



# Coquitlam Junior Curling League

633 Poirier Street, Coquitlam, BC V3J 6A2  
[www.coquitlamcurling.com](http://www.coquitlamcurling.com)

## Welcome

Welcome to all our new and returning curlers. The Coquitlam Junior Curling League is very excited to again offer a recreational league for junior curlers where they will improve on & learn new skills and play in games in a league format.

We are very fortunate to have many returning volunteers this year. Darren Kent ([coquitlamjuniorcurling@outlook.com](mailto:coquitlamjuniorcurling@outlook.com)) is our off-ice coordinator and Ron Shukyn ([ron@exclusivefloors.com](mailto:ron@exclusivefloors.com)) is our treasurer. We would like to welcome Brian Bastien ([b.bastien@shaw.ca](mailto:b.bastien@shaw.ca)) who is joining us as our new head coach. He is looking forward to meeting everyone and working to improve the skill level of all the curlers. Brian will be supported by some parents, other adults as well as a few of the older and past junior members.

If you have any questions or concerns, please do not hesitate in contacting any of these volunteers.

**We are always looking for on-ice volunteer coaches.**

## Curling Schedule

As in the past, the Junior League will run twice a week from 4:30pm to 6:00pm. Tuesdays are skill development days where curlers learn new skills to improve their on-ice performance. On Thursdays, curlers will have the opportunity to use their new skills in a game.

**Tuesdays: Skill Development Day** – Each Tuesday curlers will work on particular curling skills. Our volunteer coaches will be on-ice with the curlers teaching and correcting skills and strategy.

## Important Dates and Upcoming Events

**September 19** – Important Parent Information Night @ 7pm, room #2, Poirier Sport and Leisure Complex

**September 17** – Beginner Curling Clinic @ 9am at Poirier Sport and Leisure Complex. Ages 12+

**September 18** – Intermediate Curling Clinic @ 9am at Poirier Sport and Leisure Complex .18+ or Junior club curlers 14+ with at least 1 season

**September 27** – First Junior League practice @ 4:30pm

**October 2** – Optimist Div. 1, games 1&2, 8:45 am @ Langley Curling Club

**October 22** – Optimist “Feeling Great” Novice Camp @ Golden Ears Winter Club (Maple Ridge)

**October 23** – Optimist Div. 2 & 3, games 1 & 8 @ Cloverdale Curling Club

**Thursdays: Game Day** – Curlers will be put onto mixed teams and will compete for the leaderboard title.

**Wednesday: Open Ice** – In the past, Wednesday's from 5:00 pm to 6:00 pm was available to Coquitlam Curling members for practice. Due the desire of the Coquitlam Curling Association this time is now going to be used for additional maintenance time to improve the ice conditions. The Association will be attempting to find an alternate time for members to practice for free. Tuesday's 11:45 am to 12:45 pm is still available, however it does not work for most juniors.

**Saturday/Sunday Afternoons: Drop-In** – The city runs drop-in times on Saturday and Sunday afternoons. The Coquitlam Curling Club does not run this curling session so curlers must pay the *junior* drop-in rates to use the ice. Ice times can change or be cancelled, so please check the Poirier Sport and Leisure Complex for updates. Pay at Front Registration Desk

## **The Importance of Warm Up**

It is important to warm-up and stretch the muscles properly before going out onto the ice as warm muscles respond better to activity than cold muscles. This also reduces the chance of injury on the ice. With this in mind, we ask that each time the curlers go out onto the ice, they begin by lining up along the wall by sheet 6 to begin a group warm up with one of our volunteer coaches.

## **Safety on the Ice**

All curlers regardless of age or experience must wear 2 grippers when on the ice unless it's their turn to throw. This rule is extremely important and will be enforced by all the volunteers on the ice. Experienced players, please model safe curling practices to the new curlers while on the ice. Make sure to clearly identify your grippers so they don't get lost or taken by mistake. Nail polish on the inside sole works well.

## **On-Ice Insurance**

All volunteer coaches must have insurance before they are allowed on the ice. Please make sure to let Darren know if you are able to help so that all the forms and fees can be completed in time for our first practice.

## **Lockers**

Lockers are available through the city (at the front reception desk) for \$30.00. This is a 6 month contract, beginning in September. We recommend that if you're going to rent a locker, you ask for a top locker to accommodate the curler's broom.

## **Curling Shoes**

We have a bin of used curling shoes in the junior box on the ice. If you are interested in borrowing a pair, please see Darren. If you have old shoes or shoes that no longer fit, we would love to add them to our collection for the Junior League.

## In Case of Emergency

There is a phone on the north wall of the curling rink, by sheet #1, with “emergency” instructions. The city requests that each league try to have at least one person at the rink with emergency first aid training during ice time. If any parents, players or coaches have emergency training, please let Darren know so that you can be added to our list and be shown the emergency protocols for the Coquitlam Curling Club. Please send any updates regarding your child’s emergency contacts to Darren so that our emergency binder is always up to date.

## Optimist Junior Interclub League (<http://www.optimistcurling.com/>)

There are four divisions in the Optimist Junior Interclub (OJI) Curling league. Division 1 is an opportunity for advanced teams to prepare for zone/coastal play downs. Teams apply in August to play in this league. They play two 10-end games played over seven Sundays at the Langley Curling Club from September to February. The season ends with play-offs and a luncheon banquet.

The Cloverdale Curling Club hosts most games in divisions 2, 3 and 4 of the OJI. These divisions are organized based on the team’s development. Curlers of similar skill levels will play each other each week. Curlers play one 6 or 8 end game over Thirteen Sundays and one Saturday from late October to mid-March. See our calendar for dates.

Coaches will talk with the curlers to promote participation in this league. If you are interested in being part of a team, please let Darren know. The Junior League will sponsor \$100 per team. This means if you are on a 4-person team, the cost for the season will be \$50 per curler. Payment will be required once the team is confirmed. For novice (beginner) curlers who only wish to participate part time, we can make a 5-6 person team be made so that not all curlers have to go to every game. If your child is interested in this larger team, please let us know. This is a fun way of getting game experience and a great way to network with other curlers!

## Parent Information Meeting/Volunteers

There is a very important Parent Information meeting on **September 19<sup>th</sup> at 7pm** in **Large Meeting at Poirier Library**. We will provide detailed information about our league and opportunities for competition and recreational play. We will also ask for parent volunteers to help keep the league running smoothly. Some of these volunteer jobs include:

- Newsletter
- Optimist Walk
- Coquitlam Bonspiel
- Bonspiel Coordinator
- Christmas Party/Year-End Party
- Bulletin Boards
- Optimist Junior Interleague Coordinator

It is because of our volunteers that the Coquitlam Junior Curling League is so much fun. If everyone does a little, a lot will get done!