersey to the game that night will receive a free 67's toque. As well, some of our local ringette players will take to the ice during the second intermission to do a ringette demonstration.

This is a great opportunity to have a fun team event while raising funds for your team. Your team manager has all the details.



Bench Staff Training

A reminder that all bench staff must be properly qualified for their position by January 8, 2010. If you are uncertain what training you require, please contact our Competitive Coordinator, Colleen Armstrong, or our Recreational Coordinator, Hal Stewart.

Generally, coaches of B, C and Rec teams require CSI – Community Sport Initiation – training, while coaches of competitive teams are required to take the CI – Competition Introduction – clinic. Trainers must be up to date on Standard First Aid (or equivalency) and Managers must take a short self-study course.

All bench staff must also have a current (within last 3 years) Police Records Check on file with us by January 8th. If you require one, please get your forms into police services as soon as possible as there can be a long turnaround time for these.

Coaches

The first monthly Coaches' Workshop will take place on Monday, October 26th from 7:30 p.m. to 10:00 p.m. at All Saints Catholic High School, Room 131. Coaches and assistant coaches are encouraged to take advantage of this development opportunity to meet each other, discuss issues and share ideas.

Celebrate Ringette Week in Canada

November 1st to 7th is Ringette Week and all players are encouraged to help celebrate our sport by wearing their jersey to school (or wherever else they go) on Tuesday, November 3rd. Check out the Ringette Canada website at www.ringette.ca for details of a colouring contest for players, a 'creative practice drill' contest for coaches and even a contest for referees!

Player and Team Photos

This year we are once again pleased to offer you the services of West Ottawa's own Brent Darbyson, operator of Top Shelf Sports Photography. Brent will come to the arenas to photograph the teams and players in action and offer his personalized service. For samples of his work, please visit his website at www.topshelfsportsphotography.smugmug.com

What's New from Ringette Canada

You will notice that ringette is moving toward the use of 'U' names to describe the divisions, in accordance with Ringette Canada's strategic plan. So, for example, Petite will now be referred to as U12. There is no change to the actual age groupings.

Fundamental to Ringette Canada's strategic plan is the adoption of the principles of Long Term Athlete Development (LTAD), a term many of you may have heard in conjunction with this or another sport. The goal of the LTAD model is to teach players the right skills at the right developmental age and to keep players in the sport for life, regardless of ability level.

The increased focus this model puts on skill

development and coaching resources is a positive aspect of LTAD; however, there are also controversial aspects, such as at what age the tiering of teams and competition should begin. We encourage you to read about the ringette specific LTAD model on Ringette Canada's website at www.ringette.ca. Many in the ringette community are working to have some input into the implementation plans for LTAD and we will share more information as it becomes available.

West Ottawa Tournament

The West Ottawa Annual Tournament takes place from February 19th to 21st, 2010 and is the main fundraiser for our association, raising more than \$8,000 each year. All WORA teams will play in the tournament unless there aren't enough teams to form a division and every family is expected to volunteer some of their time toward this event. Help is needed with the overall planning of the tournament; as well every parent can expect to assist over the tournament weekend as timekeepers, scorekeepers and arena hosts and hostesses. More details will follow over the next couple of months.

Introducing Your 2009/10 Executive

President	Kathy McCaw
Vice-President	Laurie Reading
Treasurer	Jackie Banning
Registrar	Dawne Flaborea
Competitive Co-ordinator	Colleen Armstrong
Recreational Co-ordinator	Hal Stewart
Director of Logistics	Janet Howe
Director of Administration	Debbie Lepine
Secretary	Jim Santagati
Director at Large	Barry Gorham

Co-ordinators

The Executive would like to thank all those who have volunteered for various support positions this year:

Ice Scheduler	Liz Abbott
Referee-In-Chief	Brian Sime
Tournament Co-ordinator	Laurie Chatigny
Equipment Co-ordinator	Scott Smith
Webmaster	Kevin Meek
Loblaws Card Co-ordinator	Norma Green
Banquet Co-ordinator	Sandra Sawers
Statistician	Peter Johnson

www.westottawaringette.com

Members should check the website regularly for important messages, both on the home page, as well as on their team's schedule page. Contact information for the Executive and all the teams can also be found there.

For league information such as league rules, game schedules, scores and standings, check out the NCRRL website at www.erra.ncrrl.on.ca.

We wish all our players, bench staff and parents an enjoyable and successful year.

The WORA Executive