

JAN 2019
ISSUE

NOCA NEWS

**MEN'S & SCOTTIES
PROVS JAN 30-FEB 3
@ NIPIGON ARENA**

**FAMILY & FRIENDS CURLING DAY
FEBRUARY 18**

**AMETHYST CURLING
CAMP RETURNING TO
NORTH BAY JULY 1-5**



FEB

**CURLING DAY
IN CANADA**



23

INSIDE THIS ISSUE

PAGE 2 MEN'S AND WOMEN'S PROVINCIALS

PAGE 3 HIT, DRAW, TAP

+ TBAY MAJOR LEAGUE

PAGE 4 POSTER | CURLING DAY IN CANADA

PAGE 5 NOCA AWARDS

+ FAMILY AND FRIENDS CURLING DAY (FEB 18)

PAGE 6 CLUB BONSPIEL CALENDAR

PAGE 7 RONNEBECK: THE IMPORTANCE OF ROUTINES

PAGE 9 POSTER | FEAR THE MOOSE CLOTHING

PAGE 10 AMETHYST JR. CURLING CAMP RETURNS

PAGE 12 SENIORS AND MASTERS CHAMPS DECIDED

PAGE 13 DYNASTY GIVES NEW LOOK TO TEAM NORTHERN ONTARIO

+ FLEURY, RONNEBECK WIN MANITOBA SCOTTIES

PAGE 14 SPONSORS & PARTNERS

PAGE 15 ROCKS AND RINGS

+ JACOB HORGAN WINS MIXED DOUBLES GOLD AT 2019 CANADIAN JUNIORS



ICE INSTALLATION IS CURRENTLY UNDERWAY AT THE NIPIGON ARENA

NORTHERN ONTARIO MEN'S AND SCOTTIES PROVINCIALS | JAN 30 – FEB 3 IN NIPIGON

NOCA's top male and female teams are getting set to compete for the greatest honour in the sport of Curling, to represent their association at the Tim Hortons Brier or Scotties Tournament of Hearts.

2014 Olympic Gold Medalists Team Jacobs are the favourites coming into the men's event however they have had their share of scares over the years by teams such as Tanner Horgan, Dylan Johnston and Jordan Chandler (who are all in attendance again this year). Other men's rinks with the capability to earn green and gold uniforms include Team Dustin Montpellier, Team Rob Gordon, Team Mike McCarville, and Team Trevor Bonot.

On the women's side, 6-time Scotties participant Krista McCarville comes in as the favourite however no team at this year's event comes in without a previous provincial champion title to their resumé. Team Kira Brunton, Team Jenna Enge, and Team Hailey Beaudry complete the impressive women's field.

LINKS:

- [Scoreboard](#)
- [Facebook Group](#)
- [Draw and Rosters](#)

HIT DRAW TAP

What a great way to get kids to improve their skills, and have a fun contest at the same time!

The Hit Draw Tap Championship allows youth ages 6-13 to practice and improve their skills at hitting, drawing and tapping. The events at the club level culminate with each participant performing the task three times, with their final score added and submitted to the NOCA Leaderboard.

All of the curlers will receive a participation certificate, and the top three in each age group receive a ribbon or medal. The top five winners in each age group across all of Northern Ontario will then be invited to the Hit Draw Tap Provincial Championship March 9th in Fort Frances where they will compete for the Provincial title. If the winners aren't able to attend



the Provincial Championship, they will perform the challenge at their home club and submit their scores to be included.

Clubs must register for this exciting program by February 1st. The registration fee is \$50 + HST and includes certificates for all participants, ribbons and medals, and other prizes.

To register your club, visit

curlnoc.ca/hit-draw-tap
and hitdrawtap.ca

Or contact:



More Information:

MARK MANNISTO

Hit Draw Tap Coordinator

mark.mannisto@curlnoc.ca



Congratulations to the Bryan Burgess rink on winning the 2018-19 Tbaytel Major League of Curling!

Spares Dylan Johnston, Mike Badiuk and Chris Briand subbed into the final two playoff games while Dallas Burgess, Will Hollins and Ethan Grunys were at U18 Regional Playdowns.

CELEBRATING THE SPORT OF CURLING NATION-WIDE!



CURLING DAY IN CANADA



SATURDAY, FEBRUARY 23, 2019

A CANADA-WIDE CURLING GAME

Fundraise for scholarships for student-athletes

ATTENTION CURLING CLUBS!

