

# 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 du Québec regionals, bonspiels and house-league play
- To provide a competitive training schedule for older elite juniors to prepare them to participate in the U18 and U21 Provincial Circuits.
- To actively involve parents of junior curlers in all aspects of the Junior Curling Program, including coaching, administrative roles, 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

## Registration for 2019/2020 Season

Returning members:

Thursday, September 19<sup>th</sup>  
6:30 pm to 8:30 pm  
Pointe Claire Curling Club

Registration for new members will take place during the open house Saturday, September 28<sup>th</sup> and Sunday, September 29<sup>th</sup> from 11:00 am to 4:00 pm. Priority will be given to Pointe Claire residents.

## Weekly Sessions (October 5 to March 29)

Each week's session will be broken down into three sessions, two 1-hour Little Rocks sessions from 1:00-2:00 and 2:00-3:00 followed by the Big Rock curlers from 3:00-4:30.

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. Helmets are required for Little Rocks (7-12).

Again this year, we will try to stream curlers based on their desires and skill levels. For newer curlers, the session will include warm-up exercises, practice slides, a review of the previous lesson, introduction of a new skill, practice drills and a mini-game.

The more experienced curlers will have the option to participate in short drills to reinforce particular skills and then proceed directly into game situations.

For those curlers looking for more competitive opportunities, they will be able to benefit from individual coaching to help them work on specific skills which might require correction.

We've listened to the feedback that you gave us at the end of last season and hope that these options will respond to your particular needs.

## Interclub Competition *(included in fees)*

Again this year we will have monthly Interclub games for both Big Rock and Little Rock teams where curlers will have the opportunity to play 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. Parents are encouraged to lend a hand with the post-game snacks when we are hosting interclub teams at our club.

## Pointe Claire Curling Club – Junior Curling Program Overview 2019 – 2020

### Other Competition

Pointe Claire C.C. will host and participate in the annual Tim Caverly Bonspiel on December 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. Again this year, we will be running the “Café Lanthier Junior” canteen during the event to raise funds for the program and parents are encouraged to get involved. There will be other events/tournaments during the season. Details will be provided as they become available.

### Jeux du Québec Regional Championships

Last year, the Pointe Claire girls represented Lac St-Louis at the U16 Jeux du Quebec provincials. Coaches will be working on developing teams for the 2020 Interjeux taking place in Noranda March 5-8, 2020.

### Canada Games 2019

Our juvenile Pointe Claire girls won the provincial Championship and represented the province as Team Quebec at the 2019 Canada Games in Red Deer, Alberta. The next Canada Games will take place in 2023 in Prince Edward Island.

### Kids vs Parents

As is our tradition with the Junior Curling program, we will hold two “Kids vs Parents” game days. This will include a 3-4 end game followed by snacks in the lounge.

The first one will be held on December 15<sup>th</sup> and second will be on the last curling day in the spring, Sunday, March 29<sup>th</sup>.

### Regular Schedule

The Junior Program schedule is posted on the “Juniors” page of the club’s website (see below). Take note of highlighted weeks that reflect a change in time and/or a no curling week.

Most sessions are Saturday afternoons; however, due to club events during the season, some sessions may be moved to Sunday afternoons (as indicated on the schedule).

### Coaches

Our coaches participate in Curling Québec professional development. All of our coaches are volunteers and have undergone police background checks. We are always looking for new coaches so if anyone is interested in coaching please let us know. No experience necessary as our coaches will teach you the ropes.

### 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 interclubs and other matches, prepare snacks after games and hosting the Tim Caverly Bonspiel in December.

We encourage you to come forward and let us know of your interest and particular skills. Speak to Wendy Byrd or Lisa Houle in the lounge during Junior curling sessions about volunteering your skills or if you have any questions.

### Midpoint Little Rock Rings

With the influx of new little rock curlers, we will once again have phantom rings painted halfway down sheets 1 and 3 this year. This will allow all curlers to use the regular hacks and deliver into rings within their reach. Once these younger curlers are ready, they can graduate to the regular rings further down the sheet.

### Website

Check out the Juniors section of the curling club website [www.pointeclairecurling.com](http://www.pointeclairecurling.com) and follow PCCC Juniors on Facebook to stay up to date.

### Annual Fees

Little Rocks \$100 plus \$12.75 Curling Québec fee = **\$112.75**. Big Rocks \$130 plus \$12.75 Curling Québec fee = **\$142.75**. Price includes a shirt for each player - don’t forget to indicate your child’s size on the registration form.

***Wendy Byrd and Lisa Houle***  
***Junior Curling Coordinators***