

MDRA 2008-09 Newsletter No. 1



August 27, 2008

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Dear Family:

The 2008-09 ringette season begins next week -- time to try on all the equipment, get the skates sharpened and get ready for another great season.

For the families who are new to the MDRA and ringette -- WELCOME! Our Web site, www.mdra.ca, is the primary place to go for information. Now that the season is about to begin, please check the web site at least weekly for updates. The September schedule has a link on the left-hand side. Once practices and games begin, these will be listed in the master schedule, and in the schedule for each team. One item that is not on the schedule is that we'll be cashing the registration cheques on September 1st (at least those dated Sept. 1 and before).

September Schedule is Posted

Find the September schedule [here](#), and the Powerskating schedule [here](#) (updated August 25th). The Try-out sessions are designed to place players on the appropriate teams according to age and ability. You will soon receive an e-mail advising you of what try-out sessions to attend. For Tween, Junior and Belle, if you are trying out as a goalie, please RSVP to the e-mail to let us know you are a goalie so we know how many to expect. All players attend the first try-out session, and the second session is by invitation. The Try-outs and subsequent formation of teams is conducted according to the [MDRA Policy on Player Tryouts and Team Formation](#).

Please note the following regarding the September schedule:

- The New Player intro session on Sept. 6 is for players novice and above who are brand new to the game. This session will go over the basic rules, and give these new players a chance to get on the ice with a ring prior to the seeding sessions. Please come in full ringette equipment. Please note that this session is not for Bunnies or Bunnies who are moving up to novice this year.
- The Tween scrimmage is open to all tweens -- just show up or contact [Peter Lorenz](#) for more details
- The Junior/Belle scrimmage is open to all juniors and belles -- again, just show up or contact [Tom Facette](#) for more details
- Bunnies begins September 20th, however we're planning a staggered entry, so not all bunnies will start on that day. More details for bunnies will be emailed very shortly.

Finally, the locations of all the arenas are listed on our site [here](#).

New This Year

There are a couple of changes in ringette this year that will affect MDRA:

- In our league, the NCRRL, shot clocks will be used at the B level as well as the A and AA levels. This will affect many MDRA teams, and team managers will be looking for one more volunteer each home game to run the shot clock for these games.
- Shoulder pads are now mandatory for tween and below. In time, they will be mandatory in all divisions, but at this time, shoulder pads are still optional for juniors and belles although they are strongly recommended for obvious safety reasons.

Jersey Update

In the spring we announced our drive to update our jerseys. More sponsors are needed to get this project into high gear. Wanted are community-minded local businesses who see the opportunity in supporting our great sport. You can see the design below -- clearly the nicest jersey in the league! All we need is the sponsorship!



There are different sponsorship levels and the cost can be spread over two years. All the details are [here](#), or call Chuck Robineau at 613-821-3981. If you know of a business that might want to be part of something great, please let us know. New jerseys will be purchased once the necessary sponsorship funds are raised.

Junior and Belle Players -- Make Money, Have Fun...be a Ref!

Referees are always needed and this is a great way for junior and belle age players to take the game to the next level.

The Level 1 Officiating Clinic hasn't been announced yet, but is usually on a Saturday at the end of September. After successfully completing this clinic, participants are able to officiate Novice B and C, and Petite C games (with a more senior ref.). Level 1 refs are paid \$14.00 per game plus an additional \$2.00 from MDRA. The fee for the clinic is about \$100, but this is billed to, and fully covered by, MDRA. In return MDRA expects these new refs to officiate in the MDRA area. There is more information [here](#), though this still needs to be updated for 2008. If interested, or if you have questions,

please contact MDRA's Referee-in-Chief Lori Pasanen at 613-612-1097 (leave a message) or pasanen@eisa.com .

Hot off the Press -- Metcalfe Ringette Night at Play It Again Sports

Tuesday, September 2nd, Adam Coady of Play It Again Sports in Barrhaven is hosting a Metcalfe & District Ringette night at his store. MDRA players will receive a 10% discount on all purchases. This was Adam's idea -- thanks very much Adam! Play It Again is at 3161 Greenbank Road, across from the Dairy Queen.

Used Ringette Equipment

No doubt there is lots of used ringette equipment out there that could be put to good use by other families. We would like to help our families clear out the gear they no longer need, and help others find good used equipment. Rather than MDRA buying or building a web-based buy-and-sell that would need our attention, we suggest using <http://ottawa.kijiji.ca>. It's free, easy to use, and there are no strings attached.

Simply post ringette equipment for sale under "Buy and sell > sports", and put "Ringette" in the title. Those looking for equipment can simply search for "Ringette" and any posts will be listed. A great feature is once you search for a something like "ringette", you can set up an alert to be notified by e-mail every time an item with "ringette" in the title or description is posted.

If we all use the same system, it will be easy to keep the gear that no longer fits moving to players who can use it.

Dates to Remember

Here are a few dates that have been firmed up. We have yet to finalize our coaching roster, but prospective coaches should note the dates of the meetings below.

- October 1st, Mandatory ERRRA meeting for all A & AA head coaches, 7:00 - 9:00 PM, Walter Baker
 - more details for follow on this meeting convened by the region
- October 2nd, MDRA Coaches and Managers meeting, 7:00 PM, Metcalfe Arena
 - this meeting is mandatory for all head coaches and managers, and assistant coaches are invited as well
- October 14th, Season starts, first league games
- October 24th, MDRA Photo Night, 6:00 PM to 9:30 PM, Greely Community Centre
 - more details to follow
- March 9th, League playoffs begin
- March 27-29, League Championships and Bunnyfest
- April 5th, Sunday, MDRA Banquet, 12:00 to 4:00 PM, Centurion Conference Centre
 - will be hard to beat last season's!

Mouthguards...something to consider

Mouthguards are optional in Ringette, but they are still a good idea. A review of the dental literature shows, "It is clear that the literature views mouthguards as offering considerable protection against sports-related dental injuries."* It is also believed that mouthguards help prevent concussions. And they can certainly reduce the impact on the pocketbook too! The concern in Ringette isn't so much getting hit in the mouth by the ring or a stick, but rather an upward blow to the lower jaw that smashes the lower teeth into the upper teeth.

What many people don't know is that a mouthguard doesn't have to be ill-fitting, making it hard to talk, hold in place or even breathe. Custom mouthguards made by a dentist have been shown to fit better

and protect better than the store-bought, “boil and bite” types. Because they fit better, they stay in place and the player is less tempted to have it dangle out and chew on it, making it last longer – it’s worth the extra cost.

To help the families of the MDRA, the Metcalfe and Osgoode Family Dental Centres have offered MDRA players special prices on custom mouthguards for a limited time. Until September 30th, a clear mouthguard will cost \$40 (regularly \$50), and a coloured mouthguard will cost \$50 (regularly \$65).

A custom mouthguard takes two appointments: at the first impressions are made, it takes 30 minutes, and payment in full is required at this appointment; at the second, the mouthguard is fitted and any adjustments are made if necessary, this takes 15 minutes.

For more information and to book your appointment to have your custom-made sports guard produced, call either office at the numbers below and mention that you are with Metcalfe Ringette. Drs. Fung and Harris look forward to helping you keep a winning smile on your player’s face!

- Metcalfe Family Dental Centre – 613-821-1257
- Osgoode Family Dental Centre – 613-826-1638

* Newsome P.R.H.; Tran D.C.; Cooke M.S., *The role of the mouthguard in the prevention of sports-related dental injuries: a review*. International Journal of Paediatric Dentistry, Volume 11, Number 6, November 2001 , pp. 396-404.

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