

SEPT 2019
ISSUE

NOCA NEWS



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THIS WINTER!!!

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YOUTH CHALLENGES



MEMORIAL GARDENS | NORTH BAY
OCTOBER 22 - 27, 2019

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NOCA Board Signs Responsible Coaching Movement Pledge

On August 26th, the NOCA Board voted unanimously to sign the Coaching Association of Canada's Responsible Coaching Movement Pledge. The pledge requires that organizations commit to providing a safe environment by keeping sport healthy and safe for their coaches and athletes. Curling Canada and the Ontario Curling Council have also taken this pledge:

"Our sport organization pledges to align our practices with Phase 1 of the Responsible Coaching Movement and is committed to ensuring that our athletes and coaches are protected."

There are three components to the implementation of the pledge for a sport organization:

Rule of Two: NOCA has approved a Rule of Two policy and will be educating all coaches and passing along information to all NOCA clubs (template policy) to implement at their level. This policy protects both coaches and adults.

Background Screening: All coaches of youth under the age of 21 must have a current Police Screening check done and on file with NOCA in order to coach at any NOCA events. This is another program that NOCA has implemented for many years to protect our young athletes.

Ethics Training: All coaches who have taken National Coach Certification Program courses take some form of Ethical Training (built into their course or as a separate course).

All sport clubs are encouraged to take this pledge and show that the safety and protection of our athletes and coaches is important. NOCA has policy templates to help our curling clubs move forward with their policies and procedures in this area (ie; Abuse, Discrimination and Harassment, Rule of Two, Screening, Persons in Authority, Codes of Conduct, etc.). Please contact the NOCA office at info@curlnoc.ca, or 807-598-0051 to access these policies. They are available to all NOCA affiliated curling clubs/facilities.

More information about the Responsible Coaching Movement Pledge can be found here:

<https://www.coach.ca/responsible-coaching-movement-p160721>



RONNEBECK: Coach Training in 2019/2020

The Ontario Curling Council (OCC) describes the importance of coaching as follows:

“Coaches are vital to ensuring curlers of all ages, stages and ability enjoy the sport in a SAFE manner, and have the opportunity to develop their skills at their own pace. Coaches play a key role in the implementation of curling’s Long Term Athlete Development Model for both recreational and competitive curlers. Coaches act in key volunteer roles which support programming at our local clubs.

Looking for a rewarding way to volunteer, get involved as a coach! The Ontario Curling Council, Northern Ontario Curling Association and Ontario Curling Association train and certify the most curling coaches in the world! They do so using the world-renowned National Coaching Certification Program (NCCP).

Coaches learn how to coach the level of athlete they are planning to work with by entering either the Recreational or Competitive stream.”

The Northern Ontario Curling Association (NOCA) and OCC work together to organize and promote coach training throughout Northern Ontario. There are three types of workshops offered depending on the needs of the club – Club Coach Youth, Club Coach and Competition Coach with Making Ethical Decisions.

Club Coach Youth is designed for coaches who do not require certification but become involved on a voluntary (and often short-term) basis. Participants tend to work with beginner curlers of all ages who are new to the sport, but most particularly with Youth Curlers. This workshop can usually be accomplished in one day and costs \$145 + HST which includes all materials and expert instruction. The prerequisite for this workshop is that participants must be a minimum of 14 years of age at the start of the course.

Club Coach participants who take this two-day workshop become “Club Coach Trained”. This workshop does not lead to certification. This is a program designed to enhance the skill set of the coach or instructor who

functions primarily at the club level but whose teams are starting their competitive experience. The Club Coach will be competent in training curlers from youth to masters, with skill levels of beginning to intermediate.

The Club Coach will be proficient in planning and designing a practice/clinic, ethical decision-making, teaching correct curling skills, skill analysis, safety and program management. The cost of this workshop is \$210 +HST and includes all course materials and experienced instructors.

Competition Coach Certification is required to coach teams at almost all levels of competition that lead to a national competition. The Competition Coach workshop is designed to train an individual to coach medium to advanced performance teams. The 18 hour course is taught over two days and time is spent on-ice and in the classroom. Prerequisite: A general knowledge of the game. Course Content: Teaching and Learning, Strategy and Tactics, Skills Analysis, Practice Planning, including Safety and EAP (Emergency Action Plan), Delivery Skills, Brushing Skills. The cost of this workshop is \$265 + HST which includes all course materials and instruction by the best Coach Developers in the

province.

There are two other components to becoming Competition Coach "Certified".

