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CurlManitoba

COACH & ATHLETE HANDBOOK

2011 - 2012



CODE OF CONDUCT WILL BE ENFORCED FOR COACHES AND ATHLETES

Coaching Code of Ethics

The coach shall act with integrity in performing all duties owed to athletes, the sport, other members of the coaching profession and the public.

The coach shall strive to be well prepared and current in order that all duties in his/her discipline are fulfilled with competence.

The coach shall act in the best interest of the athlete's development as a whole person.

The coach shall accept both the letter and the spirit of the rules that define and govern the sport.

The coach shall accept the role of the umpires in providing judgment to ensure that competitions are conducted fairly and in accordance with the established rules.

The coach's conduct toward other coaches shall be characterized by courtesy, good faith and respect.

The coach shall maintain the highest standards of personal conduct and support the principles of Fair Play.



Kyle Doering, Colton Lott, Derek Oryniak, Lucas Van Den Bosch
Coach: Grant Doering

U16 Men's Champion
Members of CurlManitoba Performance Enhancement Program
Curlers Code of Ethics

I will play the game with a spirit of good sportsmanship.

I will conduct myself in an honorable manner both on and off the ice.

I will never willingly break a rule, but if I do, I will divulge the breach.

I will take no action that can be interpreted as an attempt to intimidate or demean my opponents, teammates, umpires or volunteers.

I will interpret the rules in an impartial manner, always keeping in mind that the purpose of the rules is to ensure that the game is played in an orderly and fair manner.

I will humbly accept any penalty that the governing body at any level of curling deems appropriate, if I am found in violation of the Code of Ethics or the rules of the game.



Rachel Burtnyk, Laura Burtnyk, Gaetanne Gauthier, Rebecca Cormier
Coach: Howard Restall

U16 Women's Champions

Members of CurlManitoba Performance Enhancement Program

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Sportsmanlike behavior should be demonstrated both on and off the ice. This includes modesty in victory and composure in defeat.

RULE CHANGES 2011-2012

Please refer to the CurlManitoba and CCA rule books for exact details of the rule changes. The following changes are an overview only!



CurlManitoba

GENERAL RULES:

Qualification Process for all Provincial Championships has been revised.

CurlManitoba will be using Sport Regions for all qualifying requirements.

McDiarmid Lumber Senior Men's Bonspiel will be 8 ends.

McDiarmid Lumber Senior Men's Bonspiel and Chicken Chef Master Men's bonspiel will be a modified double knock out.

Time outs will be one minute in duration and will start immediately the coach and any team member speaking.

Junior Teams are allowed to name assistant coaches. The assistant coach must meet the coaching qualifications and will be allowed ice access only when the coach is absent. The coach and the assistant coach are not interchangeable during a game.

All coaches are required to have completed Making Ethical Decisions on line evaluation.

A coach and any team member may not be the same person.

The awarding of Xmas bonspiel Provincial Championship berths will be determined by CurlManitoba.

OFFICIATED PLAY RULES:

Timing will be thinking time. The game time allotted to each team to complete 10 ends shall be 42 minutes. The game time allotted to each team for 8 ends shall be 33 minutes. Extra ends will be 5 minutes.

The time allotted between ends to clear the house and start the next end will be 1 minute.

Master Curling Championships 4th end break of 5 minutes will be voluntary and agreed on by both teams and the timer or observer.

Where two Provincial Championship finals are in the same venue, the first choice of stones will be done by the Women in even years and the Men in odd years.

The Skill Based Ranking shall be an accumulated number determined from the draw to the button stones for hammer at the conclusion of the pre-game

practice. Both team's throws will be recorded at all times. If a team removes their stone prior to measurement a maximum of 185 cms will be allotted to the team.

Each team member will be required to deliver a minimum of one (1) draw shot for last stone advantage.