Send in your photos/videos by **February 8, 2019** and your curling rink will be entered in a draw to host the **Brier Tankard Trophy on February 23rd** for the day. The trophy will be accompanied by three-time brier champions **Nolan Thiessen** and **Jeff Stoughton!**

Visit curlingdayincanada.ca for more info!

CURLERS! SUBMIT COOL CURLING THINGS YOU AND YOUR FRIENDS DO:

Each submission will earn the curler one (1) ballot per submission to win an all-expenses paid trip for four people to the 2020 Kingston Brier. Among other prizes will be five (5) \$500 prizes.



NOCA AWARDS

Don't forget to nominate someone from your club for an award they deserve!

The Northern Ontario Curling Association Board of Directors is pleased to announce the NOCA Annual Awards program. Awards will be given in four categories: NOCA Volunteer Awards (3), NOCA Club Recognition Award (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:

curlnoc.ca/program/awards

FAMILY AND FRIENDS CURLING DAY

NOCA is excited about our newest club program: Family & Friends Curling Day in Northern Ontario. On Monday February 18th (Family Day) clubs will be encouraged to host a Fun Day for families to get together and enjoy our great sport. Let's promote curling as a sport that anyone, any age, can play.



There will be great prizes awarded in random draws including an opening weekend ticket package and Best Western gift card for the winner and a companion to attend the World Men's Curling Championships in

Lethbridge, at the end of March. Bearskin Airlines will be the Presenting Sponsor for the event and will provide 2 tickets anywhere Bearskin Airlines flies (some restrictions will apply). Autographed team

clothing and brooms, and gift cards will also be given as prizes.

Start planning now for this great event. More information will be posted on our site and sent to the clubs this week.

BONSPIEL CALENDAR

STURGEON FALLS:
Tremblay Chev-
Buick-GMC Ladies'
Bonspiel
@ Sturgeon Falls
Curling Club

FEB 2 SAT 3 SUN

All-day

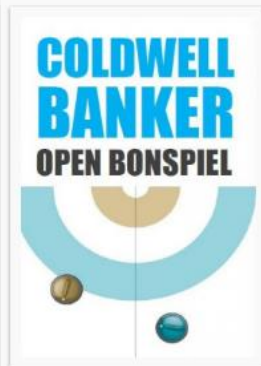


The Sturgeon Falls Curling Club's Ladies' Bonspiel is a TWO DAY EVENT with cash payouts and many prizes given throughout the weekend.

NORTH BAY:
Coldwell Banker
Open Bonspiel
@ North Bay
Granite Club

MAR 15 FRI 17 SUN

All-day



This is neither a cash spiel nor a prize spiel; it's an entertainment spiel! Food is provided all weekend, as well as two nights of first-rate musical entertainment featuring Jamie Williams on Saturday ...

STURGEON FALLS:
Rivet Insurance
Men's Bonspiel
@ Sturgeon Falls
Curling Club

FEB 8 FRI 10 SUN

All-day



The Sturgeon Falls Curling Club's Men's Bonspiel is a THREE DAY EVENT with a cash payout and prizes given throughout the weekend.

GERALDTON: 78th Annual Men's Bonspiel
@ Geraldton
Curling Club

MAR 8 FRI 10 SUN

All-day



Come on out and join us for a great weekend of Curling! Entry includes: Friday Night Snack, Saturday Dinner, and Cash Prizes. For more information, contact Karen Saarimaki or Brian807-853-1118leftcurl ...

SUDBURY: CTV Northern Masters Bonspiel @ Curl Sudbury

FEB 19 TUE 21 THU

All-day



Open to all men and women curlers 60 years of age or older in 2019. 3 games guaranteed. Entry fee \$280.00 per team.

ESPANOLA: Dennis Sidock Memorial Masters
@ Espanola Curling Club

MAR 5 TUE 6 WED

All-day



Espanola Curling Club DENNIS SIDOCK MEMORIAL MASTERS MARCH 5 & 6 2019 Enter early as only first 16 teams accepted Bill Lewis (705) 869-1487 Bob Leroux (705) 869-9064

GERALDTON: Senior Bonspiel @ Geraldton Curling Club

FEB 23 SAT

All-day



One Day Senior Bonspiel - deadline Feb. 20th Entry fee includes coffee & muffins, lunch & supper Registration 8:30 a.m. Teams drawn out of a hat 3 end games - maximum 48 people

HAILEYBURY: Blarney Mixed Spiel
@ Cobalt-Haileybury Curling Club

MAR 22 FRI 24 SUN

All-day



3 Events Guaranteed 3 games Friday Night Pizza Saturday Breakfast - Supper Blarney Cream Cash Prizes ALL INCLUDED

GERALDTON: 75th Annual Ladies Bonspiel
@ Geraldton Curling Club

MAR 1 FRI 3 SUN

All-day



It's the 75th anniversary of the Geraldton Ladies Curling Bonspiel; let's celebrate in style! Sign up at the club or email haley.garvie@gmail.com The theme is "Days Gone Bye..." break out those forgot ...

