

FEATURE

SUDBURY'S FLEURY WINS MASTERS IN NORTH BAY

NOCA NEWS

CLUBS

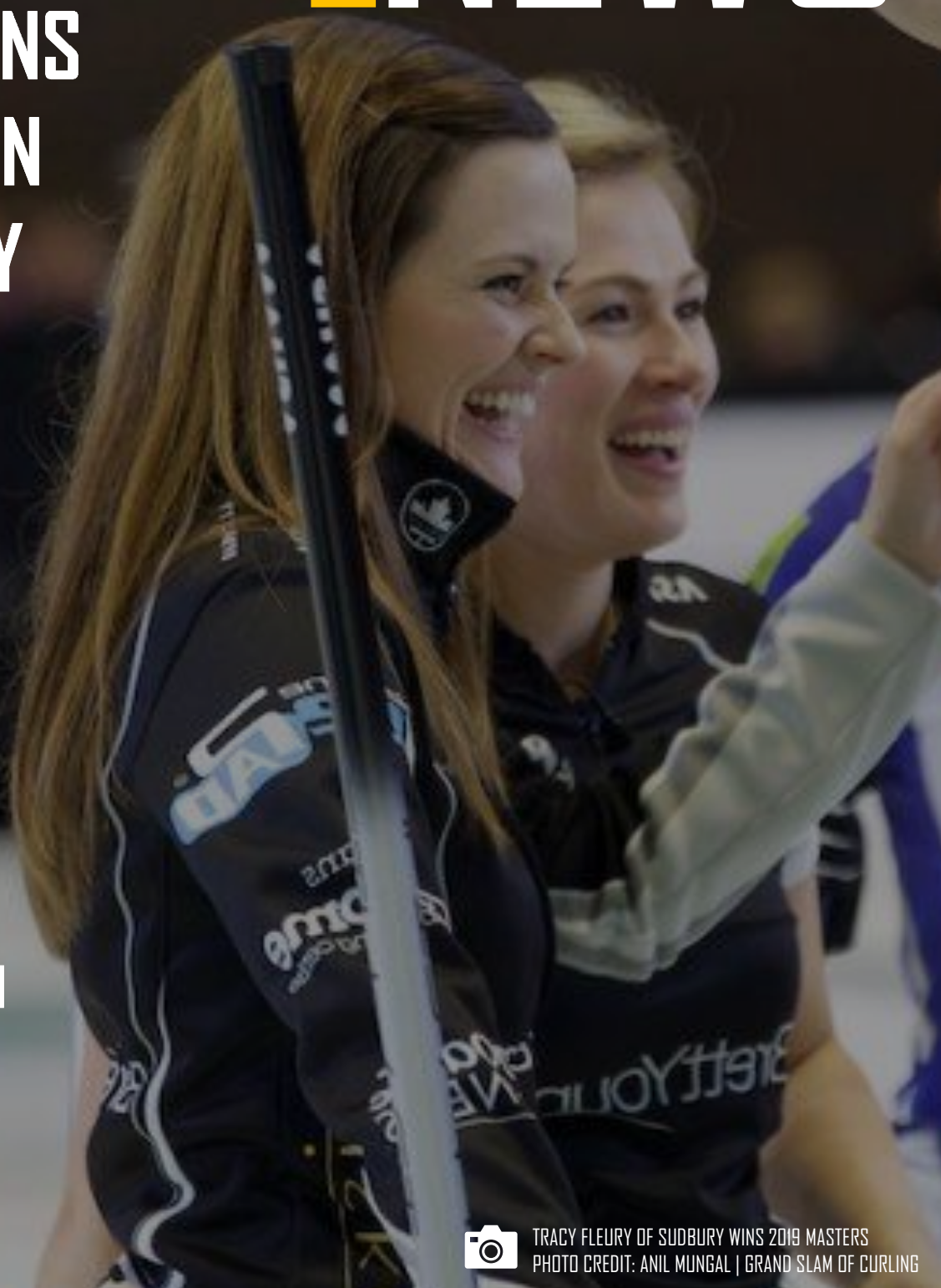
IS YOUR CLUB OFFERING ADULT LEARN TO CURL?

