

# Little Rock/Junior/Bantam News Letter



## September 24, 2008

**Welcome to our  
2008-2009 Curling  
Season.**

The coaches and volunteers are looking forward to another exiting season. Once again we are thrilled to have Tim Horton's as our sponsor. We ask that those curlers who have a vest from last year that they use it again this year.



### **Equipment:**

For the Littlest curlers it is strongly suggested for safety, a cycling helmet or hockey helmet is worn.

### **For all curlers:**

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 come in handy. Leather style mitts grip the broom and rock handle better.

### **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.

### **Calendar Of Events:**

**Start of the Curling Season: Friday  
October 24, 2008**

**Due to Halloween being on a Friday we  
will meet on Sunday November 2, 2008  
from 4-6pm both the 4:30 and 5:30  
groups.**

**Friday November 7  
Friday November 14  
Friday November 21  
Friday November 28  
Friday December 5  
Friday December 12  
Friday December 19  
XMAS BREAK**

**Friday January 2  
Friday January 9  
Friday January 23  
Friday January 30  
Friday February 6 – tentative  
Friday February 20  
Friday February 27  
Friday March 6  
Sunday March 8 – Wind up**



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



## 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



Tim Horton's Groups  
Group A 4:30 to 5:30  
Group B 5:30 to 6:30

**For Group B we will start each week with some stretching. For the rest of the hour we will be dividing the time up between working on skills and games. The first half we will work on skills and review from the previous week and then the new. The second half will be for games. Please note the first couple of weeks we may spend a little more time teaching the basic skills. Please be ready to go on the ice at 5:30.**

For this season the Coaches are looking at bringing in the Skills Award program. The program has six progressive challenging levels to develop curling skills. More information to follow at a later date.



## Christmas Fun Spiel

In the next couple of weeks a list will be posted on the bulletin board to see if there is any interest in having a family fun spiel during the Christmas break.



## FOOTWEAR

**Clean, rubberized footwear, this 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. Curlers will not be allowed on the ice surface with outdoor shoes.**

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.

Any questions you can contact:  
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