

FEATURE

HORGAN, BRUNTON REPEAT AS U21 CHAMPS

NOCA NEWS

PLAYDOWNS

JOHNSTON, CHANDLER QUALIFY TO 2020 MEN'S PROVINCIAL

SENIOR PROVINCIAL FIELD SET FOR JAN 15-19 IN STURGEON FALLS



JACOB HORGAN, 12-TIME NORTHERN ONTARIO CHAMPION
PHOTO CREDIT: GREG WESTON | CURLING CANADA



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ON THE WEB @ CURLNOCA.CA

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AND MORE!



SEASON'S GREETINGS FROM THE PRESIDENT

On behalf of the Board and Staff of the Northern Ontario Curling Association, I hope you all had a happy holiday season. The time spent with friends and family has surely prepared you for the remainder of your curling season. It is our hope that the New Year brings you many favourable wicks and ticks and is free of all picks.

Happy Holidays,

Michael Szajewski
President

Northern Ontario Curling Association

BREAKING: Thunder Bay to Play Host to 2021 Scotties Tournament of Hearts

It will be a landmark edition of the Scotties Tournament of Hearts when the 2021 Canadian Women's Curling Championship is staged in Thunder Bay, Ont., it was announced today by Curling Canada.

The 2021 event, which will be played Feb. 20-28 at the Fort Williams Garden, will be the 40th edition of the Scotties Tournament of Hearts — the longest-standing sponsorship of women's sports in Canada.

And while that alone will be cause to celebrate, there will be plenty on the line for Canada's best women's curling teams in Thunder Bay next year.

There will be a Canadian title up for grabs, obviously, which carries with it the right to compete as Team Canada at the 2021 LGT World Women's Curling Championship in Schaffhausen, Switzerland.

As well, the 2021 Scotties winner will return to the 2022 Scotties as the defending champion Team Canada.

Additionally, the winner of the 2021 Scotties will receive a direct-entry berth

into the 2021 Tim Hortons Roar of the Rings, presented by AGI, in Saskatoon, where Canada's four-player teams for the 2022 Winter Olympics in Beijing will be decided.

"Thunder Bay has produced so many wonderful curlers over the years, and I know that region has been clamouring to host a Curling Canada championship for many years; it will be a great location to celebrate our 40 years of working together with Kruger Products," said John Shea, Chair of Curling Canada's Board of Governors. "There is a committed group of volunteers and fans who I know will be getting to work immediately to make the 2021 Scotties a huge success."

Kruger Products first sponsored the Canadian women's championship in 1982 at Regina, and since then the Scotties Tournament of Hearts four-heart logo has become iconic in the sport of curling.

"Kruger Products is very excited that 2021 will mark four decades of proudly supporting women's curling," said Nancy Marcus, Chief Marketing Officer at Kruger Products. "We are looking forward to celebrating the 40th Scotties Tournament of Hearts in Thunder Bay. As a Canadian company we are pleased to continue supporting the great game of curling and will look forward to seeing the top female athletes compete for the national championship in Thunder Bay."

The Fort William Gardens is a classic building that seats just over 3,300. Opened in 1951, the building's main tenant is the Lakehead University Thunderwolves.

"Thunder Bay is very proud that Curling Canada has selected our city to host this major national curling championship," said Mayor Bill Mauro. "We are excited to share our renowned hospitality with players, their families, and curling fans from across Canada."



Twenty-five years ago we played host to the Scotties, and despite one of our biggest snowstorms in decades, the event was truly memorable. With our slogan Superior by Nature, you can count on Thunder Bay to live up to its reputation and once again provide a superior experience for all visitors.”

It will be the second time the Scotties has been played at the Fort William Gardens; in 1996, Ontario’s Marilyn Bodogh captured the Canadian championship. As well, the 1960 Brier (won by Saskatchewan’s Ernie Richardson), the 1976 Canadian Junior Women’s Championship (won by Saskatchewan’s Colleen Rud), and the 1991 Canadian Mixed Championship (won by Manitoba’s Jeff Stoughton) were played at the Gardens.

Thunder Bay also played host to the 1956 and 1968 Canadian Junior Men’s Championships (won by Saskatchewan’s Bob Hawkins and Ontario’s Bill Hope respectively), the 1969 Canadian Women’s Championship (won by Saskatchewan’s Joyce McKee), the 1998 World Junior Men’s and Women’s Championships (swept by Canada’s John Morris and Melissa McClure), and the 2006 Canadian Junior Men’s and Women’s Championships (won by Alberta’s Charley Thomas and Saskatchewan’s Mandy



Ontario Curling Association.