COLUMN

RONNEBECK: THE HONEYMOON IS OVER



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TRACY FLEURY OF SUDBURY WINS 2019 MASTERS
PHOTO CREDIT: ANIL MUNGAL | GRAND SLAM OF CURLING

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AND MORE!



Fleury fearless in securing 1st Grand Slam title at Masters

BY: JONATHAN BRAZEAU

NORTH BAY, Ont. — Tracy Fleury wasn't nervous playing for a Pinty's Grand Slam of Curling title in her backyard.

Instead, the roaring crowd for the Sudbury skip fired her up shooting a game-leading 91 percent in her pursuit of the Masters women's title.

Fleury was a tour de force fending off Japan's Sayaka Yoshimura 7-5 Sunday and sending the fans at Memorial Gardens into a frenzy

"I definitely felt the crowd support and had a lot of family and friends out there," Fleury said. "I think that helped us."

"I'd said if anything it pumped me up a little bit. It wasn't a distraction."

No moment best exemplified that than the last shot of the game with Fleury holding the all-important hammer advantage and up by one. Yoshimura sat two counters apart in the eight-foot circle, Fleury opted for a hit and just when it looked like it wasn't going to make it, her shooter connected and rolled for the clutch double.

Although Fleury is famous for her great draw game, with the ice sitting for a little bit, hitting worked out better in that situation.

"They took quite a long time to decide where to place their final stone, so you never know with the paths and stuff," Fleury explained. "A nose hit was good or a little roll. It seemed like the safer call."

Although it's Fleury's first Grand Slam, it's the second major for her teammates of third Selena Njegovan, second Liz Fyfe and lead Kristin MacCuish. The Manitoba-based trio captured the 2016 BOOST National in Sault Ste. Marie, Ont., with skip Kerri Einarson.

"It feels amazing," Fleury said. "It was tough being so close in the past a couple of times. To finally pull it off it really means a lot."

Team Fleury cashed in \$35,000, 12 Pinty's Cup points and a spot in the season-ending Humpty's Champions Cup.

[Click Here](#) to continue reading.



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: The Honeymoon Is Over!

You're probably well into the competitive season and have been practicing diligently. Your team's hard work and commitment may be paying off with some performance goals accomplished through execution of your process goals. Practices have been happening and the team is sticking to established routines.

BUT perhaps you're starting to sense some disquiet, dissatisfaction or tension. Someone knows something and isn't saying anything. It's starting to feel like the proverbial elephant is in the living room. At best, the team is ignoring it and still able to perform relatively well. At worst, performance is being affected probably mostly in team communication and that will ultimately affect the athletes' ability to do what they know they can do when they need to do it.

This phenomenon which was

originally discovered on business teams has been called the "Team Wheel". The wheel is made up of 4 phases and teams will move through the phases in varying degrees and length of times.

The first stage is Forming where the team comes together and everyone is happy to be part of the team. Sometimes this is called the "Honeymoon" phase. It's an exciting time and everyone tries to bring their best. There may be successes but with a few disappointing performances. The team may enter the Storming stage. In this stage, individuals start to explore their own needs and how they can get them met. They may start to seek to have these needs fulfilled and when it doesn't happen, they might express their dissatisfaction verbally or nonverbally in a less than positive way. This stage can go anywhere from slightly uncomfortable to truly "storming". However, if needs aren't met or addressed, it can become a distraction and impact performance.

Once issues are addressed and/or resolved, the team goes through a Norming stage where everyone gets comfortable again and finally into Performing where needs are being met and the team has fewer distractions. Teams may go through the last 3 stages

occasionally, but if dealt with effectively, Storming will get shorter and less dramatic.

