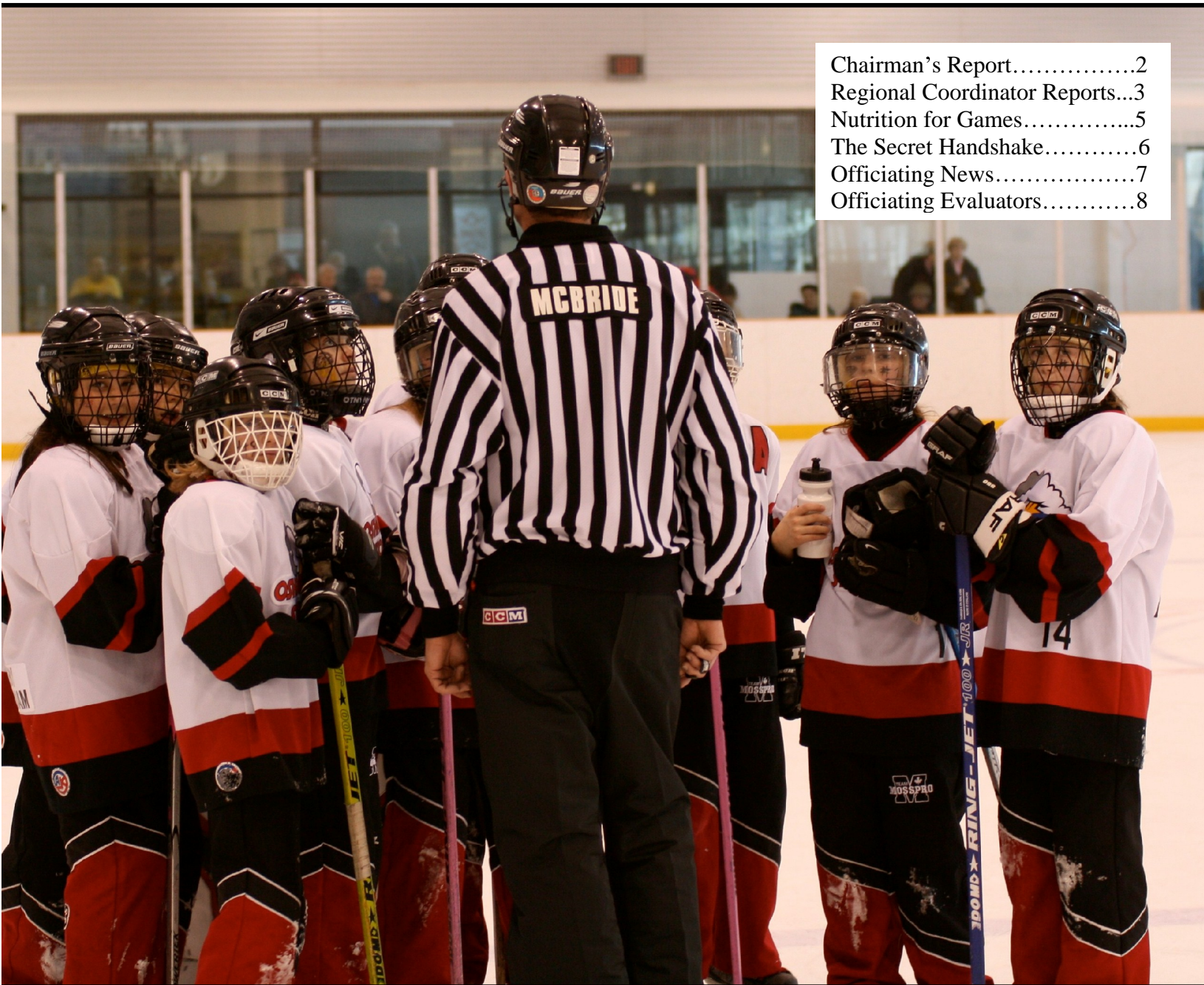


*The*

# REF-O-GRAM

*September 2008*

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**Ontario Ringette Association's Officiating Newsletter**

## OFFICIATING DEVELOPMENT CHAIRMAN'S REPORT

The 2007-2008 season was perhaps the most difficult and confusing year that I can remember in my twenty-six years of officiating. This time last year I was preparing for a new season with new rules. I was trying to figure out how we could get the information out to everyone, but was not all that worried because the new rules did not seem all that daunting. Boy, was I wrong. Even at the Canadian Ringette Championships (CRC's) in April, we were still debating how some things should be called.

