

Little Rock/Junior/Bantam News Letter



September 23, 2009

**Welcome to our
2009-2010 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 23, 2009

Friday October 30

Friday November 6

Friday November 13

Friday November 20

Friday November 27

Friday December 4

Friday December 11

Friday December 18

XMAS BREAK – fun spiel tentative

Friday January 8 – Tentative

Friday January 22 - Tentative

Friday January 29

Friday February 5

Friday February 12

Friday February 26

Friday March 5

Sunday March 7 – Wind up

**We will try and add a couple of Sundays
in January – more info to follow.**



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

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.



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.



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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