

OCT 2019  
ISSUE

# NOCA NEWS

CURL SUDBURY  
SCORES MAJOR  
UPGRADES

JASON BISONETTE  
BOARD PRESEIDENT AT CURL SUDBURY

CANADIAN  
MIXED NOV. 3-9

GET TO KNOW  
ROWAN'S LAW



MEMORIAL GARDENS | NORTH BAY  
OCTOBER 22 - 27, 2019

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## Adult Learn to Curl Train the Trainer Workshops

NOCA is pleased to be able to help clubs learn about delivering and Adult Learn to Curl program by offering Train the Trainer sessions. These one-day workshops will teach volunteers/staff how to run this successful program at their club. If your club is interested in learning about the Adult Learn to Curl program, please contact [leslie.kerr@curlnoc.ca](mailto:leslie.kerr@curlnoc.ca). Watch the NOCA website and Facebook page for a training session coming to your area this fall.

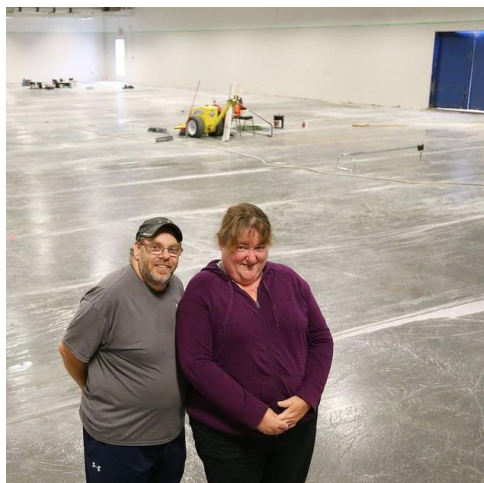


## Other Courses

NOCA offers several types of courses to our clubs annually; including:

- Club Coach Youth: a one-day workshop designed for people running a youth program
- Club Coach: a two-day program designed for people instructing at the club level
- Competition Coach: a two-day course designed for people coaching a competitive team or wanting to get involved at that level
- Make Ethical Decision: a one evening course which helps coaches identify the legal, ethical, and moral implications of difficult situations that present themselves in the world of team and individual sport.
- Level 1 Officiating: designed for people who want to become involved as on ice officials at competitive events
- Level 2 Officiating: the next step in Officiating – designed for people who want to become Chief Umpires at competitive events

If your club is interested in holding any of these courses, please contact [andrea.ronnebeck@curlnoc.ca](mailto:andrea.ronnebeck@curlnoc.ca)



## New Floor for Curl Sudbury

New name, new rocks, new floor are rejuvenating the curling rink atop Wessex Street in Sudbury.

A \$150,000 Ontario Trillium Foundation grant helped the club achieve their latest improvement, which will allow the club to entertain more summer rentals on their new concrete floor.





# 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: Coach Training & Coaching Symposium**

At times coaches may feel isolated when they face issues within their teams or haven't had opportunities for development themselves. Coaches often spend countless hours developing and encouraging their teams and may feel they have few chances for personal growth.

The Ontario Curling Council is offering webinars with various professionals on a variety of topics throughout October, November and December. There are several interesting sessions coming up.

October 21 – More on Brushing

Glenn Paulley will be speaking about brushing and the latest technology, training methods and findings related to equipment and technique. Glenn and his colleague John Newhook have measured over 600 high performance athletes

including U18, U21 and U25 age groups. Glenn provided this description:

“In this talk, which I call “Building a Brushing Strategy”, I will explore the idea of building a brushing strategy for a team. The talk is largely targeted at U18/U21 coaches and athletes. We will look at brushing techniques, normative data, gender differences, energy pathways and fitness, and some additional ideas and tools that coaches can use to improve the brushing performance of their teams.”

October 25 – 5 Rock Rule Forum

Pat Simmons, Canadian Champion, will be answering questions and facilitating a discussion about the 5 rock rule. This rule has been in place now for about a year and coaches and athletes may have specific questions about situations they and their teams have faced with the change. This will be a very interactive session with the mics open the whole time for discussion.