1. Making Ethical Decisions training is a cornerstone of the National Coaching Certification Program (NCCP), and leaves coaches with no doubt as to what to do when the going gets tough. By successfully completing the Make Ethical Decisions (MED) training and an online evaluation, coaches will be fully equipped to handle ethical situations with confidence and surety. MED training helps coaches identify the legal, ethical, and moral implications of difficult situations that present themselves in the world of team and individual sport. The cost of MED is \$75.00 +HST

2. Practical evaluation – a 2 hour session on-on-one with an Evaluator. The coach must execute a complete practice session with his/her team. The

competition coach candidate completes a portfolio consisting of athlete profiles, an emergency action plan and a practice plan prior to the evaluation. The portfolio is reviewed for completeness and then is used as the basis for the practical evaluation. The cost of the evaluation process is \$155 +HST

There are currently 4 events planned in Northern Ontario.

The Port Arthur Curling Club is hosting the following workshops:

- Sept 27, 2019 – MED - [Register for MED](#)
- Sept 28 and 29, 2019 – Competition Coach Workshop - [Register for Competition Coach](#)
- Sept 28 and 29, 2019 – Club Coach Workshop - [Register for Club Coach](#)

The deadline for registration for these workshops is September 24, 2019 at noon.

The Kenora Curling Club is hosting a Club Coach Youth Workshop on Sunday, October 20, 2019. Club Coach Youth - Kenora workshop - [Registration](#)

The deadline for registration for this workshop is October 9, 2019.

If you are considering registering for one of these workshops, especially one at the Port Arthur Curling, please do so as soon as possible. The deadline is coming up quickly.

If your club is interested in hosting a workshop or if you would more information, please contact me and I will, answer questions, arrange coach developers to instruct, set dates with you and help promote your event.

Submitted by:

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GRAND SLAM
OF CURLING

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OCT 22-27, 2019

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SPORTSNET

CURLING FOR YOUTH

There are a lot of opportunities for clubs to get young curlers involved in our sport by using some of the great programs that have already been developed and are available to NOCA clubs.

CURLING CANADA PROGRAMS:

Through its Youth Development Initiative, Curling Canada has developed several youth curling programs that are available to clubs that are affiliated with their provincial/territorial association (in this case NOCA). The programs have been developed to get young people involved in curling at any age and keep them interested whether they go into the competitive stream, or just play for recreation. The programs are step by step guides and are easy to deliver. They include:

- U12 Learn to Curl
- U15 Challenge Cups (Event Guide)
- U18 Learn to Curl
- Youth Inter-Club Leagues
- Triples
- School Curling

All of these programs are available to NOCA affiliated curling clubs at no cost. Contact the NOCA office to access these fantastic programs.

HIT DRAW TAP | PRESENTED BY TIM HORTONS:

The Hit Draw Tap Championship will be held



again this season. This skills event has young curlers perform a hit, a draw, and a tap and be scored for each skill. The young curlers are divided into ages 6-8, 9-10 and 11-13 and the skills are performed at different levels for each age group. The second and third scorers in each age group receive a ribbon and the top scorer receives a medal. The scores of the top scorer are entered into a national database to be compared with other young curlers across Canada. As well, the winners in each age group are invited to perform their skills at one of NOCA's Provincial Championships (event to be determined). If the winners aren't able to attend the Provincial Championship, their scores can be submitted electronically and they will still be entered in the final challenge.

This is a fun way to teach some basic skills and provide a challenge to young curlers at your club. All of the information is available to all

clubs belonging to NOCA by contacting the NOCA office, info@curlnoc.ca, or calling the office at 807-598-0051.

NOCA YOUTH CHALLENGES:

Several clubs will be offering Youth Challenges this season. These events are an opportunity for young curlers to develop their skills and compete in events without having to enter the U18 competitions. The sites, dates, and contact information will be posted on the NOCA site shortly.

If you would like more information, or are interested in hosting a Youth Challenge, please contact Andrea Ronnebeck, OCC Education Manager North, at andrea.ronnebeck@curlnoc.ca.

YOUTH CHALLENGES



NOCA is committed to providing opportunities for younger curlers to compete and improve. As a result, and with the help and commitment from a number of individuals, the following program will continue for the 2019-2020 season.

Youth Challenges:

The challenges are a number of events aimed at **Developing** bantam, elementary, high school, and younger junior teams, including mixed teams. Divisions will be created in each event based on the competitive skill and experience of the teams.