In addition to the 1969 and 1996 championships in Thunder Bay, Sault Ste. Marie was the location of the 1978 Canadian women’s championship (won by Manitoba’s Cathy Pidzarko) and the 2010 Scotties (won by Team Canada’s Jennifer Jones).

Heather Houston’s Thunder Bay team won back-to-back Scotties titles in 1988 and 1989 — to date, the only time a team representing the Northern Ontario Curling Association has won the Canadian women’s championship.

“I know the bid committee members in Thunder Bay worked extremely hard behind the scenes to put together a strong package to convince Curling Canada to bring the 2021 Scotties Tournament of Hearts to their city,” said Leslie Kerr, Executive Director of the Northern Ontario Curling Association. “Curlers, fans and officials can expect a warm Northern Ontario

welcome, and they will be treated to an event that will keep them smiling.”

The winner of the 2020 Scotties Tournament of Hearts next month in Moose Jaw, Sask., will be Team Canada at the 2021 Scotties.

Ticket information for the 2021 Scotties will be announced next month.

“It’s been a long but rewarding process to bring the Scotties to Thunder Bay, and today marks not only the end of the bid process, but the beginning of our hard work to try to make the 2021 Scotties Tournament of Hearts the best ever,” said Host Committee Vice-Chair Rick Lang. “We couldn’t be more proud of what we’ve accomplished with today’s announcement, and now we can get to work on making the 2021 Scotties a success on and off the ice.”



UNDER 18 CHAMPIONSHIPS

2020 · Sudbury, ON

CANADA'S BEST

ARE COMING TO NICKEL CITY!

April 21-26th, 2020

Idylwylde Golf & Country Club Gerry McCrory Countryside Sports Complex

Want to know how you can get involved?

Go to the following link for volunteer information!

<https://volunteer.curling.ca/2020U18>



Bella Croisier
Team Northern Ontario
2019 U18 Champion



IDYLWYLDE
GOLF & COUNTRY CLUB



RONNEBECK: Avoiding Coach Christmas Burnout

This is a special time of year but it can also come with a lot of stress. There is plenty of information about athlete burnout but not a lot about coach burnout. This article is intended to make coaches aware of the reality of sometimes taking on more than is healthy.

Right now, you may be preparing for the holiday season – cooking, baking, vacation planning, family time, gift buying and wrapping. There are also the preparations required for the competitive season – more practices to run, travel arrangements, accommodations, monitoring that everyone is fulfilling their team obligations. A coach can start to feel like a juggler and someone has just added 3 balls to the balls already being kept in the air.

Just as with the athletes that you are working with, some planning for this busy season within the already busy competitive season

will help a coach cope with the added responsibilities, needs and wants.

Confirm

Meet with the team and confirm the schedule that has been established for the holiday season. Does it still fit or have conflicts arisen and need to be accounted for in the schedule. Do you have some team down time scheduled? Flexibility in the practice schedule at this time of year is essential to stress reduction. Part of reaching peak performance is tapering and reducing the workload before a major competition. Has this been built into the team's schedule?

If you are coaching young athletes, make sure you include parents in this discussion and planning. You need their support in confirming the holiday schedule.

Monitor

Take your own and the pulse of the team. Are you sensing someone, including yourself, might need a break or a longer break? Symptoms of burnout include:

- Feeling tired and drained
- Frequent colds
- Muscle pain
- Change in appetite or sleep
- Self-doubt
- Lack or loss of motivation

- Decreased satisfaction or loss of positivity
- Procrastinating
- Increased frustration
- Feel of loss of control

Unplug

You might take a day or two and avoid electronics – no cell phone, no laptop, even no t.v. (unless it's to watch a live curling event – LOL). We live in a time where everyone is expected to be immediately available and this in itself causes stress. Let everyone around you know – you're fine – you just aren't going to be answering email, texts or phone calls for a period of time.

Refocus

At this time of year, curling shouldn't be the focus if it's not part of your schedule. Family, friends and the reason for the season should be the focus. Change your focus and watch a good movie, play a board game or get outside and do something fun. Volunteering for a local charity may help focus on what's most important in your life.