In all Championship events, for the first game of an event, if there should be a tie for last stone both teams shall throw another draw shot by a different player. After the first draw the SBR accumulation will be posted and shall be used to determine last stone in case of a tie.

The accumulated SBR (less the one worst of all attempts will be dropped) for all tie breaker games.



Canadian Curling Association

Marking the scoreboard for incomplete ends when both teams have stone to be delivered it is a concession and no points are awarded. When one team has delivered all their stones there is a concession as follows:

- A) if the team that delivered all their stones has stone (s) counting, no points are placed on the scoreboard;
- B) if the team that did not deliver all their stones has stone (s) counting, these points are given and placed on the scoreboard;
- C) if no stones are counting, no points are placed on the scoreboard.

COMPETITION COACHING REQUIREMENTS

It is mandatory for all coaches in Manitoba to have completed the RESPECT IN SPORT certification. This course is offered on-line by Sport Manitoba at www.sportmanitoba.ca.

It is mandatory for all coaches in Manitoba to have completed the MAKING ETHICAL DECISIONS ON LINE EVALUATION. This course is offered on-line by Coaching Canada at www.coach.ca

All Coaches for the 2011-2012 season must be Certified Level 1 with Technical 2 in curling OR Competition Coach Trained for any event leading up to and including the Provincial Championships.

Exception: All coaches at the Junior Provincial Championship must be Certified Level 2 or Certified Competition Coach.

All coaches for the 2011-12 season must be Certified Level 2 OR Certified Competition Coach to coach at all National Championships.

PREPARATION FOR SPORT REGION PLAYDOWNS, BERTH BONSPIELS AND CHAMPIONSHIPS

Do:

- ✓ Check registration deadlines and register on time (available on line)
- ✓ Obtain a schedule of the draw (emailed to contact by CurlManitoba)
- ✓ Familiarize yourself, the team and parents with the draw and game times
- ✓ Have a confidence building practice just prior to the competition
- ✓ Get some rest the night before – curfew discussion
- ✓ Know when the general competition team meeting is and be on time
- ✓ Map/directions to club, hotel, restaurants
- ✓ **Read and understand the rules of the competition**
- ✓ Know the Coaches' Fair Play Time-out rule (Officiated Play Only)
- ✓ Ask questions if you are unsure of any procedures and rules
- ✓ View the venue in advance if possible
- ✓ Have a team and parents meeting to review:
 - The schedule
 - Procedures
- ✓ Make travel and accommodations arrangements – assign some duties to reliable parents
- ✓ Establish expectations for behavior of the curlers, parents and coach at the event
- ✓ Set reasonable goals
- ✓ Establish your team's pre-game meeting procedure
- ✓ Prepare a 5-minute pre-competition practice for competitions leading to a Provincial Championship, and a 7-minute pre-competition practice for all Provincial Championships
- ✓ Sit in the assigned Coaches area
- ✓ Get clarification on the procedure for pre-competition practice, 5th end breaks, timeouts and extra ends

Don't:

- X Bang on the glass to get the attention of curlers (You'll hear quickly if you do!)
- X Take photos on the ice or behind glass
- X Coach from behind the glass (and ensure your parents do not either)
- X Be late

UMPIRES WILL ENFORCE CONDUCT
Under the direction of the CurlManitoba Code of Conduct

TIME-OUTS

- Each team may call two 1-minute time-outs per game excluding any extra ends.
- Each team may call one 1-minute time-out during each extra end. Time-outs shall not be carried forward to the extra end(s) or from one extra end to another.
- The 1-minute starts when the coach speaks to any team member.
- During an end, a time-out may be called by the coach or a player of the team whose game time clock is running.
- Between ends the team who delivers the first stone of the subsequent end may call a time-out to commence at the completion of the break between ends.
- Coaches must notify the umpire that they intend to call a time out and should also endeavor to notify their opposing coach. All time-outs, including the 5th end break, will take place in the ice area. Competitors are to leave the ice area for necessities only.
- The coach /team calling the time-out must stay on the walkway where available or within 2 feet of the sideboards between the hog lines or behind the back line. The coach may not enter the house at anytime.
Coaches-between hogs within 2 feet of boards OR behind backline
- The coach/team that did not call the time-out may communicate at the home end of the sheet. The coach may not access the playing surface.
- Only the coach may access the team during a time out. The coach and the fifth may access the playing area at the 5th/4th end break.
- Ice access may be provided to either team by the umpire as per the off ice limitations of the facility.
- When accessing the ice for a time out, coaches must not distract players on adjacent sheets who may well be in the process of delivering a rock.