Well, we eventually made it through the season with far fewer casualties than I had expected. Though some of the rules seemed completely backwards from what we were accustomed to, we adjusted quite well. One of the funnier things I observed during the year was how difficult it was adjusting to the new "two blue line" mechanics when the ineligible player checks the eligible player too early. I witnessed an official make the two blue line signal when the ring crossed the second blue line, then drop the signal when the ineligible player checked early, started the five second count, realized that the count doesn't start until the eligible team gains control, realized that the two blue line signal should still be up, put the signal up, realized that he has the two blue line signal and the five second count all going at the same time, shook his head and just skated away with a huge smile on his face. This season should be far less painful.

The 2007/2008 season was again a successful one for our officials. We supplied ten of the twenty-one officials to the Canadian Ringette Championships (CRC's) and filled eight of the twelve spots available for semi's and finals. Congratulations go out to Kevin Lee for his performance throughout the week and being selected to officiate the NRL Championship game on the final day. Our representative at the Eastern Canadian Tween Championships in Montreal also performed well and earned his spot in the finals. Congratulations go out to Jeff Evans for representing us well at that event.

At the Provincial level, there were several new faces at all three events, Provincial AA's, Provincial A's and the Ontario Winter Games. The rookies at the Provincials were Emily Mountjoy (A), Melissa Findlay (A), Kent Missons (AA), Paul McBride (AA) and Jilian Wannamaker (AA). All had great events and easily survived the "rookie initiation" night. Kent Misson's penalty shot mechanics and his rendition of Chris Farley's "Chippendales" performance were perhaps the most memorable events I can remember at any Provincials.

As this season will be the "real" rule change year, everyone must take a clinic. The rule change clinics (also know as refresher clinics) should begin in October. There will be two separate refresher clinics for different officials. Refresher 1 is for current Level 1 and Level 2 officials and Refresher 2 is for current Level 3 and Level 4 officials. Every official and every

evaluator must take either the Refresher clinic or a Level 1 clinic by December 15<sup>th</sup>, otherwise they will not be permitted to participate. Every instructor will be required to take the Instructors clinic to ensure that what you are taught is correct. There are no rain checks. If you miss the clinics, you cannot officiate after December 15<sup>th</sup>.

This fall, we will be holding a Community (L1/2) and a Regional (L3) evaluator clinic in the Southern Ontario area. If you are interested in becoming an evaluator or are interested in upgrading to the next level, please contact your regional coordinator as soon as possible. There will be a limited number of spaces available.

Starting this year, and in conformance with ORA policy, **all** officials eighteen years of age and older **must** retain a police records check (PRC) in order to be able to officiate after the November 15<sup>th</sup> registration deadline. In previous years, this requirement only applied to those officials who were eighteen years of age or older and ranked Level 3 or higher. If you are not sure how to get your PRC or what to do with it once you get it, please contact your local RIC or Regional Coordinator for details. The PRC is valid for three years.

On another note, I would like to thank Danielle Lalonde for her dedication and hard work over the past three seasons as the Eastern Region Officiating Coordinator. This past winter Danielle decided that it was time to move away from the administration side and focus more on her "on-ice" and evaluating aspects of the game. This summer she completed her requirements for upgrade to Provincial Evaluator and was one of the three facilitators at the U19 Team Canada training camp. Danielle's replacement is already well known throughout the region, province and country. Laura Knowles has been chosen as the new Eastern Region Coordinator. Laura brings many, many years of National, Provincial and Regional experience to the table and should provide a wealth of resources to the committee and the Region. With Laura's move to Coordinator, Rob Evans has been chosen to fill the position of Evaluations Manager. Rob has held many different positions with ORA over the years, including evaluating, instructing, officiating and most recently V.P. Finance. We will definitely benefit from his experience.