Self-care

Sometimes you may just have to do something just for you. Close the door, hang up a do not disturb sign and read a book or have a nap. A couple of hours to yourself can help you de-stress and relax. Exercise is also a wonderful

way to make yourself feel good. A workout will release endorphins (those feel good hormones) and make you feel like you've accomplished something.

Moderation

With so many wonderful foods and refreshments being offered wherever you are, take smaller portions and try to remember the

80/20 formula – 80% nutritious and 20% whatever you want.

Everything in moderation and you'll feel like you've stayed within reasonable limits. Except Christmas Day – then as Jace Robertson says, "the only rule is there are no rules". Enjoy the day, eat the food, drink the refreshments and count your blessings.

Have a wonderful Holiday Season, Merry Christmas and all the very best in 2020!

Submitted by:

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NOCA AWARDS

The Northern Ontario Curling Association Board of Directors is pleased to announce the NOCA Annual Awards program. Awards will be given in five categories: NOCA Volunteer Awards (3), NOCA Club Recognition Award (1), NOCA Ice Technician (1), NOCA Honorary Membership (unlimited), and NOCA Coach Awards (2).

Please take a moment to nominate a deserving person from your club. Volunteers are the unsung heroes of

curling and this is one way to recognize their contributions to your club and the sport of curling.

The deadline for nominations

is February 28th annually. More information can be found at:

curlnoca.ca/programs/awards



BRUNTON, HORGAN REPEAT AS U21 CHAMPS

Congratulations to Curl Sudbury's Jacob Horgan rink and Kira Brunton foursome on defending as Team Northern Ontario U21 champions. The teams advance to the [2020 Canadian Juniors](#) January 18 – 26 in Langley, BC.

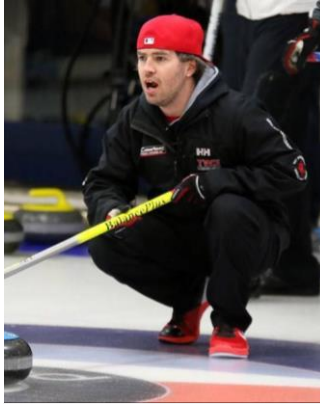


IN CASE YOU MISSED IT



RAJALA TO CARRY FLAG AT YOUTH OLYMPIC GAMES

Congratulations to Sudbury's Lauren Rajala who has been selected as Canada's Flag Bearer for the 2020 Youth Olympic Games in Lausanne, SUI.



JOHNSTON, CHANDLER JOIN MEN'S PROVINCIAL FIELD

Congrats to Teams Johnston and Chandler on advancing from the Men's West Qualifier to join Teams MacEwan and Jacobs.



8-ENDER AT CURL SUDBURY!

Congratulations to (L-R) Vicky, Marg, Ron, and George on your 8-ender, score Dec. 20 at Curl Sudbury.



TURKEY SHOOT IN TIMMINS

The McIntyre Curling Club's Ken Stewart projects a turkey with a slider towards the rings during a holiday season event in Timmins.



JACOBS LEADS PINTY'S CUP POINT RACE

Back to back Grand Slam victories have propelled Northern Ontario's Team Jacobs into the lead for the Pinty's Cup.



NORTHERN ONTARIO SCORE BRONZE MEDAL AT CANADIAN CURLING CLUB CHAMPIONSHIP

Congratulations to (L-R) Ben Mikkelsen, Greg Doran, Chris Briand, and Devin Doran on capturing bronze medals at the 2019 Canadian Men's Curling Championship held in Leduc, AB.

Chris Briand was also the recipient of the sportsmanship award.



SR. MEN'S EAST QUALIFIER

Congratulations to provincial qualifiers from the east: Teams Gordon, MacInnes, Furevick, Strelezki, and Pallot.



Murray, McCarville are decade's best

BY HERMAN VILLALBA... Murray and McCarville are named one of the decade's best athletes...

MCCARVILLE NAMED ONE OF DECADE'S BEST

Curler Krista McCarville named one of Thunder Bay's best athletes of the past decade.



SR. MENS'S WEST QUALIFIER

Congratulations to provincial qualifiers from the west: Teams Morissette, Henderson, and Rosengren.

