



2017 09

Junior Curlers & Parents,

Some guidelines for equipment:

- clean running shoes or boots. **Curlers must carry the shoes they are going to wear on the ice, not wear them outside.**
 - loose fitting stretchy slacks (sweats are great - not jeans)
 - warm loose fitting jacket or sweater
 - warm gloves or mitts
 - **full length slider** Sliders are about \$20.00 – Make sure to clearly mark your child's name on his/her slider.
 - broom of your choice
- (We do have some brooms & sliders that you can use for classes.)

The cost for each league is \$ 60.00 for the season.

Monday League: For beginning curlers and intermediate curlers - ages 11 & up

The Junior Instructional curling will begin **Monday, October 23 - 4:30 - 5:30 pm** and will continue Mondays until March. There will not be curling during the holidays.

The Novice group (1st year curlers) will not likely be on the ice the first week. We will be inside learning some of the basic curling movements and strategies. The next few weeks we will work in groups learning the basics of the curling delivery (including the no lift flat foot delivery), strategies and sweeping techniques. Junior curlers will later be put on teams and curl games.

The Intermediate group on Monday (those who were in the program last year) will be on the ice for some of the first class.

Wednesday Teen League –

For ages 13 & up who have been in the junior program previously

Wednesday league will start on **Wednesday, October 19 – 5:00 pm – 6:45 pm**
Enter as teams or individually. Sessions will include such items as strategy, timing rocks, team communication, nutrition, sweeping techniques, reading ice. Curlers must be ready for each session by 5:00 and willing to be involved in a more advanced competitive setting.



Youth & Young Adult League – Ages 13 & up – Mondays 4:00 pm
Will begin Monday October 23

We will need some parents/guardians/teachers to help with supervising.
Training will be provided. If you are able to help us, please let us know.

If you have any questions or concerns, feel free to contact us.
Pat Bibby – 764-2421 or call the Curling Office at 765-5201.

Cheryl Bernard School of Rocks – Saturday November 18 - \$30 per child

**Friday Night with Cheryl Bernard & Russ Howard – Adult presentation –
Friday, November 17 - \$50 per person**