On a final note, be aware that Ringette Canada has changed our officiating crest. Starting this season, all officials are required to wear the new crest. Everyone who attends a clinic will get one as part of the clinic registration fee, so there should be no excuse as to why your crest has not changed.

Have fun and I will see you around the rink.

**Brent Bunting**  
*Chairman Officiating Development Committee*  
[bbunting@strongtie.com](mailto:bbunting@strongtie.com)

### CENTRAL REGION

It's official; this season is a "Rule Change Year". Simply stated, it means all officials must attend a Refresher Clinic. Refresher Clinics are divided into two sections. The Refresher 1 Clinic is for existing Level 1 and 2 officials and the Refresher 2 Clinic is for Level 3 and 4 officials. Anyone not able to attend a Refresher Clinic can attend a Level 1 Clinic for re-certification. If you are unable to attend the Refresher Clinic in our region, you may also attend a clinic in another region.

*Refresher 1 Clinic* – Oct. 4, Ajax - McLean's Center, 1-6 pm  
*Refresher 2 Clinic* – Oct. 4, Ajax - McLean's Center, 8-12 am  
*Level 1 Clinic* – Oct.18, Port Perry Hospital, 9-5 pm  
*Level 1 Clinic* – Oct. 25, Bala – West Muskoka Arena, 9-5pm

Central Region will continue to work on developing our officials by providing evaluations and feedback from our evaluators. Last season, we set up a regional schedule with our evaluators and we managed to complete 85% resulting in several upgrades. We will continue this approach this season, so don't be alarmed when one of the evaluators contacts you to set up an appropriate time to come out and watch. A special thank you to Janyce Gunn, Robert Drury, Pauline Haarmeyer, Kelly Campbell, Tara Armstrong and Dan Bartley for devoting their time and sharing their knowledge.

Police Record Checks are now mandatory for all officials 18 years of age and older. Please get them done early and sent into the ORA for approval. PRC's are valid for three years

I would just like to acknowledge and congratulate the following officials for their accomplishments last season:

- Canadian Ringette Championships – Janyce Gunn and Robert Drury
- Ontario Winter Games – Pauline Haarmeyer
- Provincial "A" and "AA"s – Janyce Gunn, Robert Drury, Mark Renkiewicz, Amy Murray, Kent Missons, Dan Bartley, Becky Murray, Emily Mountjoy and Melissa Findlay
- Regionals – Kent Missons, Tara Armstrong, Mike Geeson, Melissa Findlay, Miranda Klumper, Sherri Prentice, Kelly Campbell, Sam Campbell, Sierra Campbell, Brianna Campbell, Crissy Bergman, Chris Feher, Erica Gaffney, Maddy Snowden, Shelany Lloyd, Samantha Martin, Emma Bragg-Smith and Bianca Novielli.

The recipient of the 2008 Laurie White Memorial Award was presented to Sherri Prentice of Oshawa. Congratulations Sherri! You're well on your way.

In closing, I would suggest reading your new rule book as there have been a lot of changes implemented and we want you to be as prepared as you can.

Enjoy your season.

*Karen Meek*  
*Central Region Officiating Coordinator*  
[kmEEK16@rogers.com](mailto:kmEEK16@rogers.com)

### SOUTHERN REGION

I hope everyone had a great summer and enjoyed their time away from the rink. As you probably already know, it's a rule change year, meaning we all have to take clinics. If you're a Level 1 or a Level 2, you need to take the Refresher 1 Clinic. If you're a Level 3 or Level 4, you need to take the Refresher 2 Clinic. The clinic dates will be listed on the ORA website under officiating, but are tentatively scheduled as follows:

*Refresher 1 Clinic* – Sept. 27, Cambridge, Preston Arena 9am  
*Refresher 1 Clinic* – Oct.4, Mississauga, Erin Mills Arena, 9am  
*Refresher 2 Clinic* – Oct. 4, Mississauga, Erin Mills Arena 1:30pm  
*Refresher 1 Clinic* – Oct. 18, Hamilton  
*Refresher 1 Clinic* – Oct. 18, Richmond Hill, Tom Graham Arena 9am

Please contact me if you're interested in attending any clinics this year. Please be aware that Ringette Canada has changed our officiating crest. The new crests will be provided to you when attending a clinic, so make sure you get them on before the season starts.