Date	Location	Deadline	Contact Person	Cost	Email	Phone
East						
Dec. 7-8	North Bay CC	Nov. 28	John Burns	Comp - \$180 Dev. - \$100	jburns29@cogeco.ca	705-490-0042
Jan. 3-5	McIntyre CC	Dec. 22	Darrell Sarrasin	\$120	darrell.sarrasin@gmail.com	(705) 288-3457
Nov. 8 – 10/19 (Developmental)	Horne Granite CC (New Liskeard)	Oct. 30	Angie Manners & Kim Julien	\$160	ajmanners98@gmail.com kizzybee123@hotmail.com	Angie - 705-647-2176 Kim - 705-648-3916
Jan. 19 – 20 (Competitive)	Horne Granite CC (New Liskeard)	Jan. 9	Angie Manners & Kim Julien	\$160	ajmanners98@gmail.com kizzybee123@hotmail.com	Angie - 705-647-2176 Kim - 705-648-3916
Jan. 24-26	Kapuskasing CC	Jan.17	Hugh Campbell	\$30/athlete	hughcampbell@ntl.sympatico.ca	705-335-4688
West						
Nov. 30 – Dec. 1	Fort William CC	Nov. 16	Larry Rathje	\$100/team or \$25/person	larryrathje57@gmail.com	807-475-4499
Dec. 14 – 15	Fort William Curling Club	Nov. 30	Larry Rathje	\$100/team or \$25/person	larryrathje57@gmail.com	807-475-4499

NOCA wants to ensure an equal competitive level, so coaches are requested to contact the person responsible for the organization of the event so that teams are placed at the appropriate level.

Registration and more information for each of the above events is available at:

<http://curlnoc.ca/competitions/youth-challenges/>

Note: Deadlines are Wednesday the week and a half prior to the start of the event at Noon.

For more information about the Youth Challenges, contact:

Andrea Ronnebeck, Technical Coordinator andrea.ronnebeck@curlnoc.ca 807-466-8351

ADULT LEARN TO CURL

The Adult Learn to Curl Program has proven to be a fantastic recruiting and retention tool for curling clubs. The program is designed with a weekly lesson and then putting the lesson to work on the ice. The program is designed for 8 weeks, but can be modified to suit your club's requirements and the enrollment numbers. Many clubs offer the 8 week session and then an Adult "Rookie" league for the new curlers after the 8 weeks is over.

The premise of the program is that the new curlers are learning the game with people who have the same skill and knowledge level as they do; they are not being put on an experienced team where they may not receive ongoing instruction and may get frustrated. In the Adult Learn to Curl Program, new curlers learn the basics of delivery, grips and turns, weight judgement, and more. Lessons are built on week by week so that the new curlers aren't inundated with more information than they can absorb in one session, as is often what happens in a one-day Learn to Curl Clinic. I certainly remember my one day Learn to Curl Clinic many years ago, and I hurt for days after!!

And, the new curlers are becoming really good; they



don't have many of the old habits that those of us who have been curling for a long time have developed. One "seasoned" curler at a club I was at last season commented "Look at them deliver the stone. How did they get that good and it's only Christmas? They're way better technically than my whole team put together!"

The program is available through Curling Canada and clubs that have used the program have brought in new members and many of them have now become regular league members which provides both new revenue, and new personalities in the club. The added bonus is that many of these new curlers become volunteers. Win, Win, Win!!

The Copper Cliff Curling Club has offered this program for

the last two seasons and is thrilled with the results.

"We've offered the Adult Learn to Curl program and league for the last two years and will offer it again this season," says Club President Sandra Lahti. The program is easy to deliver and the results are fantastic. We've increased our membership and have a lot of new faces in our club. And this year, one of the AL2C graduates is coming back to help instruct."

Don't know where to start?? NOCA is planning several Train the Trainer sessions this fall which will teach volunteers how to run the program. These will be one day sessions centralized in the regions so that volunteers can travel to and from the session in a day. More information will be available soon on our website, Facebook page, and through your NOCA Club Delegate.

FUNDING OPPORTUNITIES FOR NOCA CLUBS (click photos for more info)



2020 MEN OF CURLING CALENDAR:

The Community Fundraiser is offering NOCA affiliated clubs the opportunity to raise funds for their club or youth programs by selling the Men of Curling 2020 Calendar.



KRAFT HEINZ PROJECT PLAY:

Nominate your local recreation project for a chance to win. The Grand Prize winner will receive \$250K towards a facility upgrade, and three second-prize winners will each receive \$25K.



NATIONAL SPORT TRUST FUND:

NOCA has endorsed this program which allows clubs to apply to the program to raise money for a project at their club and when people donate, they receive a charitable tax receipt.