There are a few tools and activities that coaches can use to help build positive team relationships and address the negative actions of the team.

Set the Ground Rules

- Text, email and social media are only positive and about concrete communication – what time is practice, can I get a ride, who is bringing the brushes, etc.
- If an issue arises, it will be dealt within 48 hours. Address it early so it doesn't fester and explode like a bad pimple.
- Issues and concerns are addressed with the player themselves not taken to others on the team unless they are directly involved. An exception might be that the coach's advice can be sought in confidence prior to addressing the issue.
- This is not personal. It is about behaviours, actions and statements.

Stop, Start and Continue

My good friend, Bill Tschirhart, often talks about Stop, Start and Continue.

Individual athletes and the coach make three separate confidential lists. The first one is everything that is happening on the team that needs to Stop, another with everything that needs to Start happening and finally everything that needs to continue. These lists should describe actions, behaviours and statements. They are not about who a person is but what a person does. The coach gathers each players' lists and organizes them so that the information contained is kept as confidential as possible. Then the task is to review the behaviours, actions and statements and what can be done so that they become less of a distraction.

There Oughta' be a Law

If there is something happening on the team that is negatively impacting them, the team and coach write a law to address the issue. The law is written in such a way that a "Philadelphia Lawyer" couldn't find a loophole. There is no room for misinterpretation.

The Press Conference

Work with the team, or individuals if that's where the problem is, and tell them to think of themselves as either the reporter or the athlete being interviewed.

The reporter's job is to get

to the facts and the interviewee's job is to provide the information as truthfully and objectively as possible. Not providing any "dirt" just the facts. Then a discussion can follow to problem solve.

Anonymous Questions

Players can take turns asking each other questions. The coach has to do a bit of homework and Stop, Start and Continue might help inform this process. The coach will formulate the questions based on information from S.S.C. and then give each player a question to ask and be answered by the other players. Questions should always be objective and not accuse any player on the team of anything.

Suggestion Box

The team "builds" a suggestion box and concerns, gratitudes and acknowledgements can be placed in the box after every practice or game. The coach then goes through the box and helps them team process anything there that needs attention or sharing.

Talk without Looking

My good friend, Bill Charlebois, came up with this activity. Bill had a team of young women who were struggling and in true Bill fashion he met the problem head on.

He took 4 chairs and placed them in a square with everyone facing out when they were seated. They couldn't see each other. Each player then took turns saying one thing they like about each of the other players and one action that could be changed. It seemed easier for communication to take place when not looking at one another. I tried this with my daughter's team years ago and there were tears (teenagers – go figure). After though, they were back on track as a team and went for ice cream. It helped feeling like they were heard.

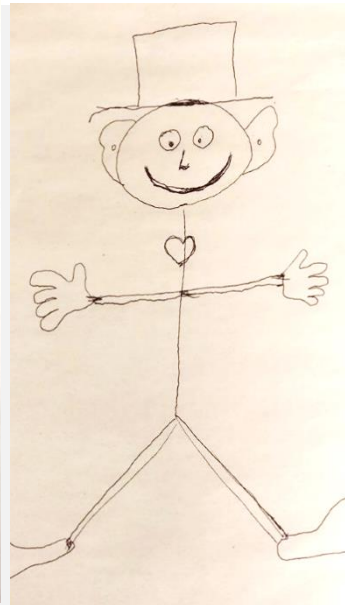
What is most important is addressing issues, not letting them lay dormant and explode at the most inopportune time. If it's going to come to the fore, it will probably be at the highest level of competition the team reaches and no one wants that. Free your athletes to perform by reducing the distractions that starts within.

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IN CASE YOU MISSED IT



CLUB COACH STURGEON FALLS

Club Coach candidates from the SFCC drew these caricatures depicting all that it means to be a coach.