ICYMI IN CASE YOU MISSED IT



**STURGEON FALLS
CURLING CLUB**

228 CLARK STREET 705-753-1130
REGISTRATION FORMS AVAILABLE AT WWW.SFCC.CA
OR AT THE CLUB OR CONTACT KAREN PIGEAU AT:
BONSPIEL@SFCC.CA OR 705-753-9147



BOUFFARD *Well Drilling* **MIXED BONSPIEL**

January 10, 11 & 12, 2020
\$260/Team
First 32 paid teams are accepted




TREMBLAY **LADIES BONSPIEL**
CHEV - BUICK - GMC

January 31, February 1 & 2, 2020
\$240/Team
First 32 paid teams are accepted




ASSURANCE RIVET INSURANCE **MENS BONSPIEL**

February 7, 8 & 9, 2020
\$260/Team
First 32 paid teams are accepted



CASH PAYOUTS - GUARANTEED 3 GAMES
FRIDAY EVENING PIZZA - SATURDAY NIGHT SUPPER
SATURDAY NIGHT DANCE FOR MIXED AND LADIES
DOOR PRIZES FOR ALL BONSPIELS

HOTELS LOCATED WITHIN WALKING DISTANCE
ASK FOR DETAILS UPON REGISTRATION



LADIES CURLING FUNSPIEL
JANUARY 18, 2020



3 six end games guaranteed
\$160 per Team

A portion of each Team's entry will be donated to the Canadian Cancer Society

Dinner

Prizes (curling and best team costume)

WESTERN THEMED

Contact 705-360-1770 or maccurl@curlthema.ca for more details or to register

CURL SUDBURY
Presents
The 3rd
OUTSKIRTS
v.
CITY SLICKERS
Skins Funspiel

Saturday, February 29 5:00 PM
\$25/member - \$35/non-member
2 4-end games
Snacks. Entertainment. Prizes. More.
Brier Kick-Off Theme

More Information:
Web: www.curlsudbury.ca
Call: Jessie 705.210.0357
E-mail: info@curlsudbury.ca



the MCINTYRE
Curling Club
Presents
RED V.S. BLUE



January 25th, 2020

Return of the world famous golf ball challenge

3 games guaranteed

Lunch and supper provided as part of the entry fee

Proceeds will be divided 60% to one organization
40% to the other

\$30 per person to play

contact 705-288-3457 to register or sign up at the club

MARK YOUR CALENDARS FOR AMETHYST 2020

The 2020 Amethyst Camp is ready to Rock! Mark your calendars for Sunday June 28th to Thursday July 2nd.

The camp is held in North Bay, with all curling and activities at the North Bay Granite Club, and accommodations at Canadore College. Both facilities are great venues for the campers and instructors.

Here are some comments from last year's campers:

- The two things I liked best were the amazing coaches and the well-planned days
- The rooms were nice and room service made my bed every day. Our AC worked great and the fridge was quite useful.
- Very nice curling club, change rooms are excellent and camp was just overall great.
- The icemaker was great and he kept the ice interesting for us and it helped me learn a lot.
- The meals were amazing and not your normal camp foods
- Shootout was amazing I had a blast cheering my team on and putting my new techniques to use.



Registration will open in early January to last year's campers who have until February 3rd to claim their spot. Registration for anyone else will be open Tuesday February 4th. Registration is limited to 64 campers.

The camp will start on Sunday June 28th with registration at noon and campers will be ready for pick up at 1 pm Thursday July 3rd. The campers will be busy from 8 am to 11 pm daily, with adult supervision at all times.

Learning topics:

Technical skills, strategy and Tactics, Team Dynamics, Nutrition and Fitness, Delivery Analysis, Sweeping, Goal Setting, Practice Planning, and more. Each group also has an offsite physical education session daily.

Accommodation:

Canadore College Residence

– rooms are mini suites, with 2 bedrooms each with a double bed, a bathroom, and a kitchenette (campers are not allowed to cook but may keep extra food, snacks and drinks in the fridge). Campers request their roommate and every effort is made to ensure their request is met.

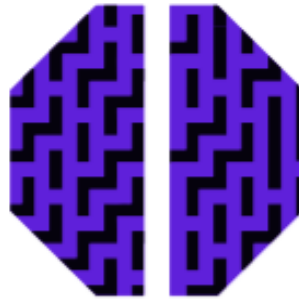
Meals:

Breakfast, Lunch, Supper, and 2 snacks are provided daily. There will be a pizza party Monday evening, as well as Thursday after the Great Shootout.