As always, getting out to tournaments and getting evaluated, either by your local RIC or a regional/community/provincial evaluator, is the key to improving. If you can't get to a tournament, ask for an evaluation on your house-league games. If you have any questions or concerns about how to do this, please contact me.

I would also like to congratulate Pat Turcotte for being recognized as the Regional Official of the year. Pat's dedication to the sport and the work he continually puts forth is appreciated not just by the region but also by the province. He had a great year, highlighted by stepping on the ice at the Provincial A's for the first time. Great job Pat and congratulations! Make sure to congratulate him when you see him at clinics or in the rink.

*Jeff Evans*  
*Southern Region Officiating Coordinator*  
[jeffevans@rogers.com](mailto:jeffevans@rogers.com)

### WESTERN REGION

Grab your shirt, lace up your skates and start blowing your whistle, it's ringette season again! I hope you all enjoyed your summer vacation and are ready to get back at it.

Congratulations need to go out to all the Western Officials for surviving last season! It was a huge learning year for everyone as we all had to muddle through a season of rule changes, misinterpretations and confusion. Hopefully this year we can all get off to a better start by attending a rule change (Refresher) clinic together. Clinics are mandatory for all officials this year, so please go to the Western Website [www.wrra.ca](http://www.wrra.ca) to locate the clinic closest to you.

Western Region was well represented at both the A and AA Provincials last season. Congratulations on a job well done go out to all those officials who attended. Steve Blacklock, Lorie Grant, Derek Burger and myself all had the privilege of attending Nationals this past March. A huge pat on the back is deserved for both Lorie and Steve as they officiated the Belle Semi-Final together. A final congratulation goes out to Miranda Sheppard, who was recognized as the Western Region Official of the year. Miranda was a huge help over the past 2 years. Not only has she improved her own performance on ice, she has also spent time helping young and coming up officials in Western Region. Many thanks for all your help and hard work.

Last season our Western Region Officiating Travel Program was a huge success. We provided officials for over 300 scheduled A and AA games within the region. This system received positive feedback from both the officials and the coaches, so we will be using it again this year. This means that I will be assigning refs to travel to games in order to make sure that there are qualified officials at every A or AA game in the region. If you wish to participate in this program, you can either register at the western website or contact me directly. Your current rank must be 2B and you must be willing to travel in order to participate.

As always, we will be working on trying to get an evaluator at every major event in Western Region. If you are interested in being looked at, please contact me via the website and I will try to arrange it. Unfortunately, we did not get to see everyone at Regionals last season so I know some of you are still looking for feedback.

I am looking forward to seeing all of you on the ice this year. Please don't hesitate to contact me if you have any questions or need some help. Have a fantastic season!

**Tania Pettitt-Tracey**  
Western Region Officiating Coordinator  
[t\\_tracey@rogers.com](mailto:t_tracey@rogers.com)

### EASTERN REGION

Welcome to the start of another season! I have taken over from Danielle Lalonde-Clarkin as Officiating Coordinator for the region. I would like to take this opportunity to thank Danielle for the work she has done over the past couple of seasons. I would also like to congratulate Rob Hanson who was selected as Official of the Year for the Eastern Region for the 2007-08 season.

This season will bring several changes that are important to each of you. Some of them are as follows:

**Rule Changes** – As it is a rule change year, all officials must attend a Refresher Clinic. Clinic dates are being finalized but expect that they will take place at the end of September and thru mid-October. Please check the ERRAs website or contact your local association RIC for further information.

**Registration**– All officials, born in **1980 or earlier** are required to get a police record check (PRC). This needs to be done prior to November 15<sup>th</sup>, 2008. Contact your local association RIC for information on who to provide the PRC to. If a PRC is not done, you will be unable to referee for the remainder of the season.