Our favourite: ring on left hand to represent being “engaged”. 😊



NORTHERN ONTARIO'S JAMIESON EARNS SPORTSMANSHIP AWARD

Gavan Jamieson, second for Team McEwen of the North Bay Granite Club, earned the sportsmanship award for his position while at the 2020 Canadian Mixed Curling Championship recently.

CROISIER WINS FIRST JR SLAM SERIES EVENT

Congratulations to the Idylwyld G&CC's Team Croisier on winning their opening Junior Slam Series event of the season.



BATTLE OF THE BRADS GOES TO NORTHERN ONT.

Congratulations to the Community First C.C.'s Team Jacobs on winning the Grand Slam of Curling's Tour Challenge on Nov 10.

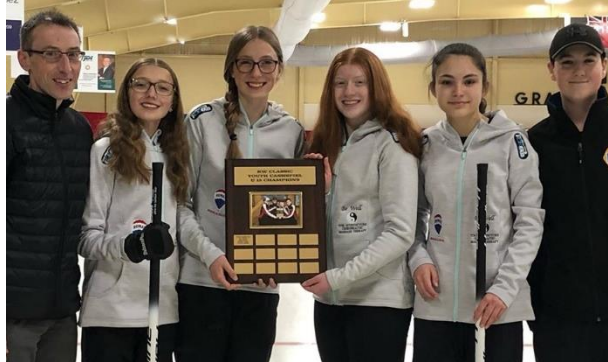


LOCKHART INDUCTED INTO NORTH BAY WALK OF FAME

Congratulations to 1992 and 1998 Northern Ontario Men's champion Jack Lockhart on being inducted into the Kiwanis North Bay Walk of Fame recently.

BRUNTON WINS STU SELLS TORONTO TANKARD

Congratulations to Team Brunton on winning their second consecutive Stu Sells Toronto Tankard Oct. 6.



TEAM TONER WINS CLASSIC

Congratulations to Sudbury's Team Toner who won the KW Classic Youth Cashspiel on November 3rd.



MACEWAN WINS STROUD SLEEMANS CASHSPIEL

Congratulations to Sudbury's Team MacEwan on winning the Stroud Curling Club's Sleeman Cash Spiel on October 20th.

HORGAN WINS WCT EVENT

Congratulations to Sudbury's Tanner Horgan and team on winning the 2019 Dekalb SuperSpiel, defeating team Mike McEwen in the final.



8-ENDER FOR TEAM DEAN

Congratulations to the Fort Williams Curling Club's Team Dean who scored an 8-ender on October 26th.



IN CASE YOU MISSED IT



CURLING AND PICKLEBALL, WHAT A MATCH!

For the past two summers, the Hearst Community Curling Club has offered its rink area to pickleball enthusiasts.

After a slow start the first summer, pickleball has taken off. This summer, players stuck around from May to October, even during the month of July when most people are at the cottage and on vacation.

45 players registered, paying \$25 (for a night a week) or \$40 (for playing up to 3 times a week).

What makes the Curling rink the idle venue for pickleball players is that they do not have to put up the nets at the start and then put them away after. Some did consider playing in a school gym but decided otherwise when they realized the set-up requirements. Also, keys to the school were also a problem. I guess there are advantages in running a simpler outfit.

Are there some of you who haven't heard of pickleball? Well, it is a growing sport in Northern Ontario as well



as all over North America. Check out one of the hundreds of web sites on the subject.

“pickleballportal.com” is a good place to start.

I do not believe there is a Northern Ontario Pickleball organization, but it is played in most cities and towns (Check: Sudbury.com).

I play pickleball and like it very much. Also, as a member of the Curling Board in Hearst, I see it as a source of revenue for the Club and enhancing our services to the community.

We have 4 sheets in our club rink and there is enough space for 5 pickleball courts. The cost of set up is minimal. Nets are around

\$200 each. A few spare rackets (\$50 each) and balls.

