

# Oshawa Storm Ringette Association



**NEWSLETTER**

Vol . 3

**December 2010**

Welcome to the Christmas Newsletter for 2010! The holiday season is upon us so please take a minute to read over the following pages and send this information onto anyone else who may benefit from reading it.

## U10B TAKES GOLD AT ELORA-FERGUS!



The U10B (Deans) team took their first gold medal of the season recently at the Elora-Fergus Tournament, beating the host team in the final.

Great work girls!! Keep it up!!!!



Got a photo from your team you'd like to share? Be sure to email it to [publicity@oshawaringette.ca](mailto:publicity@oshawaringette.ca) for the website and the next newsletter!

## November Tournament Results

The Annual Oshawa Tournament was a huge success. We have received a ton of praise from the attending teams about the organization of the event, our gracious volunteers, and our overall professionalism from our facilities to our vendors. I would like to thank everyone who helped with the event and hope to see them and new faces helping to make 2011 another success.

Greg Finlay, Tournament Chair

Division	1st Place	2nd Place
U10B	Cambridge	Oshawa
U12A Green	Kitchener	Ottawa
U12A Red	West Ottawa	Nepean (Sullivan)
U14A Green	Markham (Lam)	Elora Fergus
U14A Red	London	Forest
U14AA	Guelph	Pickering
U16A Green	St. Clements	Ottawa
U16A Red	Mississauga	Nepean
U16AA	Nepean	Guelph
U19A Green	Nepean	Guelph
U19A Red	Elora Fergus	West Ottawa
U19AA	St. Clements	Whitby

## Oshawa Storm Is On Twitter!



You can now follow the Oshawa Storm on Twitter. To follow, link to <http://twitter.com/oshawastorm> - updates on what is going on around the Association will be posted here.

## IMPORTANT DATES!

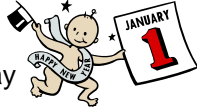
### DECEMBER

5<sup>th</sup> – Rotary Skate-a-thon  
 19<sup>th</sup> – Skate with Santa  
 20<sup>th</sup> – 23<sup>rd</sup> – Future Stars Ringette Camp  
 25<sup>th</sup> – Christmas Day



### JANUARY

1<sup>st</sup> – New Year's Day



### FEBRUARY

14<sup>th</sup> – Valentine's Day

### MARCH

17<sup>th</sup> – St. Patrick's Day  
 TBA – March Break Ringette Camp  
 20<sup>th</sup> – end of OSRA Season



Visit us at [www.oshawaringette.ca](http://www.oshawaringette.ca) for updates and more information about all these events!

### Rotary Skate-a-thon

The Rotary Club of Oshawa-Parkwood hosted their 31<sup>st</sup> annual Skate-a-thon on Sunday, December 5<sup>th</sup> at the GM Centre. Oshawa Storm had two young participants from the U9 team come out for the event, Brianna and Alexis, and between them raised nearly \$220 for the Rotary Club. Excellent work girls!!!

Keep this event in mind for next year – it can be an excellent part of your fundraising efforts and a chance for families to participate in a fun event and give back to the community. Approximately 1/3 of the monies raised is returned to the team.

### Santa Visits the "STORM"

It is that time of year! The Annual Skate with Santa will take place on Sunday December 19<sup>th</sup> from 4:15 pm to 5:15 pm (immediately following house league) at Legends.

There will be hot chocolate and snacks during the skate. Ringette players will have an opportunity to make a craft to hang on their Christmas tree!

Parents and siblings are welcomed to join in the skate with Santa – Please remember that helmets are mandatory for ALL participants and guests of Oshawa Storm Players skate at their own risk!!! See you on the ice!!



### Christmas Camp

The OSRA has partnered with the Future Stars Ringette Camp to provide the Storm ringette players with a free skills development camp that will focus on skating, checking and positional play. The camp is run by Sue Shantz, a former AA and AAA player and current Level 4 referee, who has been running the Future Stars program for many years. Responses for the camp came in quick and registration is now full.

The camp runs from 9:00 am to 3:00 pm at Legends Center from December 20 to December 23. Registered players are reminded to bring their lunch, a water bottle and plenty of dry underclothes to change.

### Holiday Inn Oshawa Supports OSRA with a Dining Program

Dine in Harper's Restaurant in the Holiday Inn Oshawa, tell them you are an Oshawa Storm Ringette Association Member and 10% of your bill (before taxes, food only) will go back to the Oshawa Storm Ringette Association.