**Scheduling** – We will continue to use the Arbiter to assign games throughout the region. Michelle Bainbridge and Patricia Burke will share the assigning duties. To assist them, and prevent as few declines as possible, it is important that each official updates their availability (dates and arenas) in the system.

**Development** – This season, we have set a goal to provide formal evaluations to 90% of the officials in the region. I am hopeful that we will meet or exceed this goal. The evaluations will be conducted during both league and tournament play. You can also contact your local association RIC to request an evaluation.

We will also be introducing a mentoring program for new officials to get them on the right track and make them feel a part of the program and the officiating family. I will be reaching out to the senior officials to assist in this program.

If you have any questions or concerns about officiating in the region, please feel free to give me a call or send me an email.

See you around the rinks!

**Laura Knowles**  
Eastern Region Officiating Coordinator  
[lknowles@rogers.com](mailto:lknowles@rogers.com)

**NORTHWESTERN REGION**

*Mary-Kay Migay*  
 NorthWestern Region Officiating Coordinator  
[mkmigay@msn.com](mailto:mkmigay@msn.com)

**NORTHEASTERN REGION**

*George Seymour*  
 NorthEastern Region Officiating Coordinator  
[seymour3@sympatico.ca](mailto:seymour3@sympatico.ca)

**NUTRITION FOR GAMES AND TOURNAMENTS**

**GENERAL NUTRITION**

**FLUIDS:** Fluids are essential during exercise, especially when doing activities that cause excessive sweating.

**VEGGIES AND FRUIT:** Source of carbohydrates. Carbohydrates act as fuel prior to exercise.

**GRAIN:** Main source of carbohydrates. Used as a primary energy source by muscles.

**MILK AND DAIRY:** Source of calcium, carbohydrate and protein.

**PROTEIN:** For building and maintaining muscles. Used for recovery period after exercise.

**FAT:** Source of concentrated energy and essential fatty acids.

**EATING AND DRINKING FOR OPTIMAL PERFORMANCE**

**BEFORE:** What and how much depends on the time frame before a game.

- 2-4 hrs: balanced meal including carbs and low fat protein
- 1-2 hrs: snack that includes low fat protein and carbs
- Less than 1 hr: snack that is high in carbs
- Drink 500ml of water during the hour before a game

**DURING:** Depends on the length and energy needed for the game.

- 50g carbs per hour (from sports drinks, bars or gels)
- 500-1000ml fluid per hour

**AFTER:** Depends on the length of the game and energy burned.

- Consume at least 50g of carbs with protein and fluid
- Drink adequate fluid to make up for body weight loss

**SNACK IDEAS**

**SMALL SNACK S (MAINLY CARBOHYDRATES)**

- Piece of fruit
- Low fat popcorn
- Yogurt with berries
- Veggies with hummus
- Low fat granola bar
- Skim milk or 1% milk
- Flavoured soy milk
- Fruit bar
- Pretzels
- Baked tortilla chips with salsa

**LARGE SNACKS (INCLUDES CARBOHYDRATES AND PROTEIN)**

- Cottage cheese with fruit
- Crackers and low fat cheese
- Energy bar
- Soy nuts and fruit
- Nuts and dry fruit
- Peanut butter and jam sandwich
- Smoothie
- Hummus and pita

**PRE-SEASON CHECK LIST**

- **Attend the required clinic**
- **Register with your home association or the ORA**
- **Have a Police Records Check done and sent to the ORA if you're over 18yrs**
- **Read your Rule Book/Case Book**
- **Make sure your uniform is clean and fits properly**
- **Have your NEW crest sewn on your sweater**
- **Have your skates sharpened**
- **Make sure your skate laces are clean**
- **Check your bag for tape, extra laces, skate towel etc.**

**Make sure you have two working whistles**

## The Secret Handshake

By Brent Bunting

This past summer I sat through two committee meetings where the term “the secret handshake” was brought up. I found it interesting because I had not heard it in years. It reminded me of my early days in officiating when I wore tight black corduroys, an extremely small ref shirt and the ugliest Koho helmet on top of my mullet (see picture). I remember wearing my 501 jeans and white high tops to all the games, because it was cool. I remember the tournaments and the 7:00 am games, where my friend Jeff and I would get up at 6:45, scrape the ice of the windshield with our student cards and race to the rink, just in time to get there as the warm-up was finishing. But most of all, I remember how completely obvious it must have been to the older officials that we did not take the job seriously.