Two members of our club have initiated and continue to promote pickleball. Next year it is the 25th anniversary of the local Motorcycle Club. They have asked us to organize a special event in August 2020, at the Curling Club. A Pickleball Tournament will be the choice event.

Submitted by:

LOUIS CORBEIL

Secretary

Hearst Curling Club

hearst1980@outlook.com

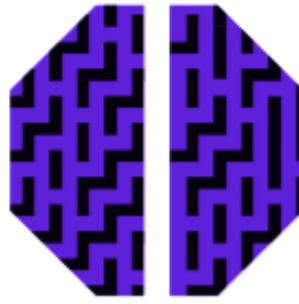
Phone: 705.372.8694



WEBINAR: Make Social Media Work For You

On Dec. 11 join Danielle Inglis of Curling Canada as she shares her knowledge and experience as a social media and web content professional. This webinar is great for coaches, teams and clubs!

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

CURLING CANADA VOLUNTEER OF THE YEAR AWARD

The Business of Curling workshop program promotes volunteer development and recognition as a vital component to curling club operations. For example, we encourage our curling clubs to formally recognize volunteers at a volunteer appreciation night. This is the one of the more significant tools a club

can use to retain and re-motivate their volunteer 'workforce'.

By creating a national award, we hope to set the example thereby encouraging clubs to create their own recognition programs.

LINKS:

- [Web Page](#)
- [Application Form](#)

Nominations are due November 30th, 2019.



TIM HORTONS 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. The highlight for any coach is to watch one of their athletes succeed in their sport and compete in events like this!

2019 was a great year with a record number of curlers competing! We hope that 2020 will be a year to share your experiences with returning curlers and new curlers alike. We have heard many good things from last years in club competitions and from the curlers at the finals in Kakabeka. A quick thanks to the Kakabeka Curling Club for the free use of their facilities!

Some great news, Hit Draw Tap now has a sponsor for the event! Tim Hortons has joined the competition as a National Sponsor!

In 2020 we want to get many clubs enrolled, so share the word about how your youth curlers

enjoyed the program. We would love to share this program across Northern Ontario so spread the word! 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 use an online score tracker, just like the big leagues, to help us with score-keeping, and the registration process.

NOCA is planning to host the HDT Northern Ontario Provincial Championship at the NOCA

Provincial U18 Curling Championships this year 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, and clubs should contact NOCA to register their event!

For an information package and all forms, go to curlno.ca/hit-draw-tap

OR

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





NOV. 4 - DEC. 10, 2019

4 ROCK CHARITY CHALLENGE

Take your best shot against Team Howard & Team Homan

Enter your team into the **4 Rock Charity Challenge** with a **\$20 donation** for an opportunity to best two of the leading Curling teams in Canada. If your team ties or beats their score, you will all receive commemorative pins and bragging rights! The Charity Challenge runs from **November 4 to December 10, 2019**, and multiple entries are accepted with additional \$20 donations.

All proceeds will be donated to:



FONDATION
**SANDRA
SCHMIRLER**
FOUNDATION



TELUS Wise
#EndBullying

Participants must be a permanent resident of Ontario and a member of a registered CurlON and/or NOCA Curling Club. Get the details at BrokerLink.ca/curling

We are a proud partner of
CurlON and NOCA.

BrokerLink.ca    


BrokerLink
Insurance



Northern Ontario
CURLING ASSOCIATION

*Subject to entry conditions and restrictions. Offer may change without notice. Participants will be a permanent resident of Ontario and a member of a registered CurlON and/or NOCA Curling Club. Details available at BrokerLink.ca/curling. ©2019 BrokerLink Insurance. All rights reserved.

ONTARIO WINTER GAMES

The Ontario Curling Council administers all province-wide, Multi-Sport Winter Games on behalf of its members, CurlION and the Northern Ontario Curling Association. The Ontario Winter Games is one of those competitions. The 2020 Ontario Winter Games will be hosted by the city of Orillia on February 27 – March 1, 2020.