Plus, each time you dine at Harper's your name will be entered into a draw to win a "One Night" Stay at the Holiday Inn Oshawa. Get a great meal for the whole family, and support your local Oshawa Storm Ringette Association.

**Coaching Clinic Update** – *Melissa Findlay, Coaching Coordinator*

So far we have had 3 clinics with a great turn-out from our coaches. The clinics are comprised of each coach explaining a warm-up drill as they would in a practice, with all of the coaches performing it to see how important explaining each step is. From there the coaches pick a certain skill that they would like to work on and a drill that would incorporate said skill. The most important thing to do when explaining a skill is to break it down to the basics; *For example:* Checking- Show the players that ringette sticks have 3 sections (Bottom, Middle, Top), then show that players should only be checking the bottom 1/3 of the stick. When demonstrating this, the stick should be checking away from the opposing players' body, not up towards the hands.

The clinics have also proven beneficial to ask questions about penalty calls and mechanics of the game that coaches sometimes do not understand. As a player, referee, coach, and instructor I feel that I am able to explain these mechanics in a way that will benefit the coach as well as the players. I hope to provide the coaches in our association the information needed for them to feel confident in raising our players to be dedicated, skillful, and respectful young women.

**Coaching Tip:** Social dynamics can negatively or positively affect a team's progress. It's important to reinforce positive behaviours (leadership, support, honesty), and to intervene and discuss unacceptable behaviours (bullying, isolation, cattiness).

**CODE OF CONDUCT REMINDER**

A code of conduct for people involved in sports provides guidelines for ethical athletic activity and strives to ensure fair play and fun. Fair play is also the best method to insure the safest possible sporting activity. Involvement in sports and fitness activities helps young people learn discipline and cooperation, and it provides a means to grow healthy bodies.

Players of the Oshawa Storm Ringette Association represent themselves, the Association, the sport of ringette and their community when they train and compete at any location, when they travel to and from games and tournaments, as well as other events where the club is represented. The Association is striving to project an image that will make us all proud of our sport and our players. Therefore, all individuals in the Oshawa Storm Ringette Association are expected to abide by the Code of Conduct which is in effect for the entire ringette season.

Our website contains both the full Parent Code of Conduct and the Player Code of Conduct under Handouts. Summarized below are the main points:

- ✓ Remember that participants play Ringette for their own enjoyment. We encourage you to support your team in a positive manner at all times.
- ✓ Display good sportsmanship. Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Recognize good plays by both your team and the opposing team. Remember that without them there would be no game.
- ✓ Don't have unrealistic expectations. Know that players, coaches and officials are not professionals and cannot be judged by professional standards.
- ✓ Play for the fun of it and help provide a safe and fun environment by playing by the rules.
- ✓ Respect and support the referees and coaches by trusting their judgment and integrity.
- ✓ Be supportive after the game. Win or lose, recognize good effort, teamwork and sportsmanship.
- ✓ Respect the coach(s) and all of the bench staff(s) decisions and encourage open communications with them.

Individuals who display poor sportsmanship including, but not limited to, inappropriate behavior directed at the officials, coaches, players or other fans, are subject to disciplinary action. This disciplinary action may include being requested to leave the event, denied admission to future events and/or suspension from all ORA events.

When parents and/or players neglect to remember the rules of fair play and respect, everyone in the sport suffers.

## TEAM UPDATES, SCORES AND STATS

### U10B – Deans

#### Week 10 – O.C.C.R.L. Division

Name	Games	Win	Loss	Tie	Points
Oshawa	7	5	0	2	12
Richmond Hill	5	2	3	1	5
Pickering	5	0	4	1	1

We won a Silver in the Oshawa Tournament, losing to Cambridge 4-3 in the final game. We are also playing in Markham, Richmond Hill, Niagara Falls, and OCRRL Championships. The U10B team is also undefeated in regular season play with a 5-0-2 record.

### U10C – Finlay

#### Week 10 – O.C.C.R.L. Division

Name	Games	Win	Loss	Tie	Points
Whitby	7	7	0	0	14
Oshawa	5	2	3	0	4
Richmond Hill	5	1	4	0	2
West Muskoka	3	0	3	0	0

We have had a pretty good season so far, and are looking forward to the Markham tournament between Christmas and New Years, the Niagara Falls tournament in March and the Regionals. Fundraising has gone well – we've done a 50/50 draw, bottle drive, Rama Fun Bus, Ultimate Gift Card draw and Fundscrip.