The term “the secret handshake” stands for the belief that unless you are friends with the right people, you don’t get your just reward. If you don’t know the right people you won’t get the big games, or you may not be asked to officiate at the big events. I’ve heard many officials say “I deserve to be there, I officiate these games all year long at home, and now I’m not good enough.” Well, that comment usually comes from those officials who are probably lacking one or more qualities in their game. It has less to do with who you make friends with and more to do with appearance, exposure, performance and most of all, professionalism.

The easiest thing to fix is appearance. Your uniform needs to be clean and it needs to fit you properly. Referee pants are a must and they must be hemmed at the right height. If they are too short then you should consider buying Shin Tights to ensure that they don’t get caught up in the back of your skates. If you are wearing an old Bruce

Hood jersey from the 1980’s, where the stripes are yellow and no longer white, then it’s time for a new one. A Koho helmet is no longer acceptable (see my picture). Your choice of helmets has a huge impact on how you look. If you are not sure what you should be wearing, look at the more experienced officials and see what they use. What you wear under your uniform makes a difference as well. Wearing a bright green undershirt beneath your jersey may not be the best choice if the collar or cuffs are visible. I used to wear red until I saw a picture of how it looked; now I only wear black or white undershirts.

For those of you who wish to officiate at Regionals, you need to do games outside of your home association. For those of you who wish to officiate at Provincials, you need to do games outside of your region. For those of you who wish to officiate at Nationals you need to do games outside your province. There are over two hundred officials in the Southern Region, six hundred officials in Ontario and 1400 officials in Canada. If you only officiate local games, chances are no one other than local people will have seen you. In the Southern Region, that means that there are some two hundred other officials competing against you for the limited spots available at Regionals. There are more people competing for less spots at Provincials and even more for far less spots at Nationals. If your aspirations are to go to Regionals, Provincials or Nationals, you need to be seen by the people who select or rank officials for those events (all Level 4 evaluators and Regional Coordinators rank for Provincials). This is why exposure is so necessary to complete your goals.

Professionalism is something we should all strive for. If you show up for your game wearing old torn-up clothes

five minutes before game time, how can any one take you seriously? You need to be at the rink early enough so that the coaches know you are there. You should never be at the arena any later than 15 minutes before game time (preferably 30 minutes). Having bloodshot eyes and being unshaven from partying the night before just doesn’t cut it. We need to look approachable to be good.

I have officiated or supervised at Provincials since 1990 and officiated at Nationals since 1993. I’ve seen many officials come and go over those years, including myself. If there truly is a “secret handshake,” I have yet to see it. What I do know is that to progress and succeed, you need to be able to perform, look the part and be professional. And, if you combine these three traits with exposure, you will get closer to your goal.



(Me in 1988)

## Ringette Canada Changes Officiating Crest

Effective this season, all officials will be required to wear the new Ringette Canada Officials' crest on their referee jersey. The new crests will be handed out at all Level 1 and Refresher Clinics this fall. For those of you who need more than one crest, please contact your local RIC, regional coordinator or the ORA office for more information.



## New Requirements for Police Records Checks (PRC)

Effective this season, all officials aged eighteen years of age and older are now required to have a valid Police Records Check by the November 15<sup>th</sup> registration deadline. This change is in accordance with ORA's volunteer policy. If you are not sure how to get one or what to do with it once you get it, please contact your local RIC or the ORA office. Please note that you will not be permitted to officiate after November 15<sup>th</sup> without a valid PRC.

