

# Parent Information Package

## What the Junior Program Offers

Our Junior Program offers the following:

- To provide a weekly instructional program for curlers ages 7 to 17
- To provide opportunities for recreational curlers to taste competitive play through Interclub play, Jeux de Québec regionals, bonspiels and possible house-league play
- To provide a competitive training schedule for older elite Juniors to prepare them to participate in the regionals for the Under-20 Provincial Championships
- To actively involve parents of Junior curlers in all aspects of the Junior Curling Program, including coaching, administrative roles (registration, publicity, website), fundraising and hosting
- To provide technical training to Junior coaches in order to ensure a consistent and comprehensive program for the participants
- To encourage feedback from curlers and parents in order to improve the program

## Weekly Sessions (October 3 to April 11)

Each week's session will be broken down into two 90-minute sessions, with the Little Rocks curlers and newer Big Rocks curlers in the first session, and the experienced Big Rocks curlers in the second session.

There could be some movement between groups, depending on space and levels of ability. Curlers should arrive on time for their session with **CLEAN** running shoes (or curling shoes). Shoes must **NOT** be worn in from the street. Sliders and brushes will be provided.

Each 90-minute session will include warm-up exercises, practice slides, review of the previous lesson, introduction of a new skill, practice drills and a mini-game (when possible).



## Bring out a Friend to the Open House !

All Juniors are welcome to stop by at the club's open house weekend of **September 26–27 from 11:00 a.m. to 4:00 p.m.** This is the perfect opportunity to bring out a friend to see if they would like to join our program. Registrations will also be accepted from returning curlers.

## Interclub Competition *(included in fees)*

There will once again be the Interclub league this year with both Big Rocks and Little Rocks teams formed during the year to play in once- or twice-monthly games against other clubs. The idea is to involve as many different curlers as possible in this additional program. A schedule of these matches will be provided as soon as it becomes available. For those dates when we will be hosting these games, parents are encouraged to lend a hand with the post-game snacks.

## New This Year

If the interest is there, we will be organizing a house league competition, with teams playing about once a month on Sunday afternoons.

## Other Competition

In addition to the above Interclub league and possible house league play, Pointe Claire will participate in the annual Tim Caverly Bonspiel at Christmas on December 27, 28 and 29. (As we did last year, we will be running the "Café Lanthier Junior" canteen during the event to raise funds, and parents are encouraged to get involved.) There may be occasions to participate in other events during the season. Details will be provided as they become available.

*(see over)*

## Pointe Claire Curling Club – Junior Curling Program Overview 2008–2009

### Québec Regional Games *(included in fees)*

We will be entering both boys and girls Under-15s teams in the Lac St-Louis Regional competition. The regional matches will take place in January.

### Kids vs Parents and Pot Luck Suppers

As is our tradition with the Junior Curling program, we will hold two “Kids vs Parents” game days followed by a Pot Luck Supper upstairs in the club dining room. This year, the first one will be held on **Sunday, December 20** and second will be on the last curling day in the spring, **Sunday, April 11**. You will each be asked to bring one food item (salad, main course or dessert). Sign-up sheets will be available one month ahead of time.

### Used Equipment

We will once again be coordinating the sale and exchange of used equipment, such as curling shoes, clothes, brooms, etc. If you are looking to buy or sell, get in touch with us and we'll try to put you in touch with someone who could help you. Call us at 514-697-9931 or by email at [keithjo@videotron.ca](mailto:keithjo@videotron.ca).

### New Curlers

The Junior Curling program has a capacity of about 50 young curlers, so if you know of some friends of your child who would like to join, please have them sign up as soon as possible so as not to be disappointed.

### Coaches

We welcome your interest in coaching. Our coaches participate in Curling Québec professional development. All of our coaches are volunteers and have undergone police background checks.

Keith Mallette (Director)

Daniel McDonough	Rick Stanton
Guy Hamilton	Jim Kyle
John Race	Jerome Gazdewich

### Volunteer Involvement – We Need Your Help!

Parents will be asked to participate in different aspects of the program this season, whether on the ice or behind the glass. Parents will be needed to lead/coach teams at Interclub and other matches, to help with the organization of the Christmas and end-of-season parties, telephone calling, fundraising and hosting the Tim Caverly Bonspiel at Christmas. Any parents interested in becoming a coach should let us know.

We encourage you to come forward and let us know of your interest and particular skills. Speak to Jo Mallette in the lounge during Junior curling sessions about volunteering your skills or if you have any questions. She'll gladly help you out.

### Regular Schedule

The Junior Program schedule is posted on the Juniors page of the club's website (see below). It is subject to change so you should always check for updates.

Most sessions are Saturdays (1:30 to 3:00 and 3:00 to 4:30), however, due to club events during the season, some sessions are moved to Sundays (3:00 to 4:30 and 4:30 to 6:00).

### Website

Check out the Club Calendar and the Juniors section of the Pointe Claire Curling Club website to stay up to date: [www.pointeclairecurling.com](http://www.pointeclairecurling.com)

### Annual Fees

\$70 club fees plus \$5 Curling Québec fee = **\$75**  
Fee includes a long-sleeved playing shirt. Don't forget to indicate your child's size on the registration form.

***Here's to a great Junior curling season!***