KIRKLAND LAKE: Men's Closing Spiel
@ Kirkland Lake Gold Curling Centre

MAR 29 FRI 31 SUN

All-day



This bonspiel is a fun event to end the season. Your entry fee includes: pizza Friday night, a Surf and Turf dinner Saturday night, live entertainment with Jamie Taylor and Rockside Saturday and a gu ...

VIEW AND ADD EVENTS TO CLUB
BONSPIEL CALENDAR AT:
CURLNOCA.CA/CALENDAR



RONNEBECK: The Importance of Routines

Have you ever been on your way to work and something gets in your way – someone driving 10 kms. below the speed limit and there's a train stopped on the crossing and all of a sudden you're going to be late. You did everything the same as you usually do - you got up at the usual time, had coffee and breakfast, showered, dressed and were ready to go all at the usual time. Now because of circumstances beyond your control, you're late! You are frustrated but you are able to keep the situation in perspective and will work a bit longer that day to make up for the lost time. 99% of the time you arrive at work on time, so no one gets fussed. You control what you can control.

Now consider another situation. You're on your way to work and you get behind that same person driving 10 kms. below the speed limit and then there is a train blocking the crossing. You ask yourself

why does this always seem to happen to me. You were late getting up because you forgot to set the alarm, you took too long in the shower, you had to stop and get coffee and there was a long line-up and now there's an idiot driving too slow. You arrive at work later than you usually are and your manager is drumming her fingers on your desk because you were to be meeting with her as your first task of the day. You feel like it's going to be "one of those days" – the kind where nothing goes right and it's all because of the relaxed driving of one individual. You feel like you have no control.

Which of the above situations would you choose? Consider the athletes that you are working with. Do they have set routines or do you have some with well-established routines and others who run in at the last minute, throw on their shoes and head out on the ice to compete. Every athlete and every team needs to have routine in order to perform to their potential.

Here are the reasons routines are so important for performance:

1. Makes the team more efficient – the need to make decisions is reduced. When one task is completed, the team knows what comes next and

dithering doesn't need to happen.

2. Routine reduces the need to plan (!) – time is already allocated for necessary tasks – pre-game meeting, warm-up, post-game meeting, nutrition, etc. The guesswork for the day is reduced.
3. Structure is created so that the only focus is on the game – all the other nitty gritty details pre and post game are looked after. Good habits come out of structure and bad habits may disappear. That athlete that runs in the door at the last minute is encouraged, perhaps required, to come earlier and participate in the team's pre-game routine. Not only can that athlete's performance improve but the team's as well.
4. Time is saved and freed up for other things – A predetermined routine allows for time to be used efficiently and athletes can then enjoy a bit of downtime built into the routine.
5. Routine can build momentum – When

something is done repetitiously, it becomes part of the game and will help athletes achieve an optimal amount of activation and controlled excitement before the game. It gets the butterflies flying in formation.

6. Stress is reduced and relaxation is facilitated – As in the example at the beginning of this article, there will always be something beyond our control but with a well-organized and practiced routine, stress is reduced when there is a snag or challenge. Relaxation is easier to achieve because everyone can recognize that there are many things they can control.

7. Helps teams achieve their goals – Goals are seldom achieved all at once. There are steps that need to be taken to achieve those outcomes. Routines are steps that will help athletes move towards their goals.

There is no one routine that will fit all teams. Coaches need to work with their teams to find out what works best for them. The routines need to be

experimented with, tweaked, changed, and have some built in flexibility without abandoning them. What's the routine for back to back games? What's the plan for 1, 2 and 3 game days?

I've worked with many teams both at national and international competitions and the routines were as varied as the individuals on the team. Except that even the teams who said they didn't have a routine in fact, did.

Here are a few examples:

Team A – a women's team would have a "card party" before and after every game. The pre-game card party involved a set of cards with every aspect of the coming game. There were cards for the opposition, the rocks and ice, performance goals, strategy how everyone was feeling, nutrition, etc. On the back of the cards that were beyond the team's control, there was a picture of a lock. Once that card was discussed it was turned over so that the lock was face up. At the end of the card party, the only cards showing were those where the team had control. The post-game card party had 5 cards – strategy, technical, mental, physical and a trophy. All cards but the trophy card were discussed – what could be done better, what went well, next games goals and then when the discussion was over the trophy card was placed on top.

