



## What the Junior Program Offers

Our Junior Program offers the following:

- To provide a weekly instructional program for curlers ages 7 to 17
- To provide opportunities for recreational curlers to taste competitive play through Interclub play, Jeux du Québec regionals, bonspiels and house-league play
- To provide a competitive training schedule for older elite juniors to prepare them to participate in the U18 and U20 Provincial Circuits.
- To actively involve parents of junior curlers in all aspects of the Junior Curling Program, including coaching, administrative roles, fundraising and hosting
- To provide technical training to Junior coaches in order to ensure a consistent and comprehensive program for the participants
- To encourage feedback from curlers and parents in order to improve the program

## Registration for 2023/2024 Season

Priority registration will take place starting in August for returning juniors and new Pointe Claire residents.

If there is room, registration for new members will take place during the Open House Saturday, September 30<sup>th</sup> and Sunday, October 1<sup>st</sup> from 11:00 am to 4:00 pm. **Priority will be given to Pointe Claire residents.**

## Weekly Sessions (October 14<sup>th</sup> to March 23<sup>th</sup>)

Each week's session will be broken down into three sessions, one 1-hour Little Rocks sessions from 1:00-2:00 followed by a Big Rock session from 2:00-3:30 and another from 3:30-5:00.

Curlers should arrive on time for their session with **CLEAN** running shoes and slider (or curling shoes) and a broom. Shoes must **NOT** be worn in from the street. Helmets are required for Little Rocks (7-12).

Again this year, we will try to stream curlers based on their desires and skill levels. For newer curlers, the session will include warm-up exercises, practice slides, a review of the previous lesson, introduction of a new skill, practice drills and a mini-game.

The more experienced curlers will do a series of short drills to reinforce particular skills and then proceed directly into game situations.

For those curlers looking for more competitive opportunities, they will be able to benefit from individual coaching to help them work on specific skills which might require correction.

We've listened to the feedback that you gave us at the end of last season and hope that these options will respond to your particular needs.

## Interclub Competition *(included in fees)*

We are hoping to be able to return to our monthly Interclub games this season for both Big Rock and Little Rock teams where curlers will have the opportunity to play games against other clubs.

The idea is to involve as many different curlers as possible in this additional program. A schedule of these matches will be provided as soon as it becomes available. Parents are encouraged to lend a hand with the post-game snacks when we are hosting interclub teams at our club.

## Pointe Claire Curling Club – Junior Curling Program Overview 2023-2024

### Other Competition

Pointe Claire C.C. will host and participate in the annual Tim Caverly Bonspiel on December 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>. We run the "Café Lanthier" canteen during the event to raise funds for the program and parents will be asked to get involved. There will be other events/tournaments during the season. Details will be provided as they become available.

### Jeux du Québec Regional Championships

In 2023, the Pointe Claire boys and girls represented Lac St-Louis at the 2022 Jeux du Quebec which took place in March. Both teams won the Gold medal and are preparing to defend their titles at the 2024 Jeux du Québec being held in Sherbrooke from March 5-9, 2024.

### Canada Games 2027

Although none of our juniors were selected to represent Québec at the 2023 Canada Games in Prince Edward Island, we have many juniors that will be eligible for the 2027 Canada Games being held in Québec City.

### Kids vs Parents

As is our tradition with the Junior Curling program, we will hold two "Kids vs Parents" game days. This will include a 3-4 end game followed by snacks in the lounge.

The first one will be held December 23<sup>rd</sup> and second will be on the last curling day in the spring.

### Regular Schedule

The Junior Program schedule will be sent out with the registration package in the fall but is subject to change based on club events.

We will update and send out a revised schedule if required.

### Coaches

Our coaches participate in Curling Québec professional development and are recognised by the NCCP. All of our coaches are volunteers and have undergone police background checks. We are always looking for new coaches so if anyone is interested in coaching please let us know. No experience necessary as our coaches will teach you the ropes.

### Volunteer Involvement – We Need Your Help!

Parents will be asked to participate in different aspects of the program this season, whether on the ice or behind the glass. Parents will be needed to lead/coach teams at interclubs and other matches, prepare snacks after games and hosting the Tim Caverly Bonspiel in December.

We encourage you to come forward and let us know of your interest and particular skills. You can reach out in the lounge during Junior curling sessions or email us with any questions.

### Midpoint Little Rock Rings

With the influx of new little rock curlers, we will once again have phantom rings painted halfway down sheets 1 and 3 this year. This will allow all curlers to use the regular hacks and deliver into rings within their reach. Once these younger curlers are ready, they can graduate to the regular rings further down the sheet.

### Website

Check out the Juniors section of the curling club website [www.pointeclairecurling.com](http://www.pointeclairecurling.com) and follow PCCC Juniors on Facebook to stay up to date.

### Annual Fees

Little Rocks fees are \$145 and Big Rocks fees are \$175. Price includes registration fees, Curling Quebec affiliation fees and a shirt for each player - don't forget to indicate your child's size on the registration form. \*Pointe-Claire residents with a multi-card number get a \$10 discount on the fees.

**Lisa Marie Houle and Colleen St-James**  
**Junior Curling Coordinators**