Instructors:

We have some of the best instructors in Ontario at this camp, many of whom have instructed at summer camps across Canada and overseas. The combined experience of our coaches includes coaching and/or competing at a provincial, national and international level – these are top notch instructors! Check them out at amethystcurling.com.

SIGNS OF A CONCUSSION



HEADACHE



DIZZINESS



RINGING IN THE EARS



MEMORY LOSS



NAUSEA



LIGHT SENSITIVITY

We all have a responsibility in recognizing a possible concussion following a hit to the head or body. If you're experiencing even one of these symptoms, stop playing, sit out and find help.

ontario.ca/concussions



DROWSINESS



DEPRESSION

SAFETY FIRST

Is your club prepared for an accident? We all hope that curlers and visitors to the club will be safe and enjoy our great sport, but the ice is hard, and slips can happen on or off the ice. Your insurance company likely requires that you have these documents prepared, and when an accident happens, you as a volunteer or staff member will be ready.

NOCA has documents for you to utilize as part of an accident preparedness protocol including:

- Emergency Action Plan



- Facility Checklist
- First Aid Checklist
- Accident / Incident Report Form

The forms have been created

as templates for use by all NOCA affiliated clubs. If you would like a copy of the forms, please contact the NOCA office at info@curlnoc.ca, or call 807-598-0051.

HIT DRAW TAP

The Northern Ontario Curling Association is so excited to provide its member clubs and youth curlers a premier youth skills competition again for 2020: Hit, Draw, Tap. The highlight for any coach is to watch one of their athletes succeed in their sport and compete in events like this!

2020 will be a year to share your experiences with new curlers, to keep the rocks moving and improving on your scores from last year!

We want to get many clubs enrolled, so that many kids can compete and have a positive introduction to competition. Hit, Draw, Tap is fun, inclusive, age and stage appropriate, easy to administer and affordable for clubs and participants.

The format makes it easy for clubs and families. We will utilize



technology to help us with score-keeping, playing and the registration process. The HDT Northern Ontario Provincial Championship will be held during the NOCA U18 Provincial Curling Championships at the Community First Curling Centre in Sault Ste. Marie March 7, 2020.

Contact your club's Youth Curling Coordinator for details about

your club's plans to host a HDT championship. Clubs must contact the NOCA to register their event!

Contact Mark Mannisto, NOCA's Hit Draw Tap Coordinator at mark.mannisto@curlnoc.ca

For more information, and to register your club, visit curlnoc.ca/hit-draw-tap, and hitdrawtap.ca



EVENT	DEADLINE
U18 Regions (all)	January 10 th
Curling Club Championships	January 17 th
Mixed Doubles Provincials	January 24 th
Wheelchair Provincials	January 31 st
U18 East Qualifiers	February 10 th
U18 West Qualifiers	February 15 th
BrokerLink Mixed Provincials	March 13 th

Note: all registrations close at NOON on the deadline date.


UPCOMING COURSE SCHEDULE

COURSE	LOCATION	DATE/TIME	DEADLINE
Club Coach Youth	Idylwyld Golf & Country Club (Sudbury)	Feb. 15, 9am – 6pm	Feb. 5

UPCOMING YOUTH CHALLENGE SCHEDULE | [Click here for full schedule](#)

LOCATION	DATE	DEADLINE
Horne Granite Curling Club (New Liskeard)	Jan. 18 – 19	Jan. 09

