

RINGIN' OUT

"RINGETTE'S CALL TO THE WEST"



TEN YEARS AND COUNTING!

Saluting A Decade of Ringette in Calgary

**Sneak
PREVIEW**

EXECUTIVE NEWS

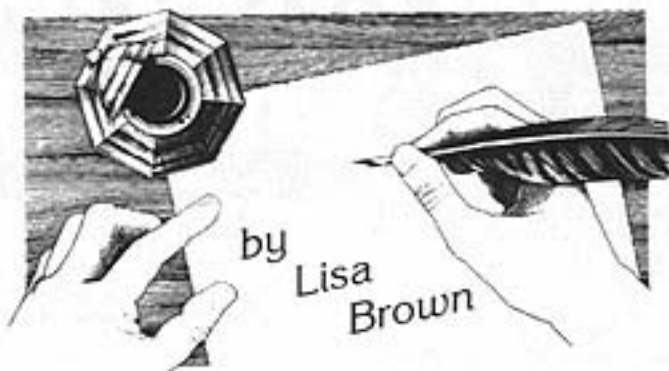
TOURNAMENT INFORMATION

THE 1986-87 SEASON

TIPPINGS TRAINING TIPS

STRIPES & WHISTLES

PLAYER'S PATTERN



Welcome to the newest source of information available to ringette enthusiasts in the West! A magazine based in Calgary, **Ringin' Out** is designed to deliver information and playing tips to players, coaches and fans alike. We'll publicize all of the major ringette happenings in Calgary and Alberta — from the results of local tournaments to news from our national headquarters.

surprised at what has been accomplished in only a decade!

Anniversary celebrations aside, the reader will find several permanent sections of the magazine introduced. Linda Tippin will offer valuable advice to both coaches and players in her editorials; Dave Todd will keep all participants informed of any changes in the officiating area of the game.

Most importantly, **Ringin' Out** intends to remain primarily a player's magazine: a chance for the ringette player to both give and receive information about her unique sport. "Ringin' In", our published letters section, is reserved for this type of player input. This feedback is crucial if the magazine is to stay in touch with each player's needs and interests. So let's hear from you, Calgary! In the meantime, we hope you'll enjoy our first attempt at a "call to the West".

In its first issue, **Ringin' Out** salutes the city of Calgary for both introducing a brand new winter sport for females and for overseeing ringette so successfully that it has become a major part of community life here. The article "That Was Then...This Is Now" catalogues the strides parents and volunteers have made since ringette began in the various communities in 1977. I'm sure that even those "veteran" volunteers will be



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Although the ringette season is just starting for most of us, Ringette Calgary has been busy all summer preparing for the 1987-88 year. Here are some results that the committee's meetings have produced over the past few months:

- Yet another equipment rule has been passed: starting this fall, neck protection has been made mandatory in all play sanctioned by Ringette Calgary.
- Ringette Calgary is organizing a coaches clinic tentatively scheduled for early October '87. The clinic will be held at the Calgary Saddledome, and will feature the expertise of Dave King and Wally Kozak. The executive urges all coaches in the city to take advantage of this opportunity to learn more about the finer points of coaching.
- Ringette Calgary would like to remind all head coaches in the city that they must have Level 1 Technical by December 31st; it

is also recommended that all bench personnel be qualified with Level 1.

- The executive is actively pursuing the possibility of Calgary becoming the host city for the 1990 Ringette National Championships. Ringette Calgary has put forth an information request to Ringette Canada to find out exactly what responsibilities this major undertaking would entail. So far, Ringette Canada has been very enthusiastic about having the Olympic City as the 1990 host!
- Ringette Calgary has taken another step in improving its public promotion of our sport. In late June, the committee purchased a Hitachi camcorder in order to take quality video tapes of ringette action. Tapes of ringette games will be used in schools and in public displays to pique player interest. As well, a videotape offering player tips and strategy is also in the works this year.



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Here is an opportunity for all of you to express yourselves. This column is designated as the "letters to the editor" section.

Allow us to offer you advice, information, guidance, or whatever you may require, by writing in to us.

Your opinion is important to us. This magazine is for all of you out there, and it is critical that we have your input if it is going to be the success that we know it can be.

So, drop us a line — if we don't have the answer to your question, we will certainly find it.