U18 Men and U18 Women (17 years of age or under as of June 30, 2019).

6 teams per gender will

advance to the OWG - one per gender from each of the 6 Regional events.

U21 Mixed Doubles (20 years of age or under as of June 30, 2019)

6 teams will advance from to the OWG – one from each of the Regional events

Wheelchair (no age restriction)

See website for entry criteria ontariocurlingcouncil.com/blog/owg-wheelchair

Registration and other information is available at ontariocurlingcouncil.com/blog/winter-games-program



Games
Ontario

CURLING DAY IN CANADA

Curling Canada is pleased to announce that Curling Day in Canada will take place Saturday February 22, 2020.

Curling is more than a game, it is built on community and friendships. Our curling centres are more than four walls, a roof and sheets of ice. Rooted at the heart of curling in Canada is the people who are connected to our sport and the experiences they share on and off the ice.

You have the stories. We want to hear them.

- Share your favourite personal curling story
- Encourage your curling centre or rink to submit their most unique curling experience



- Have fun with one big game of curling including scores from every rink in Canada!

[Click here to Join the celebration!](#)

Prizes include:

- A \$10,000 Curling Rink Renovation Grant
- Trip to the 2021 Tim Hortons Brier
- Tankard Trophy Visit at your club
- Rocks and Rings School prize of 2 Floor Curl Equipment sets
- Egg Farmers Rocks and Rings Tournament

IS YOUR CLUB OFFERING ADULT LEARN TO CURL?

All NOCA Club Delegates have received a link to complete a short survey about the Adult Learn to Curl Program.

Our goal with this survey is to gather information about existing programs at NOCA clubs, and to seek interest in a one-day workshop to learn how to deliver the program at your club.



SURVEY:

surveymonkey.com/r/AdultLearn2Curl



EVENT	DEADLINE
Senior East & West Qualifiers	November 22 nd
U21 Provincials	December 6 th
Men's East & West Qualifiers	December 6 th
Masters Provincial	December 20 th
Men's West Qualifier (played East)	December 27 th
Scotties Women's Provincial	January 3 rd
U18 Regions (all)	January 10 th
Curling Club Championships	January 17 th
Mixed Doubles Provincials	January 24 th
Wheelchair Provincials	January 31 st
U18 West Qualifiers	February 5 th
U18 East Qualifiers	February 10 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
Making Ethical Decisions	McIntyre Curling Club (Timmins)	Nov. 29	
Level 1 Officiating	McIntyre Curling Club (Timmins)	Nov. 30	
Competition Coach	McIntyre Curling Club (Timmins)	Nov. 30 – Dec. 1	
Adult Learn to Curl	Thessalon Curling Club	Dec. 14, 9am – 5pm	
Club Coach Youth	Idylwylde Golf & Country Club (Sudbury)	Feb. 15, 9am – 6pm	Feb. 5

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

LOCATION	DATE	DEADLINE
Fort Williams Curing Club (Thunder Bay)	Nov. 30 – Dec. 1	Nov. 16
Espanola Curling Club	Nov. 30	Nov. 22
North Bay Granite Club	Dec. 7 – 8	Nov. 28
Fort William Curling Club (Thunder Bay)	Dec. 14 – 15	Nov. 30

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	Championship	January 17	January 24	January 31	
Entry Deadline	Jan. 10		December 6		Dec. 6		January 3	March 13	November 22		December 20		January 17			
Entry Fee	See middle of sheet for fee breakdown															
Entry Costs	\$360		\$532		\$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								Dec. 12-15							
	Feb. 21-23								Espanola							
	Cochrane CC															
	Deadline - Mon. Feb. 19															
	See below															
	WEST Qualifier															
	Feb. 21-23															
	Fort William CC															
	Deadline - Wed. Feb. 5															
	See below															
PROVINCIALS	March 4-9		Dec. 27-30		Jan. 28-Feb. 2		Jan. 28-Feb. 2	Apr. 2-6	Jan. 16-19		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	Saguenev, 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.