CLICK ON SCHEDULE TO DOWNLOAD PDF

																				
NOCA SCHEDULE OF EVENTS 2019-2020 SEASON October 28, 2019																				
	U18		Best Western U21		Scotties		BrokerLink		Senior		Masters		Curling Club		Mixed Doubles		Wheelchair			
	Boys	Girls	Men	Women	Men	Women	Mixed	Men	Women	Men	Women	Men	Women	Championship						
Entry Deadline	Jan. 10		December 6		Dec. 6		January 3		March 13		November 22		December 20		January 17		January 24		January 31	
Entry Fee	See middle of sheet for fee breakdown																			
Entry Costs	\$360		\$532		\$532		\$532		\$532		\$400		\$320		\$250		\$532			
REGIONS	Jan 31-Feb 2				WEST Qualifier				WEST Qualifier				Feb. 7-9							
1	Sioux Lookout				Dec. 19-22				Dec. 12-15				Keewatin							
2	Kakabeka Falls CC				Fort Frances				Terrace Bay				Kakabeka Falls CC							
3	Longlac				Entry Deadline								Hearst							
4	Thessalon Feb 7-9				Dec. 6								Deer Trail (Elliot Lake)							
5													Capreol							
6	McIntyre (Timmins) Feb 7-9								EAST Qualifier				McIntyre (Timmins)							
	EAST Qualifier				EAST Qualifier				EAST Qualifier											
	Feb. 21-23				Jan. 9-12				Dec. 12-15											
	Cochrane CC				McIntyre (Timmins)				Española											
	Deadline - Mon. Feb. 10				Entry Deadline															
	See below				Dec. 6 and Dec. 27 NOON															
	WEST Qualifier				See below for deadline info															
	Feb. 21-23																			
	Fort William CC																			
	Deadline - Wed. Feb. 5																			
	See below																			
PROVINCIALS	March 4-8		Dec. 27-30		Jan. 28-Feb. 2		Jan. 28-Feb. 2		Apr. 2-5		Jan. 15-19		Jan. 8-12		Mar. 26-29		Feb. 14-16		Feb. 21-23	
	Community First (Sault Ste. Marie)		Hearst		New Liskeard		New Liskeard		Port Arthur CC		Sturgeon Falls		McIntyre CC (Timmins)		Community First (Sault)		Keewatin		Fort Frances	
CANADIAN	April 21-26		Jan. 18-26		Feb. 29-March 8		Feb. 15-23		Nov. 4-9		March 16-22		March 30-Apr. 5		Nov. 25-30, 2019		March 18-22		April 25-30	
	Sudbury, ON		Langley, BC		Kingston, ON		Moose Jaw, SK		Saguenay, QC		Portage La Prairie, MB		Rothsay, NB		Leduc, AB		Portage La Prairie, MB		Boucherville, QC	
			Feb. 15-22		March 28-April 5		March 14-22		Oct. 12-19		April 18-25						April 18-25		Feb. 29-Mar. 7	
WORLDS			Krasnoyarsk, Russia		Glasgow, Scotland		Prince George BC		Aberdeen, Scotland		Kelowna, BC						Kelowna, BC		Wetzikon, Switz.	



NORTHERN ONTARIO 2020
MEN'S & SCOTTIES PROVINCIALS

JAN 28 - FEB 2, 2020



ROCK THE SHORES!

Don Shepherdson Memorial Arena
Temiskaming Shores



TICKETS AVAILABLE

WEBSITE www.hornegranite.com

EMAIL: provincials@hornegranite.com





2020
**NEW HOLLAND
 CANADIAN
 JUNIORS
 CANADIEN**
 LANGLEY, BC



FOLLOW & CHEER FOR TEAMS BRUNTON & HORGAN

CURLING.CA/2020JUNIORS | [#CJCC2020](https://twitter.com/CJCC2020) | [#FEARTHEMOOSE](https://twitter.com/FearTheMoose)