Team B – also a women's

team didn't want a routine as organized as Team A. They didn't wish to discuss the opposition because as far as they were concerned they were going to play their own game. The team did discuss the other aspects of the coming game and especially performance goals. Debriefing was also less formal but notes were kept and reviewed.

Team C – another women's team, kept a journal with two pages per game. They reviewed the same items as in Team's A's card party and then debrief similarly but recording everything in a journal.

Team D – a junior men's team at Worlds preferred to have a simple discussion before the game. It was very informal, no real established agenda as far as they were concerned but their coach was able to direct their conversation so they were covering the necessary aspects.

Every competitive team that I've observed or worked with has routines. The point of this is – without routines, predictability is reduced and the unknown can become the focus rather than the task at hand. So make routines part of your routine!

.....
Submitted by:

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AMETHYSTCURLING.COM



AMETHYST JR. CURLING CAMP

The 2019 Amethyst Camp is ready to Rock! Mark your calendars for Monday July 1st to Friday July 5th.

In 2018, the camp moved from Sudbury to North Bay and it was a resounding success. The camp was smaller, the accommodations at Canadore College were fantastic, there was lots of food with great variety, the ice was super (considering it was +34 outside for three days) and the campers had FUN!

Here are some comments

from last year's campers:

"I really working with top-notch instructors to improve my curling skills and having a blast with a tight-knit community of curlers"

"I found my performance improved a lot after camp."

"I thought the food options were always diverse enough that I could find something I liked. Portion sizes were excellent with us having worked all day on the ice and in PE."

"The Great Shootout was loud, exciting, everything I thought it would be like."

"Thanks for the technical help, interesting classroom

topics, and a supportive/fun environment"

Registration is now open to last year's campers who have until February 11th to claim their spot.

Registration for anyone else will be open Tuesday February 12th.

The camp will start on Monday July 1st with registration at 1pm and campers will be ready for pick up at 1 pm Friday July 5th. The campers will be busy from 8 am to 11 pm daily, with adult supervision at all times.

Learning topics:

- Technical Skills
- Strategy & Tactics

- Team Dynamics
- Nutrition & Fitness
- Delivery Analysis
- Sweeping
- Goal Setting
- Practice Planning
- and more.

Each group also has an offsite physical education session daily.

Accommodations:

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/team.

Amethyst Bus:

We are pleased to again offer bus transportation from Thunder Bay, across Highway 11, down to North Bay picking up campers along the way. The bus is a great way to meet people and make friends before the camp even starts. There is a small fee for the return bus trip, and the bus is supervised by an adult male and adult female.

Non-Curling Activities:

Events are planned daily to allow the campers to have some fun away from the club. This year we are planning some great social activities.

Registration Fee:

The fee for the camp is \$995 (HST included) which covers all meals, accommodation, activities, awards, and a camp t-shirt. A deposit of \$500 is required at the time of registration, with a postdated cheque to April 30th also included.

Check out the Amethyst website and Facebook pages in the coming days and weeks for more information.

WEB: amethystcurling.com

FACEBOOK: facebook.com/amethystcurling





EVENT	DEADLINE
Wheelchair Provincial	February 1 st
U18 East & West Qualifiers	February 6 th
Mixed Doubles Provincial	February 8 th
BrokerLink Mixed Provincial	March 8 th

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

SENIOR CHAMPIONS DECIDED

Congratulations to the Al Hackner's Fort William rink (below) and Kim Beaudry's Fort Frances foursome (right) on capturing the 2019 Northern Ontario Provincial Senior Curing Championship titles.



(L-R) Kris Sinclair, Wendy Brunetta, Barbara Roy, Kim Beaudry

THE MASTER'S MASTER

Hackner also captured this season's Master Men's title with Eric Harnden, Frank Morissette and Bruce Munro out of the Idylwylde Golf and Country Club while Marion Clark will represent the women alongside Barb Ward, Linda Luski and Vicki Boland (of the Port Arthur Club).



(L-R) Gary Champagne, Robert Whalen, Frank Morissette, Al Hackner

NEW LOOK FOR TEAM NORTHERN ONTARIO

Northern Ontario curlers will have a new look on and off the ice this season as Dynasty Curling is named the Official Provincial Clothing Supplier and Fear the Moose Apparel Supplier for the Northern Ontario Curling Association. This partnership means Dynasty Curling will produce on and off-ice apparel, which includes jerseys, hoodies, t-shirts, and hats.