November 7 – Curl Coach 2019

This webinar is extremely useful if you been using Curl Coach for a while and want to get more out of the tool. In this session, Stephen Orr, the developer of Curl Coach will share some of the updates to the app that were added since the last

webinar. There are new features and Stephen will share with you some best practices related to how to get the most out of Curl Coach.

November 20 – Emotional Intelligence and How it Affects Coach Leadership

This webinar will discuss the importance and value of Emotional Intelligence and how it is applied to Coaching Leadership. The webinar will address how vision statements and coaching philosophies are connected to emotionally intelligent coaching leadership. There will be tips on enhancing your emotional intelligence.

Leith Drury, PhD, is a sport psychology consultant for the CIS teams at Ryerson University and a learning facilitator with the Canadian Sport Institute in Ontario.

Leith has worked with national and international calibre athletes from a multitude of sports.

December 5 – Curl Coach and Statistics

Stephen Orr, the developer of Curl Coach will share a general approach on how stats can be used (and mis-used), how to understand the wealth of data that is available and focus on those things that are most important for a team today, with some specific examples, and anecdotes to make the whole thing more

approachable.

You can register for any or all of these webinars by going to the following link:

[Register for the OCC Webinar Series](#)

Additionally, the OCC has made past webinars available via the link below. Coaches and athletes will find many topics presented by knowledgeable experts. Topics include strategy, team dynamics, coaching women, learning to win, Curl Coach and many others. These are all viewable at one's leisure.

[Register for Archived OCC Webinar Series](#)

As with all the webinars, coaches will earn one professional development point for every webinar that is participated in or viewed.

As a last item, the Ontario Curling Council is in preliminary planning for a Coaching Symposium to be held in the spring or summer of 2020. We will be seeking input as to topics, your desire for such an event, the cost, etc. We hope that this will be an opportunity for coaches to network and to view the

latest in technical developments, up to date technology and many other innovations.

If you have any questions, suggestions or would like to discuss anything, please contact me.

Submitted by:

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# YOUTH CHALLENGES

Date	Location	Deadline	Contact Person	Cost	Email	Phone
<b>East</b>						
Nov. 8 – 10/19 (Developmental)	Horne Granite CC (New Liskeard)	<b>Oct. 30</b>	Angie Manners & Kim Julien	\$160	<a href="mailto:ajmanners98@gmail.com">ajmanners98@gmail.com</a> <a href="mailto:kizzybee123@hotmail.com">kizzybee123@hotmail.com</a>	Angie - 705-647-2176 Kim - 705-648-3916
Nov. 30	Espanola CC	<b>Nov. 22</b>	Alan Emiry	\$100	<a href="mailto:emiryfamily@hotmail.ca">emiryfamily@hotmail.ca</a>	705-865-2184-h 705-849-6879-c
Dec. 7-8	North Bay CC	<b>Nov. 28</b>	John Burns	Comp - \$180 Dev. - \$100	<a href="mailto:jburns29@cogeco.ca">jburns29@cogeco.ca</a>	705-490-0042
Jan. 3-5	McIntyre CC	<b>Dec. 22</b>	Darrell Sarrasin	\$120	<a href="mailto:darrell.sarrasin@gmail.com">darrell.sarrasin@gmail.com</a>	(705) 288-3457
Jan. 19 – 20 (Competitive)	Horne Granite CC (New Liskeard)	<b>Jan. 9</b>	Angie Manners & Kim Julien	\$160	<a href="mailto:ajmanners98@gmail.com">ajmanners98@gmail.com</a> <a href="mailto:kizzybee123@hotmail.com">kizzybee123@hotmail.com</a>	Angie - 705-647-2176 Kim - 705-648-3916
<b>West</b>						
Nov. 30 – Dec. 1	Fort William CC	Nov. 16	Larry Rathje	\$100/team	<a href="mailto:larryrathje57@gmail.com">larryrathje57@gmail.com</a>	807-475-4499
Dec. 14 – 15	Fort William Curling Club	Nov. 30	Larry Rathje	\$100/team	<a href="mailto:larryrathje57@gmail.com">larryrathje57@gmail.com</a>	807-475-4499