DATE	DRAW	TIME	GEORGE PRESTON RECREATION CENTRE					LANGLEY CURLING CENTRE			
			SHEET A	SHEET B	SHEET C	SHEET D	SHEET E	SHEET F	SHEET G	SHEET H	
SATURDAY, JANUARY 18	1	9 a.m.	NS vs NB	QC vs MB2	NL vs AB	YT vs BC	AB vs NL	QC vs NO		PE vs MBI	
	2	2 p.m.	NO vs QC	SK vs AB	MB vs PE	BCI vs ON	BC2 vs NL	MBI vs NS	NT vs ON		
	3	7:30 p.m.	BC vs SK	SK vs BC2	NB vs PE	NO vs NS	NU vs MB		AB vs NT	ON vs YT	
SUNDAY, JANUARY 19	4	9 a.m.	ON vs SK	NB vs NU	NL vs NT	NS vs NO	MB2 vs NB	NT vs BCI	PE vs QC		
	5	2 p.m.	ON vs AB	BC vs NL	YT vs SK	NB vs MBI	PE vs NS	SK vs AB		BC2 vs BCI	
	6	7 p.m.	NT vs BC2	ON vs NL	NO vs NB	MB vs QC	NT vs BC		QC vs PE	MB2 vs NS	
MONDAY, JANUARY 20	7	9 a.m.	MBI vs MB2	NO vs NB	NS vs QC	NL vs ON	AB vs ON		NU vs NO	SK vs NT	
	8	2 p.m.	QC vs NU	NS vs MB	BCI vs SK	NL vs NT	PE vs NO		AB vs YT	NB vs PE	
	9	7 p.m.	BCI vs NL	PE vs NS	ON vs BC	AB vs NT	NB vs QC	ON vs BC2		NB vs QC	
TUESDAY, JANUARY 21	10	9 a.m.	NS vs NB	NT vs YT	QC vs NS	NU vs PE	SK vs NT	NO vs MB2	NL vs SK		
	11	2 p.m.	YT vs NL	PE vs NO	NT vs NO	BC2 vs AB	QC vs MBI		MB vs NB	BC vs AB	
	12	7 p.m.	NO vs MB	AB vs BCI	MBI vs NO	MB2 vs PE	SK vs ON	NS vs NU		NL vs SK	
WEDNESDAY, JANUARY 22	13	9 a.m.	TIEBREAKERS IF NECESSARY								
	14	2 p.m.	M9 vs MI2	M5 vs M2	W9 vs WI2	M6 vs MI	W6 vs WI	W5 vs W2	MI0 vs MI4	WI0 vs WI4	
	15	7 p.m.	MI4 vs MII	W8 vs W4	WI4 vs WII	M8 vs M4	M3 vs M7	WI3 vs W9	W3 vs W7	MI3 vs M9	
THURSDAY, JANUARY 23	16	9 a.m.	M1 vs M7	WI2 vs WI0	W1 vs W7	W4 vs W5	M12 vs MI0	M2 vs M6	M4 vs M5	W2 vs W6	
	17	2 p.m.	W2 vs W8	MI0 vs MI3	WI0 vs WI3	M5 vs M3	W5 vs W3	MII vs MI2	WII vs WI2	M2 vs M8	
	18	7 p.m.	M6 vs M3	M8 vs M1	M9 vs MI4	W6 vs W3	W7 vs W4	W9 vs WI4	W8 vs WI	M7 vs M4	
FRIDAY, JANUARY 24	19	9 a.m.	W4 vs W6	W1 vs W5	M7 vs M2	W7 vs W2	M4 vs M6	M1 vs M5	M3 vs M8	W3 vs W8	
	20	2 p.m.	TIEBREAKERS	WII vs WI3		TIEBREAKERS	MII vs MI3				

SEMIFINALS			FINALS		
WOMEN	Saturday, January 25	11 a.m.	WOMEN	Sunday, January 26	9 a.m.
MEN	Saturday, January 25	4 p.m.	MEN	Sunday, January 26	2 p.m.

Thank You

TO OUR SPONSORS & PARTNERS

ASK US ABOUT
SPONSORSHIP
OPPORTUNITIES



ASK US ABOUT
SPONSORSHIP
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Ontario Curling Council



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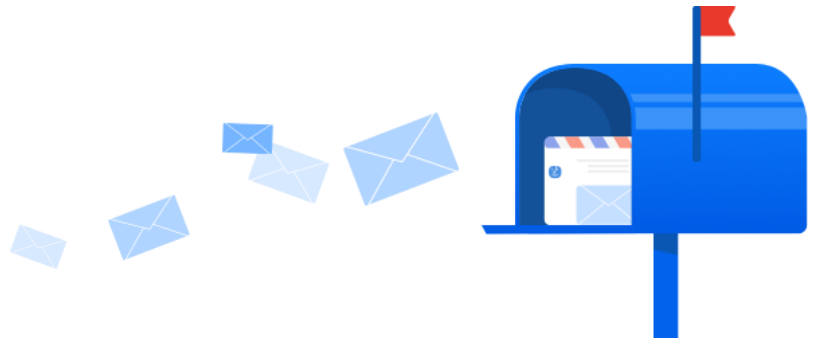


The Northern Ontario Curling Association's Newsletter "NOCA News" is published once a month. Please email your stories, photos and news items to bobby.ray@curlno.ca by the first of any month.

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Click the mailbox on the right to celebrate Curling in Northern Ontario and subscribe to our new monthly newsletter.



Click "Submit Your Event" on the left to share your bonspiel details with us and have them appear on our web calendar at curlno.ca/calendar in addition to posted on Facebook and Twitter.



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