ROCK THE SHORES IN 2020!

The Horne Granite Curling Club is excited to host the 2020 Northern Ontario Men's & Scotties Provincials January 28th to February 2nd 2020. The committee has been working at this event since last spring and things are really starting to come together to promise an exceptional event for the curlers and their fans alike.

Last spring an organizing committee was struck consisting of Horne Granite Curling Club members and the Horne Granite Youth Steering committee to put in a bid for these championships. The intent being to re-establish curling as a predominant winter sport in Temiskaming Shores and the surrounding areas. Bringing together the very best curling talent the north has to offer can do nothing but build awareness and excitement about the sport in our area.

The championships will take place at the Don Shepherdson Memorial Arena in Temiskaming Shores. The organizing committee have contracted Maple Leaf Ice Consulting's "King of Swing" Tom Leonard to transform the home of the Great North Midget League's New Lisheard Cubs into a 5-sheet world class curling venue. The arena comfortably sits 700 when set up for hockey, but the City of Temiskaming Shores has

agreed to bring down the arena glass and netting to assure prime viewing from around the entire venue. If that doesn't get you close enough to the action, the organizing committee has managed to also arrange for pub-style seating to be situated at one end of the ice for major sponsors and members of the public, just like you see on TV! Food services have been arranged to be available in the stands all week and our stands will be licensed throughout the event and featuring Temiskaming Shores very own Whiskey Jack craft beer!

For those of you coming from out of town the Horne Granite will be your entertainment centre during the week. Live bands have been scheduled from Thursday through Saturday evening for you to get out and have some fun after the games! It's just a quick 5-minute walk up the street from the arena!

While it is still unclear as to exactly who will be competing this spring to go on and represent Northern Ontario at the Scotties Tournament of Hearts and the Tim Horton's Brier, what is clear is that both the Krista McCarville & Brad Jacob's rinks will be competing! There may have been one or two organizers very quietly cheering these two teams into the playoffs last spring but hoping they might fall just a little bit short at the end of their

respective weeks so we could see them here in Temiskaming Shores for our event. We know that 8 teams will be here competing on the men's side, but we are still waiting to see the final number of teams competing against the McCarville Rink. There is even talk of local teams on both the Men's & Ladies side of the draw. Organizers were also quite enthused over the summer when the new lineup for Team Jacobs was announced. The north's curling fans are all very excited to see Mark Kennedy try to earn his first green and gold jacket and with any luck you can come to Temiskaming Shores and see him join the tradition of representing the moose!

Week-long passes are currently on sale for the Early Bird special price of \$100.00, a \$25.00 saving if you purchase them before December 20th. You can visit hornegranite.com and click the "purchase tickets" link to buy your general admission tickets online. Follow the events Facebook page at facebook.com/Provincials2020 for further announcements as to when weekend passes go on sale, who will be coming to the event and what entertainment is lined up.

Submitted by:

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Men's & Scotties Provincials
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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





CURLING CLUB CHAMPIONSHIPS
CHAMPIONNATS DES CLUBS
 2019 • Leduc, AB

FOLLOW & CHEER FOR TEAMS LAROCQUE & MIKKELSEN

CURLING.CA/2019CLUBCHAMPIONSHIPS | [#CANCLUBCHAMP2019](https://twitter.com/CANCLUBCHAMP2019) | [#FEARTHMOOSE](https://twitter.com/FEARTHMOOSE)

