



# 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 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 Head Coach and Ken Krause ([tkrause@telus.net](mailto:tkrause@telus.net)) will be our high-performance coach this season. Ron Shukyn ([ron@exclusivefloors.com](mailto:ron@exclusivefloors.com)) is our treasurer. Darren and Ken will be supported by several additional coaches, parents, other adults as well 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 and assistants.** If you are interested in coaching or assisting on the ice, the league will cover the registration fees for CurlBC coaching clinics.

## Curling Schedule

As in the past, the Junior League will run twice a week from 4:30 pm to 6:00 pm. 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.

## Key Dates

**September 9-10** – Curl BC Club Coach Workshops @ Vancouver & Tunnel Town Curling Clubs

**September 14** – Important Parent Information Night @ 7pm, room #2, Poirier Sport and Leisure Complex

**September 16** – Beginner Curling Clinic @ 9am -1pm. Ages 12+, \$45 + tax (includes lunch) code 606235

**September 17** – Intermediate Curling Clinic @ 11:30 am- 4 pm 18+ or Junior club curlers with at 1 yr exp. \$45 + tax (includes lunch) code 606234

**September 19** – First Junior League practice @ 4:30pm

**November 11** – Optimist Club 5K Walk for Youth

**December 12** – Christmas Party

**December 14** – Bring a Friend Day

**January 9** – Curling resumes after Christmas Break

**February 3-4** – Bill Bills Memorial Jr. Spiel

**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.

**Thursdays: Game Day** – Curlers will be put onto mixed teams and will compete for the leaderboard title. Teams change each week and totals are reset for the second half.

**Tuesday/Wednesday: Open Ice** – The Coquitlam Curling Association provides two time slots for paid members to practice for free. Tuesday's 11:45 am to 12:45 pm and Wednesday's from 5:00 pm to 6:00 pm are available on a first come first served basis. Since there are only 6 sheets of ice, please be considerate of other members and share your ice if the need arises.

**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 or use your One Pass Card to use the ice. Ice times can change or be cancelled, so please check with the Poirier Sport and Leisure Complex for updates. Pay at the Front Registration Desk.

## **Team Snap / Attendance**

The league uses TeamSnap as our primary communication tool. All practices, games, events, bonspiels, playdowns and meeting will be posted to the TeamSnap calendar. For most activities related to the league (Optimist games excluded), Teamsnap is also used to track availability / attendance. **It is very helpful that players or their parents and coaches accurately record their availability by noon on skills / game days.** Matching players, coaches and drills for skill days or placing players on balanced teams for game days takes time. If this can't been done until 4:30 once everyone has shown up, it is the players who lose out on ice time. Updates on availability can be made via the IOS or Android apps, the website or clicking on the appropriate link in the emails that are sent out 2 days in advance.

In an attempt to increase the accuracy of availability recording, we will be awarding an additional prize at the two league parties for the player with the most accurate attendance record. Saying you are coming and not showing up is just as problematic as not saying you are coming and showing up or not saying either way. We understand that unforeseen issues can arise. In such cases a quick email or text message gives Darren a heads up, and can facilitate changes to lineups.

## **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. If you are practicing on your own, you should also do your warm-up routine before going on the ice.

## 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. 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. Any on ice participant (player, coach, assistant) who slips or falls and makes contact with the surface with their head will be removed from the playing surface for the remainder of that session. Depending on the severity of the contact, medical clearance may be required before being allowed to participate.

## Helmets

A 'strong suggestion' for curlers under the age of 12 to wear helmets on the ice has been made by Curling Canada. While it was felt that helmet use for under 12s should be urged and encouraged, Curling Canada felt that helmet use should be mandatory at this time.

The suggestion is for children and learn-to-curl players to wear CSA-approved helmets designed for ice sports, such as hockey or figure skating helmets. For more information on this topic please see Curl BC's page on this topic. <https://www.curlbc.ca/strong-suggestion-helmets-u12s/>

All on ice participants and their guardians, in the case of minors, will be required to sign a liability waiver before they will be allowed to enter the ice area.

## 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. If you play in a Curl BC insured league at any club, you are already insured.

## 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://optimistjuniorcurling.ca/>)

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 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 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 14<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:

- Coquitlam Bonspiel – Multiple Tasks
- Bonspiel Coordinator
- Christmas Party/Year-End Party
- Game Day Scoresheets
- On Ice Assistants
- Optimist Junior Interleague Coordinator
- Newsletter
- Optimist Walk

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!