



London Lynx Ringette Association Go to: www.londonringette.com
P.O. Box 32031, London, ON N5V 5K4 – September 2009

The London Lynx Ringette Association's Bunny program is for girls born in 2002 – 2004. 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 will start Friday, October 2nd, Carling Arena Pad B. The girls will be on the ice generally twice a week - 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 October 2nd, 2009 until late March 2010.

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.

Tammy Mantulak
London Lynx Ringette Association – Bunny Convenor
519-474-0592 or mantulak0592@rogers.com

Melinda Suchard
London Lynx Ringette Association – President & Bunny Convenor
519-850-7470 or melinda.suchard@bell.ca

Martha Wilson
London Lynx Ringette Association – Registrar
519-680-0585 or mwilson@execulink.com