CURLING ASSISTANCE PROGRAM:

Through Curling Canada, affiliated clubs can apply for a loan to help with a capital project. Two NOCA clubs have already been successful with their applications.

SAFE SPORT PROGRAM

The Ontario Curling Council, in partnership with its members – CurlION and Northern Ontario Curling Association (NOCA) will be offering webinars on the topic of “Safe Sport for Clubs.”

Registered participants who attend the webinar can expect to learn about:

- Legal requirements for your Curling Centre to implement Rowan’s Law
- Safe Sport Best Practices for the prevention of Abuse, Discrimination and Harassment

There are four webinars scheduled, they are FREE and available only to CurlION and



NOCA Member Affiliated clubs:

- October 2, 2019 at 10-11 am – [Register for Safe Sport Webinar #1](#)
- October 2, 2019 at 8-9 pm – [Register for Safe Sport Webinar #2](#)
- October 8, 2019 at 8-9 pm – [Register for Safe Sport Webinar #3](#)

- October 10, 2019 at 12-1 pm – [Register for Safe Sport Webinar #4](#)

Questions about the webinars or the Safe Sport Program for Clubs can be directed towards Jennifer Ferris, Manager of Programs and Operations – jennifer@ontcurl.com | 289-527-0352

NATIONAL COACHES WEEK

September 21-29 is National Coaches Week. There are many ways to get involved as a coach, an athlete, a parent, or a club.

- Take advantage of extremely discounted coaching courses or free online e-learning courses.
- Recognize your coaches with a special event, or get involved with the #ThanksCoach campaign
- Participate in the National Coaches Week Online Auction



Check out these links for more information.

<https://www.coach.ca/national-coaches-week-s17020>

<https://www.coachesontario.ca/coachesweek/>

Don't miss the opportunity to further your personal coach development, or to recognize the fantastic coaches we have helping our athletes and clubs.

COMPETITIONS 2019-2020

The Competitions Season has already begun for many teams, whether they have started competing, or are training and planning for their season.

NOCA's Competitions Calendar is available at:

CLICK: [Competition Calendar](#)

The only notable change to the competitions format this year is that the U21 Men and Women will enter directly to the provincial championship. There will not be qualifying events.

Competitor Guides will be available in the next few weeks. There have been no changes to the Rules of Curling (Curling Canada) so all competitions will be guided by the Rules of Curling, 2018-2022 Edition. If your club would like copies of the Rules of Curling, they are available through the NOCA office.

There has been a change to Curling Canada's Residency Policy to allow for a Birthright exemption for the Scotties and Brier events only. Players may play on a team in the province they don't reside in, but were born in. This means that if you were born in Sudbury but now live in Charlottetown, PEI, you can play on a team from Northern Ontario for the Scotties or Brier competitions. You could then still play for PEI for any other discipline. The updated residency policy with a FAQ section will be posted on Curling Canada's site in the next week.



Northern Ontario's Doug Dean in action at a Canadian Championship.

The Men's and Scotties Provincial Championship will be jointly hosted again this season. The Horne Granite CC in New Liskeard is the host club, and the event will take place at the Don Stevenson Community Arena. More information and ticket information will be posted soon.

The Idylwyld Golf & Country Club in Sudbury has been awarded the 2020 18 Canadian Championships. The joint boys

and girls event will see 28 teams compete at the Gerry McCrory Countryside Sports Complex in Sudbury for the title of U18 2020 Canadian Champions. If you are interested in volunteering at this national championship, click below.

CLICK: [Volunteer Here](#)



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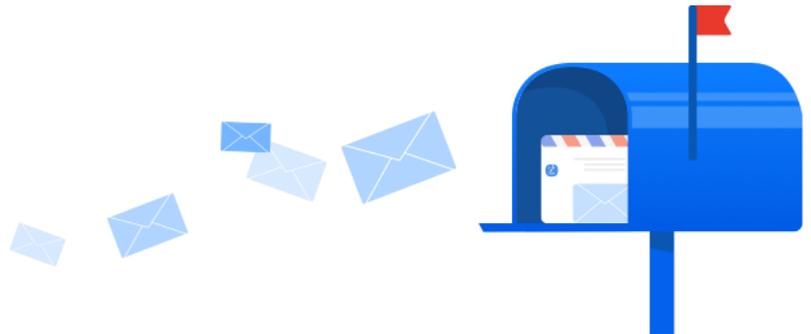


The Northern Ontario Curling Association's Newsletter "NOCA News" is published once a month. Please email your stories, photos and news items to bobby.ray@curlno.ca by the first of any month.

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 in addition to posted on Facebook and Twitter.



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