Coaches may **NOT**

- Call a time out by banging on the glass.
- Take photos on the ice or behind the glass
- Coach from behind the glass.
- Communicate in anyway with their team during a game without calling a time out.
- Call a timeout through a doorway.

Events leading up to Provincials:

Teams/coaches may make player and coaching changes up until the start of any event. Changes are **NOT** allowed after the first game.

TIME-OUT ROUTINE

Objective: Make the most effective use of a time-out.

In competition, teams are allowed two 1-minute time-outs. The following guidelines will help to ensure that this limited time is used effectively.

1. When a situation develops and a time-out is being considered, the Skip will gather the team at the hog line and:
 - Recall the end objective;
 - Determine the two most viable options;
 - Assess risk vs. reward.
2. The Coach will observe the team gathered at the hog line and be prepared for the time-out.
3. The Skip will then signal the time-out and the team will gather at the appropriate location (time out starts once the coach speaks to any player).
4. When the Coach arrives:
 - The Second will then state the end objective – e.g. “we want to take 2”
 - The Third will state the two options – e.g. “we can play the run back for two or draw for one.”
 - The Coach will interject at this point if there is another option that has not been considered.
 - The Skip then summarizes the Risk, Reward considerations.
 - After considering factors such as the Skip’s comfort level with the ice and weight, a team consensus is made on the shot to play.

Notes:

If the game is being timed, step 1 needs to be accomplished quickly.

In the event the Coach requests the time-out, the process essentially commences at Step 3 above. Step 1 items are accomplished while waiting for the Coach to arrive.

When assessing Risk vs. Reward, the following should be considered for each of the options:

- What will the opposition do if I make/miss this shot and what will that leave us?
- How difficult is the shot?
- What could possibly go wrong (risks)?
- What are the other possible positive outcomes (plan Bs)?
- Do we know the ice? Do we know the weight?
- Is this a relatively new shot, or have we just thrown it?

COACHES' FAIR PLAY TIME-OUT

Fair Play begins with the strict observance of the written rule; however, in most cases fair play involves something more than even unfailing observance of the written rule. The observance of the spirit of the rules, whether written or unwritten, is important.

Fair Play results from measuring up to one's own moral standards while engaged in competition.

Fair Play is a consistent demonstration of respect for teammates and opponents whether they are winning or losing.

Fair Play is a consistent demonstration of respect for umpires, an acceptance of their decisions and a steadfast spirit of collaboration with them.

The purpose of the Coaches' Fair Play Time-out is to provide the coach with the opportunity to diffuse a potentially negative situation regarding a player's on ice demeanor before the situation escalates, or to counsel an athlete relative to adhering to the rules of the game. The umpire will accompany the coach to the team meeting.

- Each coach shall be provided with the opportunity of requesting a one-minute Fair Play Time-out. The coach may request only one per game.
- A coach's Fair Play Time-out shall only be implemented with the approval of the umpire.
- Only the coach who requested the Fair Play Time-out may access the playing area accompanied by the umpire.
- A coach's Fair Play Time-out may be recommended by an umpire.
- The players and coach CANNOT speak to the opposition.

Fair Play time outs are only available to teams when officiated play is in place.

Sportsman like behavior shall be demonstrated both on and off the ice. This includes modesty in victory and composure in defeat.

