

Little Rock/Junior/Bantam News Letter



September 26, 2007



Little Rock Curlers Suggested Clothing and Equipment:

Strongly suggested for safety, a **cycling helmet or hockey helmet** is a very good idea.

Warm clothing such as a **jacket, track pants** or sweat pants is a good way to keep warm. Blue jeans are not recommended, because they are cold to wear and reduce flexibility through the hips, which is an important element. **Mitts or gloves** will also come in handy. Leather style mitts grip the broom and rock handle better

IMPORTANT: Clean rubberized footwear, that is carried into the club and not worn into the club, is required. Footwear that is not clean tracks dirt and grit onto the ice surface and damages the conditions for curling and the equipment.

Special Note: Some brands of running shoes are made with plastic elements composed in the soles. These shoes will be very slippery when coming into contact with the ice.

Other curling equipment:

The curlers are more than welcome to bring their own equipment – brooms and sliders. It is **not** necessary as we have this equipment for the curlers to use.

THE FAIR PLAY CODE

"Translated into kid language"

- I will be a good sport.
- I will respect people and property, on and off the ice.
- If I make a mistake, I will tell someone.
- No "put downs"
- I will play fairly.
- I will accept the consequences of my behavior.



Touched Stone:

The new rule - the rules has changed in the last couple of years in regards to the touched stone - also known as the burnt stone. If a rock is touched while it is going down the sheet it remains in play until it stops. At this time the opposing skip will decide if they want the stone removed. If they want the stone removed then all stones that have been touched will be put back to their original position.

Parents/Guardians: At any time feel free to join us on the ice. We can always use more help or if you just want to see/hear what we are doing come on out.





**Program Structure:
Tim Horton's Tim Bits**

We will start each week with some stretching. For the rest of our hour we will be dividing the time up between working on skills and games. The first half we will work on skills, review from the previous week and then the new. The second half will be for games. Please note that for the first few weeks we will spend the majority of time working on skills.

Times:

Tim Hortons Tim Bits

Group A 4:30-5:30

Group B 5:30-6:30

Bantam/Junior League

Tuesday's will be skill development at 4:00 pm, Friday will be games at 4:00 pm

Bantam Playdowns

**Regional February 1-3, 2008
Stratton
Association February 14-16, 2008
FFCC
Provincial March 5-9, 2008
Collingwood**

Junior Playdowns

**Regional
Nov 3- Dec 2, 2007 Sioux Lookout
Provincial
January 10-13, 2008 Geraldton**

START DATES:

Tim Bits Curling will start on Friday October 19.

Junior/Bantams will start on Tuesday October 16 and League play on Friday October 19



Bantam/Junior Camp

November 3 and 4, 2007

A 12 hour classroom and on ice session for bantam and junior curlers ages 12 to 17. Includes deliver, sweeping, rules, strategy and fitness activities.

COST: \$15.00 for Bantam and Junior FFCC members. \$25.00 for non-members.

Includes Lunch

Questions or concerns relating to the Little Rock/Junior/Bantam Curling Program can be directed to: Curling Committee members Kim Beaudry, Ron Silver, Kevin Busch or Tom Fry.

A big thank-you to Tim Hortons for Sponsoring the Tim Bits curling this year.