GRAND SLAM  
OF CURLING

# THE WORLD'S BEST IN ONE HOUSE



JENNIFER JONES  
TEAM JONES

BRAD JACOBS  
TEAM JACOBS

RACHEL HOMAN  
TEAM HOMAN

WILLEM EDIN  
TEAM EDIN



# OCT 22-27, 2019

NORTH BAY MEMORIAL GARDENS - NORTH BAY, ONTARIO

TICKETS AVAILABLE AT [THEGRANDSLAMOFCURLING.COM](http://THEGRANDSLAMOFCURLING.COM)

## MASTERS

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[@GRANDSLAMCURL](https://twitter.com/GRANDSLAMCURL)

#GSOC

**SPORTSNET**



## ROWAN'S LAW AND SAFE SPORT

As reported in the September edition of NOCA News, Rowan's Law now has mandatory requirements for all sport clubs. Effective July 1, 2019, Curling Centres are LEGALLY required to comply with the following immediately.

Rowan's Law (Concussion Safety), 2018 makes it mandatory for sports organizations to:

1. Ensure that athletes under 26 years of age,\* parents of athletes under 18 and the athletes, coaches, team trainers and officials confirm every year that they have reviewed Ontario's Concussion Awareness Resources
2. Establish a Concussion Code of Conduct that sets out rules of behaviour to support concussion



prevention\*\*

3. Establish a Removal-from-Sport and Return-to-Sport protocol. \*\* (The rules for removal-from-sport and return-to-sport protocols are expected to be in place by July 1, 2020).

\*\*Templates available for NOCA/CurlION affiliated clubs)

Four webinars were delivered in October to explain Rowan's Law and Safe Sport and

provided information about what clubs must do, and how to complete these requirements. The webinar presentation and audio file of the webinar are available on the Ontario Curling Council website under the Member Clubs tab in the menu: Safe Sport. This information is protected by password and is available only to NOCA and CurlION clubs. Please contact [leslie.kerr@curlno.ca](mailto:leslie.kerr@curlno.ca) to obtain the password.

Each NOCA club will be receiving two posters to display pertaining to Rowan's Law and Concussion Awareness this week.



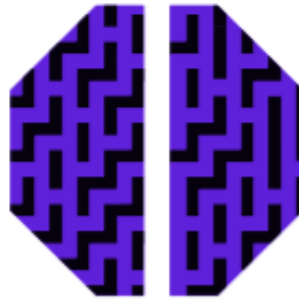
## CAAWS WISE PROGRAM FUND

The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) knows that there is a lack of funding dedicated to sport opportunities for women and girls is a barrier for organizations working to advance gender equity in sport.

With the support of Sport Canada, the 2020 WISE Fund will grant 30 organizations \$2500 to advance gender equity in Canadian sport – helping CAAWS bring our strategic goals to life. **(Click Image for Application)**

The new WISE Fund program is designed to inspire innovative initiatives, creating quality opportunities for women and girls to participate and lead through sport.

# 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](http://ontario.ca/concussions)



DROWSINESS



DEPRESSION



## MEN OF CURLING

One of the goals of the Men of Curling fundraising calendar is to provide an opportunity for clubs to raise dollars for their 'youth-development' programs.

Participating CLUBS will have the option of setting their own 'sales' price – not to exceed \$25. This will allow them to either generate some revenue for the club/youth program or pass their preferred purchase pricing (see options below) on to their members/fans.

Contact Rick Warner at 519-212-4121 or [rick@thecommunityfundraiser.com](mailto:rick@thecommunityfundraiser.com)



### BASIC CLUB CALENDAR KIT :

- 1 counter display unit with easy-to-insert header card
- 5 – 8 ½” x 11” mini-posters
- 25 Men of Curling calendars (individually retail-ready shrink-wrapped)
- Consignment – No charge to club (we will invoice \$20 per calendar sold based on actual sales made in January)

### PRE-PURCHASE:

- \$15.00 ea. (15 – 25 calendars)
- \$12.50 ea. (26 – 50 calendars)
- \$10.00 ea. (51 – 100 calendars)

## DOUBLES CURLING

Looking for something new to try at your club? Doubles Curling is quickly growing as a new league/event at many clubs.