2019 Club Championships Draw Schedule				A	B	C	D	E	F	G	H
SUNDAY NOV 24	teams arrive	6:15pm		all teams arrive							
	opening reception	7:00pm		opening reception							
MONDAY NOV 25	practice	9:00am		NS	NL	NB	ON	YT	BC	SK	NL
	practice	10:30 AM		AB	BC	NT	PE	NU	MB	NS	
	practice	12:00pm				NU	NB	NO	PE	ON	NT
	practice	1:30 PM		QC	SK	NO	YT	MB	QC	AB	
	Draw 1	4:00pm	1	YT-BC			NB-ON		SK-NL		NS-NL
	Ceremonies	7:15pm		opening ceremonies							
	Draw 2	8:30pm	2	NO-NB	NT-NS	NO-SK	NU-AB	NU-BC	PE-QC	YT-QC	NT-PE
TUESDAY NOV 26	Draw 3	10:00am	3	NB-QC	NL-AB	PE-AB	MB-PE	MB-NO	NB-ON	YT-NS	NL-BC
	Draw 4	2:00pm	4	SK-MB	NU-SK	NT-BC	ON-NO	AB-NT		QC-MB	NU-NS
	Draw 5	6:00pm	5	YT-ON	QC-NO		BC-PE	AB-NB			NS-PE
WEDNESDAY NOV 27	Draw 6	10:00am	6	NL-AB	NB-MB	NO-SK	BC-QC	ON-SK	NT-NS	NL-ON	YT-MB
	Draw 7	2:00pm	7	NU-NT	SK-YT	ON-AB	QC-MB	NS-MB	AB-BC	NU-NO	QC-NT
	Draw 8	6:00pm	8	ON-NO	NS-PE	NL-NU	NT-YT	YT-NB	NL-NU	BC-PE	SK-NB
THURSDAY NOV 28	Draw 9	8:30am	9	MB-NT	AB-NU	MB-YT					ON-NU
	Draw 10	12:30pm	10	AB-SK	PE-YT	ON-QC	NB-NL	PE-NL	BC-NS	BC-NS	NO-NB
	Draw 11	4:30pm	11	NB-NU	NT-NL	QC-YT	NO-YT	PE-NT	SK-NB	PE-NU	NO-NL
	Draw 12	8:30pm	12	NS-QC	MB-BC	BC-NT	NS-AB	SK-ON	AB-NO	MB-ON	QC-SK
FRIDAY NOV 29	double KO - round 1	9:00am	13	3	2	4	1	15	18	16	17
	double KO - round 2	2:00pm	14	7	6	5	8	20	19	22	21
	double KO - round 3	7:00pm	15	23			24		10		9
SATURDAY NOV 30	Semi Finals	9:00am	16	12			11		26		25
	Medals	2:00pm	17	28			27		14		13
	Banquet	7:00pm		Victory Celebration							
SUNDAY, DEC 1	Depart	10:00am		Teams Depart							

MEN	
Pool A	Pool B
ON	MB
SK	BC
AB	NS
NO	QC
NL	YT
NB	PE
NU	NT

WOMEN	
Pool C	Pool D
AB	MB
NS	ON
BC	QC
NT	SK
NL	NB
PE	NO
NU	YT

Thank You

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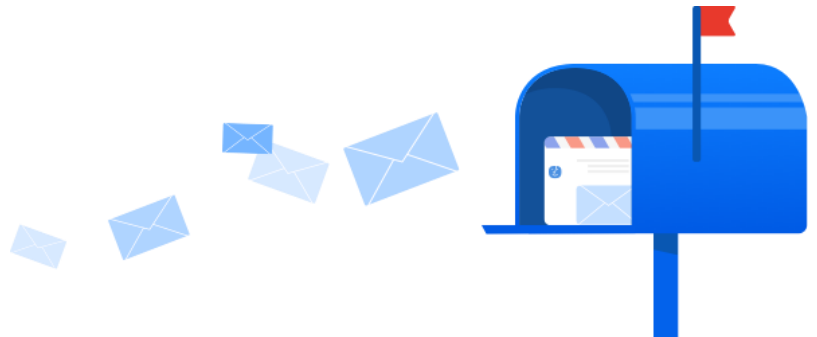


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