



London Lynx Ringette Association Go to: www.londonringette.com
P.O. Box 32031, London, ON N5V 5K4 – Spring 2010

The London Lynx Ringette Association's Bunny program for the 2010-2011 Ringette season is for girls born in 2003 – 2005. If the girls can stand up on skates, they'll be able to start. Obviously, the more additional skating they can do, the faster they can learn. The Bunny Learn to Skate Program should start Friday in the beginning of October, Carling Arena Pad B. The girls will be on the ice generally twice a week – we anticipate it to be Friday nights at 5:30pm OR 6:30pm and Sunday afternoons at 4:30 pm. There are certain weeks it is cancelled when the City takes back ice for various tournaments the City has agreed to host. The Association tries to give players/parents advance notice. The home arena for the Bunny Program is Carling Arena (Grosvenor Street, just one block east of Adelaide). The season runs from the beginning of October 2010 until late March 2011.

The Bunny Program will be run by several on-ice bunny coaches, with help from some of our other London Lynx coaches. Teenage Ringette players often volunteer on ice as well. The Program welcomes and needs the help of parents both on the ice for practices as well as on the bench, once their games start. For parents who don't really skate, you can learn about the sport and the players by helping on the bench during their games. The players must always have a female on the bench with them during a game and it's a great way to learn about the sport, even if you can't skate. Police checks must be arranged for those volunteering with the kids, just as they are for most children's sports. All adults on the ice with the players, not otherwise certified as a Ringette coach and registered with the London Ringette Association must also sign a Volunteer Agreement. More information will be provided on these as the season starts in the fall.

Your daughter must wear a CSA approved skating helmet and face mask, (a ringette one with triangles on it), neck guard, elbow pads, gloves, Jill and protective pants, shoulder pads, shin pads, skates (no picks), and she needs a ringette stick (a cut off hockey stick is permitted at Bunny level only). The stick should be cut to come under her armpit when she has her skates on. A real Ringette stick has a special tip, either metal or plastic. If you're buying a new stick, a Bunny doesn't need one that costs more than \$25.00. Also, be careful which end you cut off. Players wear socks over their shin pads and a practice jersey. They can wear mouth guards. The players are given jerseys to wear during their games.

Please feel free to contact us should you have any questions.

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