Mail to:
Ringin' In
 200, 336 - 40 Ave. N.E.
 Calgary, Alberta
 T2E 2M7

When I moved to Calgary from Sudbury, Ontario, and went to my first ringette tryout with the Calgary debbs in Autumn of 1983, I was astonished at the resigned despair and lack of hope amidst my fellow teammates. I was astonished because I was certain that our team would win the Alberta Provincials. I assured my new-found friends that such would be the case; nevertheless, in return I received strange sidelong glances and mutterings of impossibility.

Of course, now as a veteran deb in Calgary, I can understand the reactions I received then, and can only excuse myself on the grounds of lingering Ontario ringette arrogance (especially since I made my pronouncement without having

seen any other Alberta teams! -Sorry Edmonton!)

Yet perhaps my misguided confidence had its merits, for our team believed in itself enough to win its first-ever Provincial Championship in Lacombe that year, defeating a combined Edmonton-Sherwood Park team. Since, the Calgary debbs have won the Alberta Provincials for the last four years, with the help of a lot of determination, hope, and a bit of luck (seeing as we won



two of our four championships in overtime!).

Moreover, the Calgary debbs have represented Alberta well on a national level; Calgary managed to capture a bronze medal at the last two National Championships (even having to play 11 games in 4 days at the 1987 series to win the bronze!). Manitoba, beware!!!

I would therefore like to salute the Calgary deb team, which I feel privileged to have been a member of, for their spunk, their spirit, and their success. Hopefully, we'll continue our tradition!

Cara L. Brown
 #10, Calgary Debbs

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Ringette Song Contest

The Host Committee of the 1988 National Ringette Championships is sponsoring a song-writing contest this year. The contest is open to all ringette players in Canada, but no professional entries will be allowed. The contest has been divided into two categories — lyrics and lyrics accompanied by music. The lyrics must be about ringette, adaptable to a three minute song, and will be judged for originality and overall appeal. Winners will be announced at the 1988 Nationals and notified by mail. Both winners will receive a prize of \$100.00. Send all entries to:

Dianna Sahulka
Publicity Nationals Committee
698 Charleswood Road
Winnipeg, Manitoba
R3R 1K7

AGM News

The 1987 Ringette Canada Annual General Meeting was held in Edmonton this past summer, from June 11th to the 14th. Congratulations to Edmonton's Chris Matthews, who was added to Ringette Canada's Board of Directors as Director of Officiating, and to Reg Wood, who was re-elected as Director of Coaching. Joan Wood and several members of the Edmonton Ringette Federation are to be commended on the excellent job they did hosting the meeting and showing Ringette Canada some great Western hospitality.

Holding Back the Years

We've all heard by now that the age divisions for ringette have been officially changed by Ringette Canada and adopted by all provinces. But not everyone knows that there are now nine different age categories. The Ringette Calgary rule book lists them as follows:

Bunnies	7 and under
Novice	9 and under
Petite	11 and under
Tween	13 and under
Junior	15 and under
Belle	17 and under
Deb	18 and over
Intermediate	22 and over
Senior	30 and over

News on the Nationals

The 1988 Ringette Championships will be held in Winnipeg, Manitoba. For the first time in ringette history, the North West Territories will be sending a team, competing in the Junior division. Also new this year at the Nationals is the Intermediate Invitational Ladies National Competition. This is a national tournament for all teams in the 22 and over age division category. Last but not least, Air Canada will be the official sponsor of the Championships this year, with Club La Verendyre as a major co-sponsor. Not only will the Nationals be sporting a new logo, but the teams will now be vying for the "Air Canada Cup"!

Calgary Ringette or Ringette Calgary?!

To all those confused Calgarians wondering about the new official name of our ringette association, we'd like to set the record straight: it is Ringette Calgary. Also, check out our new logo! Thanks to Laura Webb's contribution, Ringette Calgary has an attractive new logo to accompany its name change.



Bingo Business Booming for Ringette Calgary

Ringette Calgary has finally secured a reliable fundraising technique for its teams — the Glenmore Bingo. When ringette finally broke into the bingo scene last January, business and profits were slow. But the eight months since has seen the bingo grow to become one of the most lucrative fundraising ideas our association has ever introduced. Congrats to all those Calgary teams involved in the Glenmore Bingo — keep up the good work!