Doubles Curling is a fast paced game where two players form a team. A game takes just over an hour and moves very quickly with no standing around.

The basic rules are that each two-person team delivers five (5) stones per end. The player delivering the team's first stone of the end must also deliver the team's last stone of that end. The other team member shall deliver the team's second, third and fourth stones for that end. The player delivering the first stone can change from end to end.

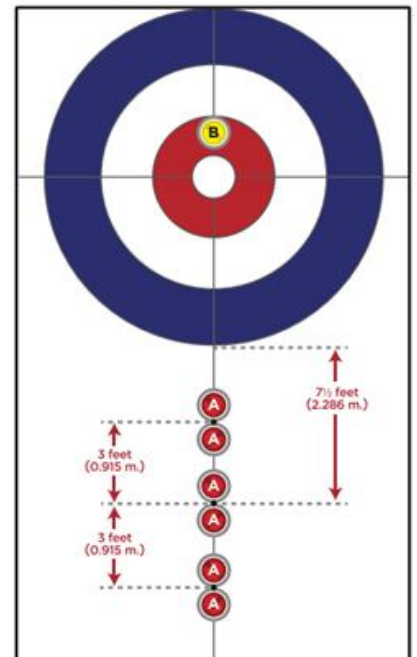
Many clubs are now offering Mixed Doubles or just Doubles Leagues and are finding that this new event is attracting younger players, many of them new to the game. One NOCA club held a "Learn about Mixed Doubles" after the 2018 Olympics, and had 12 people participate. The club offered an evening league last season and had 12 teams register.

Only one team also played on a regular league night so it didn't hurt the participation numbers in other leagues. The Doubles League attracted 20 new curlers to the game, most of whom had never curled before.

If you're interested in learning about Doubles Curling, all of the rules can be found here:

<http://www.ontariocurlingcouncil.com/blog/about-curling/mixed-doubles/doubles-curling-rules/>

Figure No. 1 - Centre Guard





# THE ONTARIO 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

Get the details at [BrokerLink.ca/curling](http://BrokerLink.ca/curling)

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EVENT	DEADLINE
Senior East & West Qualifiers	November 22 <sup>nd</sup>
U21 East & West Qualifiers	December 6 <sup>th</sup>
Men's East & West Qualifiers	December 6 <sup>th</sup>
Masters Provincial	December 20 <sup>th</sup>
Men's West Qualifier (played East)	December 27 <sup>th</sup>
Scotties Women's Provincial	January 3 <sup>rd</sup>
U18 Regions (all)	January 10 <sup>th</sup>
Curling Club Championships	January 17 <sup>th</sup>
Mixed Doubles Provincials	January 24 <sup>th</sup>
Wheelchair Provincials	January 31 <sup>st</sup>
U18 West Qualifiers	February 5 <sup>th</sup>
U18 East Qualifiers	February 10 <sup>th</sup>
BrokerLink Mixed Provincials	March 13 <sup>th</sup>

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

## UPCOMING COURSE SCHEDULE

COURSE	LOCATION	DATE/TIME	DEADLINE
Level 1 Officiating	Hearst Curling Club (Hearst, ON)	Nov. 1, 6pm – 10pm	Oct. 23
Club Coach Youth	Idylwyld Golf and Country Club (Sudbury, ON)	Feb. 15, 9am – 6pm	Feb. 5
Club Coach	Sturgeon Falls Curling Club (Sturgeon Falls, ON)	Nov. 16 & Dec. 1, 9am – 5pm	Nov. 8

## CLICK ON SCHEDULE TO DOWNLOAD PDF



### NOCA SCHEDULE OF EVENTS 2019-2020 SEASON October 10, 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 24	January 31
Entry Deadline	Jan. 10		December 6		Dec. 6	January 3	March 13	November 22		December 20		January 17		
Entry Fee														
Entry Costs	\$360		\$532		\$532	\$532	\$532	\$400		\$320		\$250	\$532	
<b>REGIONS</b>	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									McIntyre (Timmins)				
	EAST Qualifier				EAST Qualifier			EAST Qualifier						
	Feb. 21-23				Jan. 9-12			Dec. 12-15						
	Cochrane CC				McIntyre (Timmins)			Espanola						
	Deadline - Mon. Feb. 19				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. 6													
	See below													
<b>PROVINCIALS</b>	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
<b>CANADIAN</b>	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		Rothesay, 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	
<b>WORLDS</b>			Krasnoyarsk, Russia		Glasgow, Scotland	Prince George BC	Aberdeen, Scotland	Kelowna, BC				Kelowna, BC	Wetzikon, Switz.	