“We are thrilled to be partnering with the Northern Ontario Curling Association,” said Colin Hodgson, owner and Director of Operations for Dynasty Curling. “Our goal is to help the athletes look and feel great on and off the ice and we are excited to have the opportunity to do that.”

A few months ago, Dynasty Curling was named the Official Uniform Partner of



Curling Canada through the 2021-22 curling season. The Winnipeg-based company will supply Canadian uniforms for all world championships, Curling Canada Season of Champions events, the 2020 Youth Winter Olympics, 2022 Winter Olympics, and Winter Paralympics.

Dynasty Curling is not new to producing unique designs for athletes. The company took to social media to gather ideas on how uniform designs should look at the Scotties Tournament of Hearts and Tim Hortons

Brier.

“We want athletes to feel well-represented in the provincial clothing they wear, so we wanted their ideas on how their apparel should look,” said Hodgson. “We love the design of the Fear the Moose apparel and hope the athletes feel it is what best represents their province.”

Athletes, fans, and curlers of all levels are encouraged to visit fearthemoose.itemorder.com to purchase Fear the Moose apparel.



Congratulations to Sudbury's Tracy Fleury (Skip) and Kenora's Andrea Ronnebeck (Coach) on winning the 2019 Manitoba Women's Curling Championship as members of Team Fleury.

The two Northern Ontario-bred curlers will compete at the 2019 Scotties Tournament of Hearts, February 16 – 24, in Sydney Nova Scotia.

Thank You

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ROCKS & RINGS

The Northern Ontario Curling Association is pleased to partner with The Egg Farmers Rocks & Rings program presented by Curling Canada to promote curling in our schools. There are instructors based in Thunder Bay, Sault Ste. Marie, North Bay, and Sudbury. Here's an overview of the program:

The Egg Farmers Rocks & Rings program presented by Curling Canada visits schools throughout Canada for a full school day. We take over the gym as classes take turns visiting for 40-minute sessions of fun and instruction. Unique indoor floor curling equipment is used to provide a true curling experience without requiring ice!

Rocks & Rings Program

features a variety of drills, relays and team-building activities that introduce students to the sport of curling right in the school gym. It is an interactive program with the emphasis on fun! At only \$205+tax* for a full day of the program



(thanks to our gracious partners!).

Brand new for 2018-2019 Rocks & Rings Tournaments

The Egg Farmers Rocks & Rings Tournament presented by Curling Canada is an interactive curling bonspiel right in your school gym. Students will compete with and against each other while learning curling terminology, scoring, and more.

We bring all the necessary equipment to set up 4 mini "sheets" in your school gym including custom scoreboards. Rocks & Rings Tournaments are a great

addition to your physical education program or as a second day after having the Rocks & Rings program.

It is a fun, interactive program for students of all ages, including high schools students. At only \$245+tax* for a full day of the program (thanks to our gracious partners!) it is another incredibly affordable curriculum-based program.

Go online and book your school group today at <http://rocksandrings.com/>.

*Travel fees may apply to schools outside our areas, please contact us to confirm.



Congratulations to Jacob Horgan, who with his partner Calissa Daly, won GOLD in Mixed Doubles at the 2019 Canadian Juniors!

Both Northern Ontario U21 teams qualified for the Championship Round in the main event.

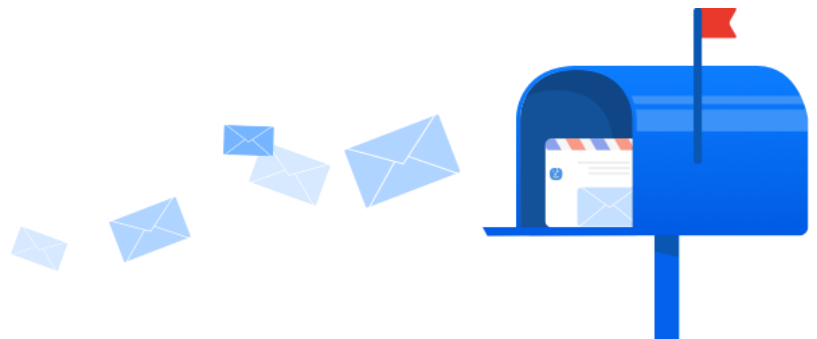


The Northern Ontario Curling Association's Newsletter "NOCA News" is published once a month. Please email your stories, photos and news items to bobby.ray@curlnoc.ca by the first of any month.

Get Social with us!



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 curlnoc.ca/calendar in addition to posted on Facebook and Twitter.



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