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251-7735

As Calgary's Olympic Year quickly approaches, Ringette Calgary has planned a special tribute to its Ringette athletes. We are organizing a Ringette happening like no other—a mega tournament including A and B level teams to be held at six city arenas, December 27, 28, and 29th. Plan your Christmas holiday early to either play or view all the exciting games. The tournament committee, with representatives from throughout the ci-

ty, will be working very hard to provide a worthy showcase for Ringette talent.

Volunteers will be needed from Calgary teams to act as minor officials and cheerful admissions personnel. Let's extend our Olympic spirit to local teams as well as those from out of town!

Calgary will also proudly be the host city for the Provincial A Tournament March 4, 5, and

6th, and the Provincial Junior B Tournament, also in March (no definite dates, yet).

(Unfortunately, we have no dates to publish this edition for out of town tournaments. It is a little early in the season to be able to dig up such information, but rest assured, there will be a list in the next edition. If you have knowledge of any out of town tournaments, we would greatly appreciate it if you could pass it on.

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That Was Then ... This is Now

by Lisa Brown

THEN ...

The Season

In its humble beginnings in 1977, ringette in Calgary was born in the form of three community teams. After attending an introductory ringette clinic sponsored by Ringette Alberta in the fall of '77, Frances Willis and Jane Shaw decided to make ringette part of the sports agenda in University Heights of northwest Calgary. Meanwhile, Don Henderson of the Thorncliffe community heard through the grapevine of a new girls' ice sport being played in Toronto. He and a friend managed to find a rule book, and soon after the first Thorncliffe team was formed. In the southeast part of town, Pat House asked his five daughters and some other beginners to try the new game. Shawn Curran also supported the movement, and together the two mobilized the very first Parkland team.

The Girls: The very first teams needed all the girls they could get — and this meant combining girls of all ages to form each team. Don Henderson estimates that in '77, the age range of the girls ran from ten to sixteen. The common ingredient of all three teams was that they relied on a close-knit group of friends from each community to form the nucleus of the team. Frances Willis remembers, "My daughter called her friends from school — they all played on school teams together — and we just went down to the rink and showed them how to play."



The Games: Since the new girls were busy mastering the basics of the game, their schedule was neither very hectic nor very competitive. According to Thorncliffe's Yvonne Armstrong, the girls played once a week or so, be it a practise or a game. No fixed schedule existed, and no city final was held; the emphasis was on learning and fun. Shawn Curran recalls, "The competition between teams always took a back seat to the camaraderie between the girls." Travelling to other cities in Alberta for games began in 1978, when the Calgary girls first ventured to Edmonton to try their luck.

The Equipment: Figure skates and jeans were often the order of the day for a ringette game in '77. A helmet, knee pads, elbow pads, a mouthguard and a cut-off hockey stick rounded off the rest of the uniform. Facemasks? They were virtually unheard of, as were shin pads and "real" ringette sticks. At first, the girls wore ordinary winter jackets, but soon community sponsors donated hockey sweaters to the teams to give them a real uniform.

The Association: Frances Willis remembers that the ringette clinic she attended in 1977 made it very clear that Calgary needed to form a governing body if the sport was to survive here. As a result, the Calgary Ringette Association officially met for the first time in February of 1978. Not surprisingly, the first executive drew heavily on its roster of early volunteers for its members. They included: Nancy Bjornson, Harry Stuber, Jane Shaw, Al Munro, Frances Willis, Margaret Bell, Pat House, Bill Fraser, Don Henderson and Dan Lang.

The Off Season: The first off season activity took the form of a Calgary ringette school in 1979. The school ran from August 7 to August 11 at Norma Bush Arena, and charged an entrance fee of \$80.00. As it still is today, the school was organized by Frances Willis in conjunction with the Calgary Booster Club. Loosely coordinated, the school featured power skating, ringette skill instruction, and chalk talks on the fundamentals of ringette. Although the school was still

in experimental stages in 1979, it remains a milestone event because it laid the foundations for those quality ringette schools held in Calgary in following years. Several of the first graduates of the school have remained in ringette to become the instructors of today.