### U12B – Cawker

#### Week 10 – O.C.C.R.L. Division

Name	Games	Win	Loss	Tie	Points
Whitby	6	6	0	0	12
Pickering	5	4	1	0	8
Sunderland	6	2	4	0	4
Oshawa	7	0	7	0	0

It has been a very tough first half of the season for the U12 team. They lost all of their regular season and tournament games until their final regular season game on Dec 11<sup>th</sup> against Sunderland in which they managed a very convincing 9-1 win!!! They are looking forward to a tremendous second half! They will be participating in three tournaments in the New Year where they can showcase some of these newly learned skills: Jordan, Ajax & the OCRRL Championships. Keep up the great work, girls!!

### U16A – Munro

#### Week 10 – C.O.R.L. Division

Name	Games	Win	Loss	Tie	Points
Richmond Hill	8	7	0	1	15
Oshawa	11	7	3	1	15
Mississauga	8	6	1	1	13
Burlington	8	5	2	4	11
Whitby	8	3	4	1	7
Ajax	8	3	5	0	6
Cambridge	10	1	8	1	3
Newmarket	9	0	9	0	0

The U16A attended the Ottawa Tournament December 3<sup>rd</sup> – 5<sup>th</sup> in Ottawa. U16A is attending Markham, Burlington and Ajax.. The team has a 1-6-1 record in Tournament play but has consistently had to play top provincial levels teams. The team remains in 3rd place in CORL and 1st place amongst Central teams.

### U16B – Ramsey

#### Week 10 – O.C.C.R.L. Division

Name	Games	Win	Loss	Tie	Points
West Muskoka	7	7	0	0	14
Manvers	7	4	3	0	8
Oshawa	5	1	4	0	2
Whitby	5	0	5	0	0

### U19A – Davies

#### Week 10 – C.O.R.L. Division

Name	Games	Win	Loss	Tie	Points
Ajax	7	7	0	0	14
Whitby	7	6	1	0	12
Oshawa	7	4	3	0	8
Pickering	7	2	5	0	4
Mississauga	5	2	3	0	4
Etobicoke	9	0	9	0	0
Hamilton	0	0	0	0	0

**U19B – Emmorey****Week 10 – O.C.C.R.L. Division**

Name	Games	Win	Loss	Tie	Points
Richmond Hill	6	5	0	1	11
Whitby (Wormold)	6	4	1	1	9
Oshawa	6	3	2	1	7
Whitby (Cassin)	6	3	3	0	6
Ajax	6	1	5	0	2
Newmarket	6	0	5	1	1

The Oshawa Belle B team is starting to perform to its potential with recent wins against Newmarket and Whitby. The team is currently near the top of the Belle B standings with 4 wins, 2 losses and a tie. With the team working hard at every practice they are looking to bring home gold at the Whitby, Kingston, Newmarket and the OCRRL Championship tournaments in the New Year. Good luck girls and keep up the hard work!

**18+ - Findlay****Week 10 – O.C.C.R.L. Division**

Name	Games	Win	Loss	Tie	Points
Pickering (Goldsmith)	7	6	1	0	12
Ajax (Standen)	7	4	2	1	9
Whitby	7	2	3	2	6
Oshawa (Pallister)	6	2	3	1	5
York-Simcoe	5	1	3	1	3
Sunderland	4	0	3	1	1

**Upcoming Tournament Summary:**

December 27 – 29<sup>th</sup> - Markham  
 January 7 – 9<sup>th</sup> - Whitby  
 January 14 – 16<sup>th</sup> - Burlington  
 January 21 – 23<sup>rd</sup> - Jordan  
 February 3 – 6<sup>th</sup> - Richmond Hill  
 February 11 – 13<sup>th</sup> - Ajax  
 February 11 – 13<sup>th</sup> - Kingston  
 February 18 – 20<sup>th</sup> - Newmarket  
 March 4 – 6<sup>th</sup> - Niagara Falls

**Did you know?**

That the Ontario Ringette Association website has a wealth of information all about our sport? Check out [www.ontario-ringette.com](http://www.ontario-ringette.com) for information on just about anything ringette. The home page boasts info on Scholarship Opportunities, "Ringette for Dummies" factsheet, lots of coaching resources and much, much

more. Take some time to browse the website and see what you can learn!

**Coming Up In Our Next Issue**

Is there something you would like to see in our next issue? If so, please let us know! We are working on the following for the next issue:

- In the News



*The Board of Directors  
 of the Oshawa Storm  
 Ringette Association  
 wish everyone a very  
 Happy Holiday and a  
 Healthy New Year!*