## World Club Championships Coming to Sault Ste. Marie

The Sault Ste. Marie Ringette Club will be hosting the inaugural World Club Championships at the Steelback Centre, November 4-8. This event will be the first of its kind where four of the top teams from the National Ringette League and the two top teams from the

Finnish Elite League will play a round robin tournament to determine who is truly the best team in the world.

## Officiate in Las Vegas

Have you ever considered officiating in the sunny south? Why not try Las Vegas? The first "What Happens in Vegas Ringette Tournament" will be held November 23<sup>rd</sup>-27<sup>th</sup> in where else? Las Vegas. If you are interested in participating please contact David McFadden of New Market Ringette at [RIC@ringettedestination.com](mailto:RIC@ringettedestination.com)

**What Happens in Vegas**  
**Ringette Tournament**  
 November 23<sup>rd</sup>, 2008 – November 27<sup>th</sup>, 2008

Get Away and Play with a 4 night fun filled trip to Vegas.  
 (Available to those at least 21 years and older)

Register as a whole team or participate individually.  
 Individually registered players will be combined into teams.  
 A Great way to meet fellow Ringette enthusiasts from across Canada

**Trip Includes:**  
 Return Airfare to and from Las Vegas  
 Return Transfer - Airport to Hotel in Las Vegas  
 4 Nights Accommodations at Treasure Island  
 2 Comp. Cont. Breakfasts in arena on game days  
 2 Comp. Buffet Breakfasts in hotel on non-game days  
 1 Complimentary Buffet Dinner at Treasure Island  
 1 Awards Dinner Banquet at Treasure Island  
 3 Games guaranteed (Awards for division champions)  
 Transportation to and from arena  
 VIP viewing of the Sirans of Treasure Island show  
 Free admission to Christian Auditorium Night Club

**Optional Extras**  
 Round Trip Transportation to the Frontier Show Experience: \$25  
 Cirque de Soleil - Mystere Tickets: \$75  
 Souvenir Tournament Shirt: \$20

Prices\*\*\* (Based on Double Occupancy)  
 Departure from Toronto or Montreal all taxes in Only ..... \$1169 /pp  
 Departure from Calgary all taxes in Only ..... \$ 999 /pp  
 Social/Panor/Casual Price is \$70 less per person

OTHER DEPARTURE CITIES AVAILABLE. CONTACT US FOR PRICES  
 \*\*\*single registrants will be assigned a roommate or pay \$160 extra for single supplement room\*\*

Visit our website to register [www.ringettedestination.com](http://www.ringettedestination.com)

**Terms and Conditions**  
 \$300 pp Non-refundable deposit due at the time of booking  
 Registration Dead line August 20<sup>th</sup>  
 Balance due September 22<sup>nd</sup>, 2008  
**REGISTER A TEAM AND PAY DEPOSIT BY AUGUST 15 AND RECEIVE A FREE TEAM STICK BAG**

**Insurance**  
 It is advisable to purchase trip package insurance which includes: trip cancellation before and after departure, trip interruption, baggage, unforeseen emergency medical and flight accident. \$50.00 per person (GST incl.)

## Volunteer Recognition Awards Winners

Congratulations go out to the following winners of the Volunteer Recognition Awards for the 2007-2008 season.

- Provincial – Brent Bunting*
- Southern Region – Pat Turcotte*
- Eastern Region – Robert Hanson*
- Western Region – Miranda Sheppard*

## Ringette Canada Holds LTOD Training Camps for Officials

This past summer, Ringette Canada used the U19 Team Canada East tryout camps to run development camps for officials. The weekend long camps were held at Carleton University in Ottawa in May and August and contained both on-ice and classroom

sessions. The first camp was run with six officials from Eastern Canada, including Geri Lamers and Amy Murray from Ontario, where they were subjected to the Level 4 exam, a fitness test and rugged accommodations (Carleton dorms). Each participant officiated six games over the weekend and received in depth evaluations and/or feedback on every game from the three evaluators (we watched their every move). The response from the officials and the evaluators was great and the camps were a complete success. Look for ORA to hold their own camps in the future.