... AND NOW

The Season

Ringette in Calgary is a far more complex phenomenon today than it was ten years ago. Approximately 700 girls play ringette in the city now, forming a total of 54 teams. Ringette has also mushroomed to inspire teams in Calgary's outer districts: Indus, Cochrane and Olds all boast teams, and Airdrie hopes to field one in '87. Within Calgary, ringette has been divided into two main levels: "A" level and Houseleague.

A Level: 1987 will see four "A" level teams formed in Calgary: Tweens, Juniors, Belles, and Debs. The teams hold annual try-outs each September for any interested players in Calgary and area. The coaches are selected by the "A" level committee and

receive the approval of Ringette Calgary. The girls are selected on the basis of ringette ability, work ethic and commitment to the team.

"A" level teams ideally practise twice each week and regularly make trips to Edmonton, Sherwood Park and Lacombe to play the teams they will meet in the Provincial Playdowns. Each team makes its own individual decisions about which tournaments it will attend. It is not unusual to see a Calgary "A" level team attend all the major tournaments in Alberta and then travel to Winnipeg, Saskatoon or Toronto for further competition. In March of every season, Calgary's "A" level teams go to the provincial finals to compete for the honour of representing Alberta in the Canadian National Championships in April.

Houseleague: Calgary's houseleague teams range from the novice to the belle age categories. Since 1977, the teams have been formed according to community geography; each community (Parkland and West Hillhurst are two examples) puts forth its own teams. In 1986, the petite, tween and junior categories all needed two divi-



sions in each community to organize the large and diverse turn out of players. Houseleague coaches are usually named by the individual community, often by committee. The only criterion for houseleague players is they wish to play; all girls are welcome and every community will find a place for a new participant.

Houseleague teams spend their season in an average 20 game series against the other communities; they also manage to practise once a week. At the end of each season, those teams at the top of their divisions play off in the city finals. Once victorious, they receive the privilege of attending the "B" Provincials



representing Calgary. In 1987, the houseleague system will undergo a major change, as the city's teams will be divided into quadrants. While the new system is still being formulated, its main goal is to make sure that the girls on each team are playing with and against players of similar calibre.

The Off Season: The off season in 1987 provided a short break for players and volunteers from ringette activity. Ringette Calgary members have been working steadily on plans for the '88 season — from organizing



tournaments to booking ice slots for the teams. With the Bingo in its high season, those teams involved with the Glenmore Bingo have found themselves very busy, but enjoying steady profits for their efforts. On the ice, a group of A level and houseleague players aged fifteen and over met in July and August once a week to keep up their skills in a series of non-competitive scrimmages.

In preparation for the '88 season, over one hundred girls from Calgary and area gathered in August to attend the eighth Calgary Booster Club Ringette School. Three separate schools were held in total. From August 10th to the



15th, two schools were held: 54 girls went to Village Square Arena, while 79 went to Southland Leisure Centre for instruction. From August 17th to the 22nd, an Advanced Ringette School was held at the Thornhill Arena, with an enrollment of 49. The schools all had one main objective: to provide a week of intense ringette instruction while giving the girls a chance to socialize with other players their age. Each day the girls were given a chalk talk on various ringette topics such as equipment, rules, fitness,


strategy and team play. During their gym period, the girls had a chance to play games other than ringette. At the end of each school, all participants were given an evaluation of ringette ability which pointed out individual strengths and weaknesses.

THE FUTURE

The tenth anniversary of ringette in Calgary has given us much to celebrate. But several nagging questions remain about the future of our sport. What kind of participant growth can we expect in the next few years? Why is ringette consistently ignored by the local media? Will ringette ever be a part of the Calgary school system? Can the teams ever hope to gain public interest or reliable corporate sponsors? Only time will relinquish the answers to these questions: time, hard work, and a belief that the perseverance of our volunteers will soon realize the vision we have developed over the years for ringette.



As It Happened



Last season was a tremendous one for several Calgary teams. Ringin' Out would like to congratulate all those teams who were successful last year and takes a moment to report the 1986-87 results:

Houseleague

Novice: In the Novice division, the Parkland Pink Panthers defeated the Properties Pink Panthers in the first two games of a best two-out-of-three series at the City finals.

Petites: In First Division, the Lake Bonavista Blazers swept by the Properties Panthers in the first two games of a best two-out-of-three series. In Second Division, the Bowness Bandits needed four games to win its final round over the West Hillhurst Tigers.

