



Shelley Ayres, #22: This is my second year with the Sirens and I couldn't have asked for a better experience. The girls and the coaching staff are phenomenal. The friends I have made, the thrill of being in a game, the thrill of that first goal (or any goal...) is simply exhilarating. Just being around this group, you can't help but have a good time and learn something. I have to say this is something that I will always look back on and be proud to be a part of.









Courtney Spurgeon, #13: This is my fourth year with the Sirens. It all started about four years ago when I saw the Sirens scrimmaging between periods of an Ice game. I had always been a hockey fan and for the very first time, I felt like I could also become a hockey player. No experience necessary! I talked one of my friends into going to the first practice with me and it was an instant addiction. With help, my skating has improved immensely over the years (I was no natural!) and I've also started goaltending. For anyone who loves the sport, nothing beats playing it yourself. The feeling of being a part of a team is like nothing else!



2004-2005 Circle City Sirens Team Photo

INTERESTED? NOW WHAT?

-  The Sirens competitive season runs from September through April and is split into two sessions: fall and spring. Practices are on Tuesday evenings.
-  New players may join at the beginning of each session. No experience (skating or hockey) necessary!!
-  If you don't have ice hockey equipment, the team will do its best to loan you some until you decide to commit. 
-  The cost of the season varies depending on whether you travel to tournaments or just practice with the team. Fundraising and sponsorship opportunities are available.
-  Contact us for more information!!



Circle City Sirens

www.eteamz.com/circlecitysirens

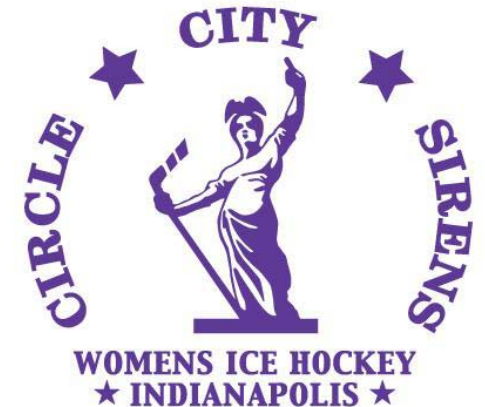
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Circle City Sirens



Women's Ice Hockey



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The Sirens cheer after scoring a goal against the Vixens in the 2005 March Classic. The goal led to winning the Novice Division Championship.

WHO ARE THE SIRENS?

The Circle City Sirens organization is Indiana's oldest organized women's hockey team. The Sirens were founded in 1996 and are registered with USA Hockey in the Mid American District. Our mission is to promote women's hockey in the state of Indiana. Our team ranges in age from 18 to 50-something and in skill level from total beginner to seasoned veteran. We provide an opportunity for women interested in learning the sport of ice hockey to experience the dynamics of team play and the excitement of competition. Our coach and staff work with all skill levels. In an atmosphere of patience and encouragement, players develop skating, stick handling, and shooting skills.

DON'T THINK YOU CAN DO IT? THINK AGAIN!!



Nancy Little, #45: About four years ago, I overheard my daughter's friend call her mom "old and frumpy". I was totally petrified at the thought that my daughter could possibly think of me in the same way. I was 45 at that time. My daughter had been playing hockey for about two years and the more I watched her play, the more I thought that I could do this, too. After six months of skating lessons, I started playing for the Circle City Sirens. That was three years ago. Through women's hockey I have found fun, friendship and fitness!



Kate Bothwell, #25: At 25, I had quit smoking, and after six

months I needed to reward myself with something - preferably something that promoted pink lungs. I found out that there was a women's hockey team in Indianapolis, and I decided to give it a shot. The Sirens had no problem with the fact that I'd never played before. Heck, I didn't even know how to stop in hockey skates. They taught me everything. The team as a whole is positive and encouraging. It's incredibly fun.



Samantha Swartzentruber, #26: I have never been an athletic person or participated in organized sports - the closest I came was the high school marching band. I've loved to watch hockey for years, but never would have joined if a friend hadn't begged me. She wanted to play but didn't want to go alone to the first practice. So, I borrowed some equipment and went to the first practice, too - and that was enough to completely hook me. Most of my memories of that first practice consist of falling on my butt every 30 seconds, crashing into the boards because I couldn't stop, and a bunch of other women skating so much faster than I thought I ever could. Now, we're both nearing the end of our fourth season with the Sirens and I don't fall nearly as much, I can stop (most of the time), and not everyone on the team can skate circles around me! I'll never forget my first goal - or my first penalty. The group of women that make up the Sirens is amazing - we get along well and have a blast off the ice as well as on. I can't even imagine how much fun I would have missed out on if I hadn't been talked into going to that first practice.



Paula Bongen, #72: I went to an Ice game with friends. I had never

been to a hockey game before. I saw the goalie skate out and from that moment on, I wanted to be a goalie. I was 46 at the time. I had never been on ice skates before. I had no idea how the game of hockey was played. I took skating lessons with six year olds and learned the game at B.U.N.S. in Carmel. I have been playing for ten years, and for over eight of those years I have been in goal. Frank, my husband of 36 years, is the equipment manager. Together, we've had a great ride!



Mona McCrory, #49: With all the traveling I do as an engineer on a race team, I didn't think I would be able to play hockey as often as I do. The Circle City Sirens has such a flexible program that I am able to practice with the team, attend tournaments and still enjoy time with my family.



Tammy Wolverton, #66: I started playing ice hockey at the tender age of 38. I had only been on ice skates maybe twice in my entire life (25 years ago!) I had never played any kind of organized sport. I had worked out at aerobics & spin classes but the feeling after playing a game is so much more rewarding; like you're actually accomplishing something important and building self-esteem. You also find yourself assisting other women and boosting them up as well. I wish I would have done this many years ago. I can at least be an example for my daughters and introduce them to the sport. It's so important for girls to be taught self confidence and that they are worth so much more than their looks.