



# Ringette Review

Day 5  
Friday, April 10, 2009



## Sister Act

Most athletes refer to their team as their family; for Stephanie, Karine, and Annie-Pier, this takes on a whole new meaning.

The Seguin sisters are members of the Montreal Mission and, for the first time, are playing in the nationals together.

“We know how to communicate,” says Stephanie. “And we know how to handle each other,” adds Annie-Pier, completing her sister’s thought. “We know what to say and what not to say.”

The sisters admit there are advantages to playing together. “We’re very close,” says Karine. “Annie-Pier is the youngest and she basically grew up with the Montreal Mission. She also has been the mascot for the team.” Annie-Pier then laughingly interrupts: “but that was a long time ago.”

About their future, the sisters say they are planning on staying in the sport as long as possible. Karine, who is the oldest, says she will always stay in Montreal, especially because her family is there.

Stephanie will be coaching Slovakia during the World Junior Championships and has been coaching for the past eight years. “I’m always coaching or teaching at ringette schools,” she says.

Annie-Pier says she plans on improving her game. “I’ve been defence and offence then defence again,” she says. “I’m now trying to be stable and plan to keep going [forward].”

Suddenly Karine adds “and win nationals,” making her sisters laugh – “yes, definitely win nationals,” they all exclaim.

Stephanie encourages Junior and Belle athletes to keep working hard and to get into the NRL. “We need younger athletes in the league to keep it going strong,” she says. “Continue playing and you will keep improving.”



**No. 66 - Stephanie Seguin**



**No. 79 - Karine Seguin**



**No. 96 - Annie-Pier Seguin**