Tweens: Division One saw the Properties Bad News Ringers triumph over Parkland in three games. The Ringers went on to dominate the 1987 Provincials held in Lethbridge by winning a gold medal, defeating Edmonton in the final. In Second Division, the Heritage Rebels took four games to eliminate Bonavista from the City finals.

Juniors: In Division One, the Bonavista Royals defeated the Heritage Express in four games. The Royals also made an excellent showing at the Provincials in Lethbridge, capturing the silver medal. In Division Two, the West Hillhurst Bulldogs needed only two games to knock off the Indus Juniors.

Belles: In the city's smallest division, the Heritage Ringers took the City Championship in three games against the North Central Belles.

A Level

Tweens: In 1986, Calgary fielded its first ever A level tween team. The tweens showed promise right from the beginning: seventy-odd girls attended the try-outs held last fall. In the Provincials, this team lost their final game in overtime against Edmonton. After such a successful season in its first year of existence, Calgary looks to this team for big things in the future.

Juniors: Last season saw the Calgary juniors mature to finally display the talent they had been promising for the past two years. In their Provincial final, they left no doubt as to who was the most dominant team in their division by defeating Sherwood Park. At the National Championships in Kitchener, Ontario, losses to Manitoba and Saskatchewan saw the juniors enter the consolation round, which they won with ease.

Debs: Last September, it looked as though the Calgary belles and debs were doomed to a year of mediocrity at best. Both teams saw a poor player turnout at try-outs, and for a short while it looked as though the new age divisions would threaten the existence of both teams. However, the belles and debs combined to form one A level team. Competing in the Deb division, this team of mixed players swept the 1987 Provincials in three games straight, winning the Provincial title for the fourth year in a row. At the National Championships, the debs reached the semi-final only to lose to the defending national champs, Manitoba. The Debs left their mark, however, by capturing the bronze medal in an upset victory over Etobicoke, Ontario.

by Linda Tippin

"Practice makes perfect" has often been quoted to anyone who has tried to improve a skill. This quote should read, "Perfect practice makes perfect". Only a skill practiced correctly time after time, will become perfect.

The job then, of a coach is to provide opportunities for this perfect practice. One way to do this is to plan your practice well. Here are some practice guidelines:

1. Practices should be planned in advance of your ice time.
2. Practices should incorporate some or all of the following: warm-up, skating improvement (striding, stopping, starting, turning, backwards, agility, balance, etc.), fitness and endurance, ringette skills improvement (ringhandling, passing, receiving, shooting, goaltending, etc.), and team concepts (offensive and defensive skills, controlled scrimmages, fastbreak, free pass plays, etc.), games and relays (F(IN)), warm-down.
3. Practices should make the best use of the time available to you on the ice.
4. Explanations of any complicated drills and an outline of the practice should be done in the dressing room ahead of time.
5. Use a time guideline when planning a practice and try to stick to it on the ice.
6. Practices should change as the season goes on. Early season practices should en-

courage individual skating and ringette skills, while later in the season, this emphasis should be changed to team skills.

7. Most importantly — plan some fun into every practice. Ringette is fun to play and should be fun to practice too!

Sample Early Season Practice

5 minutes

Warm-up of basic stretches.

5 minutes

Reaction Drill - the coach indicates left, right, forward and backward and the girls follow these directions down the ice. Works on lateral movement, balance and changing direction quickly.

5 minutes

Stop and change direction on the whistle.

5 minutes

W-drill - Stop, always facing one end, on the blue, red and blue lines.



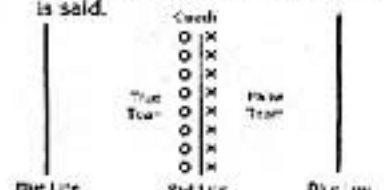
5 minutes

Circles - skate around the circles, pivoting halfway around, always facing one end.



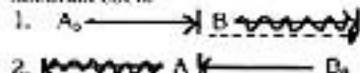
10 minutes

Game - True or False - teams face each other at the centre red line. The coach says a statement, for example, "The ring must be passed over the blue lines." Since this is true, the true team turns and skates to the blue line. If they are tagged by the false team, then they are on that team. The teams line up again and a new statement is said.



5 minutes

Back and Forth - A has the ring and faces B who is in the middle of the ice (width). On the whistle, B skates backwards and A skates forward. When A reaches the middle she stops and passes the ring to B. B then goes forwards and A backwards. Do twice for 30 seconds each.