## Refresher Clinics

As this year is the official rule change year, please be aware that everyone, including evaluators **must** take either a Refresher Clinic or a Level 1 Clinic by December 15<sup>th</sup> to be considered eligible to officiate this year. If you are currently carded as Level 1 or Level 2 please attend the Refresher 1 Clinic and if you are carded Level 3 or Level 4 you should attend the Refresher 2 Clinic. Please check either the officiating section of the ORA website or your regional website for dates and locations.

## Looking for Photos

If anyone has any old photos of officials from the 1970's or 1980's lying around, please be aware that we are always looking for pictures to add to the website and the ROG. If you come across any please email me at [bbunting@strongtie.com](mailto:bbunting@strongtie.com).

## Information Update

If your contact information is not correct and / or you are not getting the Ref-O-Gram, please contact the ORA office at:

Ontario Ringette Association  
 1185 Eglinton Avenue East, #705  
 North York, ON. M3C 3C6  
 416-426-7359

## OFFICIATING EVALUATORS

### Community

- may recommend officials to 2A

#### **Central Region**

Dan Bartley, Ajax 905/683-0899  
Tara Armstrong, Oshawa 905/434-2613

#### **Eastern Region**

Christine Aubry, Orleans 613/841-8710  
Belinda Mayer, Ottawa 613/759-8404  
Natalie Fortin, Limoges 613/443-4460  
Lisa Lagrou, Ottawa 613/421-7138  
Andre Lalonde, Ottawa 613/526-2471  
Lori Pasanen, Ottawa 613/842-4994  
David Hanes, Bath 613/384-4786  
Michelle Bainbridge, Woodlawn 613/832-1055  
Heather Carnegie, Nepean 613/825-6070

#### **NorthEastern Region**

Laurier Gadoury, Timmins 705/268-0420  
George Seymour, North Bay 705/494-7754  
Mike Tambeau, Timmins 705/268-6885  
Jeff Graham, North Bay

#### **NorthWestern Region**

Brett Finlayson, Fort Frances 807/274-4855

#### **Southern Region**

Rob Evans, Richmond Hill 905/884-7328  
Bob Huygens, Cambridge 519/572-0701  
Stephanie Renda, Toronto 416/363-4795  
Geri Lamers, Cambridge 519/240-5388  
Kerri Mahy, Grimsby 905/309-4077  
Cam Mahy, Grimsby 905/309-4077

#### **Western Region**

Andre Brisson, Woodstock 519/537-5865  
Lorie Grant, Kitchener 519/579-5572  
Keely Smith, Fergus 519/843-6655

### Regional

- may recommend officials to 3A

#### **Central Region**

Kelly Campbell, Ajax 905/427-8047  
Janyce Gunn, Oshawa 905/725-3402  
Pauline Haarmeyer, Pickering 905/839-5344

#### **Eastern Region**

Rob Hanson, Cumberland 613/833-0762  
Tony Hendrikx, Russell 613/445-3042  
Marie Shinmoto, Gloucester 613/834-8962

#### **NorthEastern Region**

Harry Hirsimaki, Lively 705/692-7112  
Wayne Spencer, Sault Ste. Marie 705/759-0644

#### **Southern Region**

Jeff Evans, Richmond Hill 905/884-7328  
Pat Turcotte, Caledonia 905/765-6955

#### **Western Region**

Tania Pettitt-Tracey, Wellesley 519/656-9037

### Provincial

- may recommend officials to 4A

#### **Central Region**

Robert Drury, Whitby 905/655-3488  
Karen Meek, Bowmanville 905/419-1091

#### **Eastern Region**

Laura Knowles, Ottawa 613/736-7206  
Gerry Leadbetter, Gloucester 613/837-5838  
Lynne Philion, Gloucester 613/744-8040  
Danielle Lalonde-Clarkin, Ottawa 613/729-6728

#### **Southern Region**

Brent Bunting, Barrie 705/719-1505  
Rick Thomson, St.Catharines 905/646-3355

#### **Western Region**

Steve Blacklock, Guelph 519/780-1845  
Derek Burger, Baden 519/634-1120

**Note:** Level 1 officials may be evaluated by their local referees-in-chief.