



Sherwood Park Ringette

September 2015

Another Ringette season is upon us...

SPRA is looking forward to a fantastic season ahead. Starting us off are some shinny sessions starting this weekend. A guide to the evaluation process is posted under "Evaluations" on the SPRA website. You will also find a schedule of evaluation dates (subject to change). Specific dates and times of your daughter's evaluations as well as team formation will come via email directly from your Division Coordinator closer to the start of the evaluation sessions. Should you have any questions about the upcoming season and/or the evaluation process please do not hesitate to contact one of our Board members. Contacts are listed on our website under "about us".

Jen Rogers
President, SPRA

SPRA is looking for a two people to review / audit the associations financial statements. If you have an interest in this and have some time to spare please email Stacey at

treasurer
@sherwoodparkringette.ca

Come Try it Ringette will take place on **September 13th from 12:30 to 1:30 pm** at the Glen Allan Rec Center. It is targeted to children from 5—9 years old. Kids should bring a buddy and show them the sport. To pre-register go to www.cometryringette.ca

For more information contact marketing@sherwoodparkringette.ca



SPRA Season Kick Off Parent Party!!

September 11th

GARC—Sherwood Park Curling Club
Lounge

\$10 per adult 7:30 to 1:00 am



Starts at 7:30 pm with Learn to Curl tips with Heather Nedohin and Rona Pasika. Equipment provided if required (broom, grippers and slider). All participants must have clean indoor runners, or curling shoes to be on the playing ice. Strongly encouraged to wear appropriate clothing to allow stretch in the delivery position and to be warm. Stretchy pants like yoga or track pants, layered clothing and gloves. NO butt crack allowed

On Ice— 8:30 to 10:30 mini 2 end spiel

10:30 Hot shot competition

Off Ice— 8:00 to 10:30 socializing, heckling and games

10:30 to 1:00 am—more of the above with music!

This is an adult only social intended to kick off our Ringette season and allow our SPRA Ringette families to meet the SPRA board members, meet some of the coaches and have some ADULT fun.

If you ARE coming, please let Heather know so we have an idea of our numbers for the curling section, or for just the social. Email to shpkcurlingclub@gmail.com

Indicate the following: Count ME IN!

Name: David and Heather Nedohin

Curling: Yes (Heather only)

of curlers—1

Equipment Required: Yes or No

Or

Not Curling - coming for social only



See you there!!



Player Development Camp

Once again SPRA is offering a Development Camp for birth years 2000-2006 (2006 players to be registered in Step 3 this season, or last season). The cost is **\$150.00** per athlete.

This program offers four sessions from incredible **Quantum Speed Power Skating**

Mondays: October 5, 19 and November 2, 23

Times: 4:00 —5:00 pm, or 5:30 to 6:45 pm (groups will alternate times each week)

Plus **six skills sessions** with a specialized focus each session

December 10th—Millenium Place - (5:15 to 6:30 pm or 6:45-8:00 pm) Focus on Defense

December 20th—GARC—(9:45 to 10:45 am or 11:15 to 12:30 pm) Focus on Defense

December 27th—GARC—(9:45 to 10:45 am or 11:15 to 12:30 pm) Focus on Offense

January 3rd—GARC—(9:45 to 10:45 am or 11:15 to 12:30 pm) Focus on Offense

January 21st—Mill. Place -(5:15 to 6:30 pm or 6:45 to 8:00 pm) Focus on Transition

February 6th—GARC—(7:30 to 8:30 am or 8:45 am to 9:45 am) Focus on Transition

Don't miss out on this opportunity, as it is limited to a maximum 60 players (2 groups)

Go to www.sherwoodparkringette.ca under the "registration" tab to register



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

SPRA Teamwear

SPRA Upcoming Events

September 6th
Shinny and Practice begin

September 11th
Parent Social

September 11/12
Coaching the Female Athlete

September 13th
Come Try It Event

October 30th
Platinum Ring Starts

The SPRA game/player pants can now be purchased through United Cycle. 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.

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

SAVE
THE
DATE

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

Jerseys—The NEW SPRA jerseys have arrived in time for the 2015/2016 season!!

As a result, our old SPRA jerseys are available for sale for \$5.00 each. These are a great idea for practice jerseys, memory boxes, or parent/volunteer uses. Contact Marla Woodliffe at equipment@sherwoodparkringette.ca for more information, or keep your eyes open around the rink as they will be available for sale at different venues.

Important

Just Play. Have Fun. Enjoy the Game

Michael Jordan