5 minutes

Two Person Passing - two people pass down the ice and take a shot on the net.

10 minutes

Three on Three - play three on three, the whole length of the ice, alternating teams of three every minute or so. All players play everywhere.

Last few minutes

Do some stretches and skate slowly around the ice.

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RINGETTE
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by Dave Todd

Thanks to an article prepared by Doug Mac Quarrie for Ringette Canada, we are able to give you a preview of some of this year's rule changes. Fortunately, after last year's extensive revisions, this year's are more in the nature of housekeeping.

The definition of "travesty" appears for the first time and results in penalties to participants who ridicule or severely distort the intended rules.

The description of the playing area has been made more precise and contains a requirement for a painted bar up the boards at the free play line. Players and officials will remember some of the difficulties we had last year when the ice markings began to fade.

The number on the front of a player's uniform is no longer restricted to the right thigh but may be anywhere on the front right side of the outfit. The home team is now required to change sweaters in the event of a conflict. Also, only a goalkeeper is permitted to wear skates made specifically for that position and no players may wear skates with toe picks.

This year, Juniors will begin playing games of two twenty minute stop time halves. Tweens and younger will continue with fifteen minute periods.

It will now be legal to bat a ring over a blue line to a teammate. In addition, goalkeepers will be able to kick or bat a ring that is inside, on or outside the crease.

Personal fouls have been revised so that "charging" can be assessed only to players other than the ring carrier. As well, a player who plays across a free play line while not eligible to do so, and interferes with the ring carrier, will be assessed a personal foul for interference.

Bear in mind that this summary of some of the rule changes is incomplete and general in nature. To learn the whole story, you are encouraged to buy your own copy of "Rule Change Clarifications, Interpretations and Applications", along with the "Official Rules, 1987-89". It is intended that this year's rules will be in effect for a two year period.

And now, a word from the Referees' Association.

We continue to urge anyone who is interested in Ringette, and not otherwise committed, to seriously consider refereeing this season. In 1986, twenty-seven people attended their first clinic and twenty-two of them joined our association.

We are also looking for an Assigner. Last year Pat Harrison did an outstanding job for us, but she is now moving

to Winnipeg. This position is ideal for someone who would like to be involved in Ringette refereeing but would prefer doing so off the ice.

Information about clinics and other activities will be provided in due course. However, in the meantime, if there are any questions about the new rules or becoming a referee or assigner, please contact Brian Donohue, our President, at 271-0185.



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by Linda Tippin

Wow! Here it is! The beginning of another ringette season. Do you find that it takes you a few months before you're playing your best? A lot of that has to do with conditioning. The only way you can become a better player is to listen to your coaches suggestions, constructive criticisms and then practise, practise, practise! And all of that will be made easier by being in condition. The following are some suggestions for getting into condition — but remember — start slowly and gradually and don't over-do it too soon!

A. Start a running program. Ringette is an anaerobic and aerobic sport. What that means is that you also must be conditioned anaerobically (your muscles work without using oxygen) to be effective with those quick starts, stops, changes of direction and quick bursts of speed needed in ringette.

Any conditioning program always starts and ends with stretching. This will decrease the chances of you pulling a muscle or hurting yourself while you are training.

B. For aerobic training (the kind needed to get you through a whole game), start by running 15-20 minutes at least 3 times/week. As this starts to

feel more comfortable, run for longer time periods. Some helpful hints: Run with a friend - it's more fun! Run at the same time each day - a routine makes it easier to do. Get a good pair of "running" shoes to absorb the shock of running. And don't forget to warm down when you're done.

C. For anaerobic training (the kind to give you those quick bursts of energy), it is beneficial to run at a track. First, run 800m (2 laps) in a slow jog to warm-up. Then slowly jog or walk 100m, sprint 100m, jog or walk 100m, sprint 100m. Do this circuit twice around the track. Do the same with 200m sprints alternated with 200m jogs or walks, for 800m. Run a slow 800m to cool down, then stretch. This training, alternated with the aerobic training (with one day of rest a week!), would give you a good base with which to build on over the season.

Other ways to get into condition:
 SWIM! SKIP ROPE!
 AEROBICS! DANCE!
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