

## 2016-17 School Curling Program

Welcome Teachers!

For those classes coming to the SACC 3 times, a brief description of what you can expect (lesson wise):

1. Off-ice overview of curling & terms; safety; respect the ice; fitting of grippers on shoes (remember your size). On-ice: sweeping; sliding without rock; throwing rocks-short and full length of ice.
2. Off-ice review of safety, respect the ice; clockwise and counter clockwise rotation (turns) applied to stone; player positions on a team (distribution of pinnies); put on grippers. On-ice: practicing the turns; showing where players stand during a game; one end game. If time, game of tic-tac-toe.
3. Off-ice review of safety, respect ice, game; distribution of pinnies; put on grippers. On-ice: 2 end game. If time, game of tic-tac-toe.

For 2 Friday classes coming to the SACC only 2 times, we condense the 3 above into 2 lessons. If you can come a little early, we can try to squeeze in more on-ice time before you must depart.

Reminder that the SACC charges \$4.00 per visit per student participating. It has always been our policy that if financial need is an issue, you need only tell us that you have a student in this situation (no names) and we will record and SACC will invoice your school accordingly. Please remember to tell us this on each visit where this needs to be applied.

To help your visit flow and to maximize fun (especially reduce the time relative to shoes . . . this is boring, but important in order to protect our ice), you may want to share some of the information below with your students/families.

Clothing:

- Stretchy – it's very tough to get into the sliding position in tight jeans.
- Warm – no shorts (warm body parts damage the ice)
- Gloves if possible

Shoes:

- Clean soled shoes (no dirt, rocks). Do they have a pair they wear in the gymnasium only?
- Preferably sturdy runners that tie up (thin canvas shoes are not ideal – cold & no support).
- Otherwise, we clean gym shoes with brushes (if required) then fit with a special “gripper” so their shoes are not slippery. They should remember what size they ended up with (S, M, L, etc).
- We do have some donated shoes when shoes are not safe. However, we do not have a lot in the very small size range.

Looking forward to hosting your class!

Kate Horne (on behalf of SACC)

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