

**Pointe Claire Curling Club
Junior Curling Program 2009–2010 Schedule**

**BE SURE TO CHECK THE WEBSITE FOR ANY CHANGES TO THIS SCHEDULE
www.pointeclairecurling.com/juniors2.html**

Week	Day	Date	Group 1	Group 2	Skill Development *
	Saturday/ Sunday	September 26 & 27	11:00 – 4:00		Open House & Registration
1	Saturday	October 3	1:30-3:00	3:00-4:30	Introduction & Evaluation
2	Saturday	October 17	1:30-3:00	3:00-4:30	General Overview of the Delivery
3	Saturday	October 24	1:30-3:00	3:00-4:30	Delivery – Focus on Balance
4	Saturday	October 31	1:30-3:00	3:00-4:30	Delivery – Focus on Accuracy
5	Saturday	November 7	1:30-3:00	3:00-4:30	Delivery – Focus on Release
6	Saturday	November 14	1:30-3:00	3:00-4:30	Delivery – General Review
7	Saturday	November 21	1:30-3:00	3:00-4:30	Sweeping – Focus on Technique
8	Saturday	November 28	1:30-3:00	3:00-4:30	Delivery – Focus on Balance
9	Sunday	December 6	3:00-4:30	4:30-6:00	Delivery – Focus on Weight Control
10	Sunday	December 13	3:00-4:30	4:30-6:00	Strategy and Tactics
11	Sunday	December 20	3:00 – 7:30		Kids vs. Parents/Pot Luck Supper
	Sun, Mon & Tues	Dec 27, 28 & 29	Tim Caverly Junior Bonspiel at Pointe Claire (Big Rocks – two or three days & Little Rocks – one day only)		
12	Saturday	January 16	1:30-3:00	3:00-4:30	General Review
13	Sunday	January 24	3:00-4:30	4:30-6:00	Strategy – The Defensive Style of Play
14	Saturday	January 30	1:30-3:00	3:00-4:30	Strategy – The Offensive Style of Play
15	Saturday	February 6	1:30-3:00	3:00-4:30	Getting Mentally Ready for the Game
16	Saturday	February 13	1:30-3:00	3:00-4:30	Team Skills
No Junior Curling on the February 20-21 & 27-28 weekends – Lakeshore Bonspiel at the Club					
17	Saturday	March 6	1:30-3:00	3:00-4:30	Knowing the Rules
18	Saturday	March 13	1:30-3:00	3:00-4:30	Timing of Rocks & Sweeping
19	Saturday	March 20	1:30-3:00	3:00-4:30	"Hot Shots" Competition
21	Sunday	March 28	3:00 – 7:30		Kids vs. Parents/Pot Luck Supper

Please note that on Sundays, curling starts at 3:00 and 4:30 (90 minutes later than usual).

Earlier in the season, there will be more emphasis on skills and drills. Later on, more time will be devoted to scrimmaging (mini-games). Curlers should arrive early enough to start warming up inside and some information regarding the skill that week may be provided before going out in order to maximize the time on the ice.

* 2009-2010 Program formulated by Jerome Gazdewich – Level III Certified Curling Coach