



Sherwood Park Ringette

Summer 2015

As we start into the 2015-16 Ringette Season, I want to thank our Board, both returning and new, for committing their personal time and expertise to SPRA.

We are actively planning the season which started with the SPRA float in the Canada Day Parade! Over the summer the Board has been hard at work confirming evaluation ice times, planning fall coaches meeting, player development and coach development, tournament details, sponsorship as well as creating space in our lock up for our new game jerseys!!!

I look forward to the season, creating a sustainable foundation and structure for SPRA to continue to promote and grow the sport of Ringette in our community.

Enjoy your summer, see you in the fall!

Jen Rogers
President, SPRA



Have you thought about coaching? If you are interested in coaching, or being an assistant coach this year, click here https://docs.google.com/forms/d/11IK0-7mBo_HKMI1s1q9wklkPttMUEnIFRFljmju1Jh6A/viewform for the application.

Registration Open

Year of Birth	Division	Fees	Fundraising Fees *
2010	Active Start 1	\$275.00	\$150.00
2009	Active Start 2	\$370.00	\$150.00
2008	Active Start 2	\$370.00	\$150.00
2008, 2007, 2006	U10-Step 1, 2, 3	\$685.00	\$150.00
2005 & 2004	U12	\$725.00	\$150.00
2003 & 2002	U14	\$725.00	\$150.00
	U14AA	\$725.00	\$150.00 + \$50.00 Tryout Fee
2001 & 2000	U16	\$725.00	\$150.00
1999, 1998, 1997	U19	\$725.00	\$150.00
1996 & older	Open	\$475.00	

* Fundraising tickets will be available once teams are formed. **You will have an opportunity to recoup your fundraising fee by selling your raffle tickets.**

Active Start Ice Times

Active Start 1

October 19—March 20

Mondays (50 Minutes)

5:15 or 6:10 pm (alternating)

Broadmoor Arena

Athletes born January—April 2011

will only be accepted with CanSkate

experience. A CanSkate report will be

required. Contact our Active Start

Coordinator Kim Hawkes for more info at

activestart@sherwoodparkringette.ca

Active Start 2

October 17—March 20

Saturdays

5:00 pm to 6:00 pm GARC or

3:45 pm to 4:45 pm SOC (alternating)

Sundays

1:15 pm or 2:30 pm MP Chev (alternating)



SPRA PRESENTS



VICKI HARBER, PhD

COACHING FEMALE ATHLETES WORKSHOP

WHEN: Friday, Sept 11 7:00PM – 9:30PM

Saturday, Sept 12 9:00 AM – 11:30 AM

WHERE: Sherwood Park Arena, Arts and Crafts Room

EMAIL: president@sherwoodparkringette.ca

Free for all SPRA Coaches

Coaching female athletes, are they so different from male athletes?

This workshop will discuss key features of creating a positive training environment for your female athletes and provide specific prevention strategies that will develop and maintain the health of female athletes.

- Vicki Harber PhD

This workshop is worth 3 points towards your Coaching Canada Professional Development Points. Must attend full workshop to receive points.



SPRA Upcoming Events

August 25th
SPRA Executive Meeting

August 29th
U14AA Tryouts begin

September 11/12
Coaching the Female Athlete

September 13th
Come Try it Event

October 30th
Platinum Ring Starts

SAVE
THE
DATE

Come Try Ringette will take place on **September 13th** at the Glen Allan Rec Centre. It is targeted at kids from 5-9 years of age. Kids should bring a buddy and show them their sport. To pre-register contact www.cometryringette.ca.

Contact marketing@sherwoodparkringette.ca for more information.

SAVE
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DATE



**Platinum Ring
Tournament Dates
October 30, 31st and Nov 1st**

SPRA Teamwear

SPRA Player Pants

The SPRA game/player pants can now be purchased through United Cycle. They presently have a large selection of our pants in stock in the Team Sales Department. If they do not have the size you need, they will be placing an order for them and they will arrive before the season starts.

It is very important that should you require these pants that you visit United Cycle before August 20th. This will allow plenty of time for the pants that need to be ordered to arrive in time for the season.

Our Team Sales contact at United Cycle is Vivian Allan 780-433-1181 ext 635. Should you have any questions please contact Vivian or Judi Niebergall at tjneeps@shaw.ca

*Happiness often sneaks in through a door you
didn't know you left open
John Barrymore*