



# CURLING VALLÉE-DE-LA-GATINEAU

Newsletter #2022-23-08 November 22, 2022

**SUBJECT: TRAINING OFFER AND REMINDER FIRST STONE**

## **CALL FOR APPLICATIONS FOR TRAINING**

The Outaouais Regional Curling Association (ARCO) consults the clubs of its association to gauge interest in participating in one of the following training sessions. Training would be requested for the weekend:

**Club coach:** The club coach acquires the skills to train young and old curlers alike, from beginner to intermediate level. They will be able to plan and design a practice/clinic, make ethical decisions, teach proper technique, perform technical analysis, deal with safety, program management, as well as design, organize and manage a curling program. Course duration: 2 days of 7 hours

**Coach competitions (introduction):** In this workshop, coaches learn how to prepare their team to take part in competitions at the regional or provincial level. Coaches discover how to plan and present a safe and effective practice session, teach advanced technical (brushing and throwing) and strategic skills, as well as analyze a skill and suggest appropriate corrective action. Duration of training: 2 days, for a total of 15 hours.

**Ice Technician:** Good ice is essential for the experience and practice of curling. The ice technician therefore has a great responsibility towards the curlers and their appreciation of their sport. The following subjects are covered over the different levels of the training; Qualities of the ice technician, Preparation and maintenance of the ice, water quality, watering, application of "pebbles", Refrigeration equipment; maintenance, brine, refrigeration.

If you are interested in any of these trainings, please notify Steve Watson, by email at: [swatson@bell.net](mailto:swatson@bell.net) (there is 2w in the address 😊) or phone at 819-441-2372 . The CA will make a decision based on the number of people who have indicated their interest. NELSON MILLAR will be consulted for planning training for the ice team, as well as for anyone who would like to join.

## **REMINDER: PREMIÈRE PIERRE GROUP VOLUNTEERS ...**

Following Lucie's appeal to everyone in the November 16 press release, for help with the Première pierre group sessions held on Tuesday and Thursday mornings, very few people are manifested. **There are still a lot of time slots that do not have enough monitors. LUCIE NEEDS HELP TO COMPLETE THIS PROJECT!!** Consult the table on the bulletin board at the Club and contact Lucie at: [lucienault17@gmail.com](mailto:lucienault17@gmail.com) or at 819-334-1808.