

Markham Regional Ringette Association

Markham Regional Ringette Association (MRRA), founded in 1983, is a parent-volunteer run, non-profit association that has been providing opportunities for children to learn to skate and play Ringette in Markham & Stouffville for over 34 years. Our goal is to promote fun, fitness and friendship through the sport of Ringette.

Former members of the Bears have gone on to represent Provincial teams at the A, AA, and AAA levels and on Team Ontario. We currently have a number of second generation Ringette players in Markham whose mothers also played Ringette as kids and some continue to play as adults.

Both Gillian Apps, 3-time Olympic Gold Medalist in Woman's Hockey and Steven Stamkos got their start with the Markham Bears. Sidney Crosby also played Ringette as a child.



Markham Bear alumna Britt Kleine made us all proud as she played for Team USA's National Team. Her quote below speaks volumes about how Ringette has affected her life.

"Ringette was more than just an activity or pastime for me. When I was younger I was severely bullied in elementary and high school. Ringette not only provided me with an alternate social setting and a different group of peers to befriend year after year, but it instilled in me values that I am certain I would have had difficulty learning if it were not for Ringette. I learned what it meant to work as a team, I learned how to problem solve and think on my toes, and most importantly I learned the value that each individual player brought to the team. Every girl in that change room brought something unique to the team that helped make us who we were. I learned that you win as a team, but you also lose as a team. It was with these lessons that I learned how to be a leader. With over 10 seasons as team-captain and over 20 years of playing experience, I cannot imagine my life without Ringette." - Britt Kleine (October 2013)

Bear Cubs Introduction to Ringette Program

Our Bear Cubs Program is a great place for beginning Ringette players to develop their skating ability and to become comfortable with the rules and skills needed to play Ringette.

Our program is geared towards children aged 4-11 who are new to the sport. We take non-skaters as well as fair and good skaters as we have a program to fit everyone interested in participating.

Our program is focused on teaching essential FUNDamentals through a structured, but always FUN, skills development program.

Players spend anywhere from 1-2 years in the Bear Cubs program before progressing to Rep style Ringette.

Players in Bear Cubs receive at least 38 hours of ice each season, a team picture and an end of the year party.

Often, tournament teams are formed from our Bear Cubs players to introduce them to Rep style play. These tournaments are usually in Markham or neighbouring Ringette associations with a small fee per player. This is optional.

Bear Cubs Program Details

Our Bear Cubs program runs from early October until the 3rd week of March, with a break during the winter holidays.

All sessions are held at:

Milliken Mills Community Centre Arena
7600 Kennedy Road Markham, Ontario L3R 9S5
North of Steeles Ave and south of 14th Ave

We have two sessions per week:

- Tuesdays at 6:00pm: Power Skating & Skills Training with Certified Instructors
- Saturdays at 8:00am: Ringette Skills & Scrimmages with Certified Coach and parent Volunteers^{**}

^{**}The Markham Regional Ringette Association is organized by volunteers. We request your help with coaching our Bear Cubs, running the score clock, helping with player evaluations, or by joining an Executive Committee such as fundraising or recruiting. Please inquire about how you can help.



Regional & Provincial Level Teams

Our Regional & Provincial teams for ages 8 and up are geared towards experienced skaters, former hockey players and graduates of our Bear Cubs program.

Full protective Ringette equipment is required and some travelling for games and tournaments is expected. See below.

Registration fee includes weekly power skating sessions, weeknight practice with a weekend game and runs from as early as September to end of March.

Team fees are above and beyond the Registration fee and will vary depending on additional ice time, tournament selection / participation, and other miscellaneous team expenses.

Depending on registration numbers, MRRA intends on icing teams at the following levels: U9, U10, U12, U14, U16, U19 and Open A.

