

Welcome Teachers!

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

- A. Off-ice overview of curling & terms; safety; respect the ice; fitting of grippers on shoes. On-ice: sweeping; sliding without rock; throwing rocks-short and full length of ice.
- B. 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.
- C. 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 any classes coming only 2 times, we condense the 3 above into 2 lessons (much less game play).

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) so we can record and SACC will invoice your school accordingly. Please remember to advise when this needs to be applied.

To help with flow, maximize fun and reduce the time dealing with shoes (boring but important in order to protect our ice), please share the information below with your students and families prior to your visits:

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 at all possible
- Try not to roll in the **mud** at recess or on the walk over - they may not be allowed ice access.

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 slip on canvas shoes are not ideal – cold, no support).
- We help them to clean gym shoes using brushes (if required) then fit with a special “gripper” so their shoes are not slippery. They should try to remember their gripper size (S/M/L...) for next visit.
- We do have some donated shoes when their own shoes are not safe. However, we do not have a lot in the very small size range.

Arrival at Curling Centre:

- Please ask children to clean snow or debris off boots outside then upon entering the Centre, remove footwear and carry up to lounge area & put under their chair.

Looking forward to hosting your class!

Kate Horne (on behalf of SACC)

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