**MIXED CHAMPIONSHIP**  
 2020 · Saguenay, QC

**FOLLOW & CHEER FOR TEAM MACEWAN NOV. 3-9**

**CURLING.CA/2020MIXED | #CMCC2020 | #FEARTHEMOOSE**

TIME	#	A	B	C	D	E
Sunday 6:30pm	1	ON vs NT	AB vs NS	SK vs NL	YT vs QC	NB vs NO
Monday 2pm	2	open	SK vs NU	NT vs NS	NB vs PE	BC vs MB
Monday 7pm	3	NL vs AB	YT vs MB	ON vs NU	NO vs BC	QC vs PE
Tuesday 9am	4	NB vs YT	open	MB vs NO	NT vs SK	NL vs NS
Tuesday 2pm	5	NS vs SK	NO vs QC	PE vs BC	NL vs ON	NU vs AB
Tuesday 7pm	6	BC vs QC	NU vs NT	AB vs ON	MB vs NB	PE vs YT
Wednesday 9am	7	MB vs PE	BC vs NB	NO vs YT	NS vs NU	ON vs SK
Wednesday 2pm	8	NU vs NL	PE vs NO	QC vs NB	AB vs NT	open
Wednesday 7pm	9	YT vs BC	NS vs ON	SK vs AB	QC vs MB	NT vs NL
Thursday 9am	10	open	A5 vs B7	A7 vs B5	B6 vs A6	open
Thursday 2pm	11	A5 vs B6	A4 vs B1	A1 vs B4	A3 vs B2	A2 vs B3
Thursday 7pm	12	B3 vs A1	A6 vs B5	B1 vs A3	B4 vs A2	B2 vs A4
Friday 9am	13	open	A7 vs B6	A6 vs B7	B5 vs A5	open
Friday 2pm	14	A2 vs B1	A1 vs B2	A4 vs B3	open	A3 vs B4
Friday 7pm	15	B4 vs A4	B3 vs A3	B2 vs A2	B1 vs A1	B7 vs A7
Saturday 9:30am	16			SEMIS	SEMIS	
Saturday 2:30pm	17			GOLD	BRONZE	

POOL A
POOL B
SEEDING POOL
CHAMPIONSHIP POOL
SEMIS & MEDAL GAMES

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



# Thank You

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SPONSORSHIP  
OPPORTUNITIES



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Ontario Curling Council



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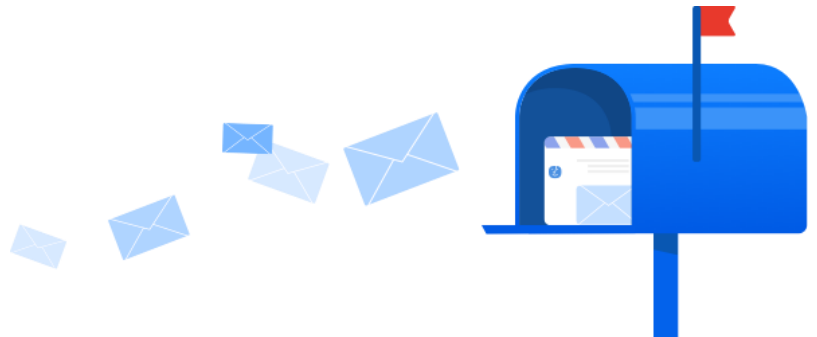


The Northern Ontario Curling Association's Newsletter "NOCA News" is published once a month. Please email your stories, photos and news items to [bobby.ray@curlno.ca](mailto:bobby.ray@curlno.ca) by the first of any month.

*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 [curlno.ca/calendar](http://curlno.ca/calendar) in addition to posted on Facebook and Twitter.



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