



**NOCA Notes  
November 1, 2013**

**Road to the Roar Starts Tuesday**

November 5 – 10 will see 24 teams compete at the Capital One Road to the Roar Olympic Pre-trials for the last two spots (per gender) in the Tim Hortons Roar of Rings Olympic Trials. Three Northern Ontario teams will be competing in the event (Brad Jacobs from Soo Curlers Association, Krista McCarville from the Fort William CC, and Tracy Horgan from the Idylwyld G&CC. TSN will televise the playoffs next weekend and event information and results will be available during the week at [www.curling.ca/2013roadtotheroar-en/](http://www.curling.ca/2013roadtotheroar-en/). Good luck to all three teams.

**Getting Started in Curling for Adults**

Many clubs across Canada have started new leagues for beginning adult curlers. These leagues are instructional and the format is based on a very successful program created by Earle Morris for the CCA. The program is designed to be held over an entire curling season and involves weekly lessons followed by curling. The entire program is available for download on the CCA website link below. [www.curling.ca/start-curling/getting-started-in-curling-for-adults/](http://www.curling.ca/start-curling/getting-started-in-curling-for-adults/). This site features a planning guide and video clips for instructors.

Starting a program like this might seem daunting, but it has proven to be very successful at many clubs. The program can be modified to suit your needs. One NOCA club offered the program last year and had 6 people sign up; that wasn't enough to start a league so the club got creative. The team was put into a regular league to fill a spot. The instructors met with the team 45 minutes before the start of the draw each week. They worked on a "lesson" for a half hour, took a 10 minute warm up break, and then the instructors stayed with them throughout the game. This year another new team joined so the club will again offer the modified version of the Getting Started program. By being creative, this club gained 12 new members. The team from last year returned, and there are 6 new members this year. (This club is in a town with a population of 2800 people, not in a large city centre).

Club that have offered this program find that they retain at least 85% of the new people the next season; the new curlers are confident with their skills and enjoy the game. The added bonus is that they often want to get involved with the club bringing new ideas and more people into the volunteer base at a club.

**Contests:**

Don't forget to enter the *Road to the Roar Brooms & Jerseys contest*, and the weekly *Curling Week Trivia contest*. Enter here: [www.curlnoca.ca](http://www.curlnoca.ca). This week's Trivia Contest winners are Nicole Hartlin and Connor Hinz.

**Courses:**

**2013-14 Courses:**

If your club is interested in hosting a Coaching or Officiating Course, contact:

Dick Henderson, (NOCA Technical Coordinator) at 807-621-4259 or [dickhenderson@curlnoca.ca](mailto:dickhenderson@curlnoca.ca).

Current Courses:

Club Coach – November 9, South River

Registration and a description of all courses is available at [www.curlnoca.ca/programs/courses/](http://www.curlnoca.ca/programs/courses/)

**Upcoming Registration Deadlines (all at 11:30 pm ET):**

**Club Coach South River – November 1st**

Sioux Lookout Youth Challenge – November 6th

Deer Trail Youth Challenge – November 6<sup>th</sup>

Junior Regions – November 15th

Bantam Regions – November 22<sup>nd</sup>

NOCA Women – November 22<sup>nd</sup>

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