Protective Equipment Required To Play Ringette

Mandatory Protective Equipment:

- ✓ CSA Approved Helmet (no bicycle helmets)
- ✓ Protective Gloves (No winter gloves)
- ✓ Skates (No picks)
- ✓ BNQ Approved Neck Protector
- ✓ Shoulder Pads **
- ✓ Elbow Pads **
- ✓ Hip/Tailbone/Genital Protection **
- ✓ Shin Pads **

*Items noted with ** are included in our Protective One-Piece Suit available for rent as part of the MRRA Equipment Lending Program*

Additional Mandatory Equipment Available For Rent:

- ✓ Ringette Face Mask

Recommended Equipment for Rep Players:

- ✓ Ringette Girdle
- ✓ Ringette Pants
- ✓ Properly Sized Ringette Stick

Equipment Available On Loan for Bear Cubs only:

- ✓ Ringette Stick
- ✓ Bear Cubs Jersey

Also, don't forget:

- ✓ Mouth guard (recommended)
- ✓ Water bottle with a long spout
- ✓ Equipment bag
- ✓ Hockey (Ringette) Tape



Overview of Ringette in Canada and Globally

Ringette was invented in 1963 by Sam Jacks, a recreation director and sports enthusiast from North Bay, Ontario, when he saw the need for a winter team sport for girls.



Since the early 1960s, the sport has continued to grow and currently boasts nearly 30,000 registered players on nearly 2000 teams, with over 8000 coaches and over 1500 officials.

While it is primarily a female sport, there are currently over 700 males playing Ringette across the country and is played internationally in Finland, Sweden, USA, France, Slovakia, Russia, the Czech Republic, and Abu Dhabi.

Rules of Ringette

Ringette and hockey are both played on the same ice surface with minor differences.

- Ringette is played with 5 players and a goalie on the ice at one time and is a game that encourages teamwork and sportsmanship.
- The object of the game is to score more goals than the opposition by shooting a blue rubber ring into the opposition's net.
- The ring is controlled by players using a straight stick (no blade) and the ring is speared or stabbed to gain possession.
- Players cannot carry the ring across the blue lines on the ice; they must pass it to a teammate.
- Only three players from each team, plus the defending goalie, are allowed in the end zones at the same time, which keeps the play open, puts a premium on sharp offensive moves, and requires defending players to skate close to their opponents.
- Although the game is intense, and can be physical, intentional body contact is NOT ALLOWED.



Come Try Ringette

Markham Regional Ringette Association hosts a FREE "Come Try Ringette" event twice a year at various arenas throughout the City of Markham.

The first Come Try Ringette occurs annually in May after the Ringette season has completed, and the second occurs in September before the start of the new season.

The event is geared towards children ages 4-11 who are new to the sport.



Stay tuned for information on our next event on our website, through our social media feeds and in other media outlets.

Contact Information and Social Media

For more information about Markham Ringette and to register, please visit our website www.MarkhamRingette.com.

You can also follow us on:



If you have any questions or concerns, please contact our Registrar at registrar@markhamringette.com.



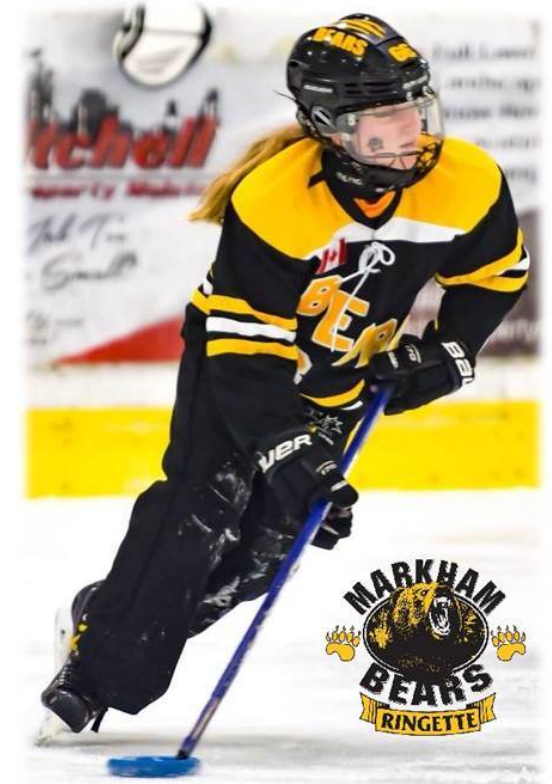
Other Useful Ringette Websites:

www.ringette.ca Ringette Canada
www.ontario-ringette.com Ontario Ringette Association

Play it. Love it. Live it.

Ringette: The fastest game on ice
Ringette: A true team sport
Ringette: Great friendships happen on ice
Ringette: Develops great skating ability and builds confidence

MARKHAM REGIONAL RINGETTE ASSOCIATION



PROUD HOSTS OF THE



2018 SOUTHERN REGIONAL RINGETTE CHAMPIONSHIPS