PRE-GAME PRACTICE

Practice is to be on the sheet where the team is scheduled to play and only with the stones they will be using during the game. Your team may not use the opposition rocks for any reason at this time.

SPORT REGION PLAYDOWNS AND BERTH BONSPIELS

Teams are allotted 5 minute practice OR throwing the stones down and back whichever is less.

Stone colour is predetermined by the draw order. Top team on the draw has the colour at the top of the scoreboard. When there is an A vs. B final the A winner has choice of rock colour.

PROVINCIAL CHAMPIONSHIPS

All Provincial competitions that lead to a sanctioned National event (Juniors, Senior, Mixed, Men's, and Women's) shall be allowed 7 minutes for a pre-game, organized practice.

Pre game practice starts promptly 35 minutes prior to game time.

- First and second practice will be determined by coin toss.
- Parents are off limits to the athletes at this point.
- This is the team's opportunity to evaluate and profile the ice and stones.
- This is the team's opportunity to warm up and ease the jitters.
- This is the team's chance to cool down sliders away from the slide path.
- Make a practice plan in advance:
 - Choreographed routines within the allotted time.
 - Establish practice with last rock and without last rock.
 - Establish Coach role and responsibilities.
 - Establish player roles and responsibilities.
 - Use of stopwatches.
- Coach must wear curling shoes and curling attire at all times.
- The team and coach must be ready, organized and timely.
- The team and coach should watch the opposition during their practice.
- You will be given a 1-minute warning during your ice time – no further rocks may be thrown after time is up – and curlers will bring any remaining stones back from the away end to the home end.
- The coach and fifth leaves the ice and the team completes their draw to the button
- Once both practices are complete the icemaker may or may not sweep the ice or pebble the slide path.

Count Down starting at 35 minutes	Duration	Start	End
Coin Toss	3:00	35:00	32:00
1st Team access the ice	1:00	31:00	30:00
First Practice	7:00	30:00	23:00
Shootout (1 team 1 rock)*	4:00	23:00	19:00
Practice Switch	1:00	19:00	18:00
Second Practice	7:00	18:00	11:00
Shootout (1 team 1 rock)*	4:00	11:00	7:00
Game Start Countdown	1:00	1:00	0:00
Game commences		0:00	



PRE-GAME MEETING

- When and Where? Decide this based on the facility and team preference.
- The meeting length should be short (5 minutes).
- Remind team to use mental toughness skills.
- Review: Shot plan—End plan—Game plan.
- Review your team strengths.
- Discuss abnormal ice conditions.
- Discuss unique situations.

POST-GAME MEETING

- Decide at the start of the season if there should be a meeting? (Definitely!)
- When should the meeting be held? (Immediately after socializing with their opponent, on another day, etc.)
- Coaches should meet their team in same place following wins and losses.
- Address feelings first.
- Analyze game:
 - Get player input.
 - Reasons for success or failure.
 - Get team response.
 - Praise effort.
 - Be positive and constructive.
 - Every player should contribute a positive and a negative outcome for any game

This area is a very important part of the coach's job. Sometimes it's a difficult meeting if the team has lost a close game or lost a game they really should have won.

The coach and team should discuss a plan well ahead of time so nothing comes as a surprise.

PROVINCIAL CHAMPIONSHIP COMPETITION

Provincial Championships:

Team replacements/fifths/coaches may change or be added until 7 days prior to a Provincial Championship. Changes are **NOT** allowed less than 7 days prior to the Championship. The start of the event is deemed to be the date and the start time of the pre-event practice.

We have just won a Berth – ON TO PROVINCIALS!

- Celebrate your success!
- You will receive a winning crest
- The Players Guide will be available on the CurlManitoba website www.curlmanitoba.org
- Organize travel and accommodations immediately.
- Make sure parents are informed and onside with next level expectations.
- Review the draw and schedule of the Provincial Championship.
- Discuss diet, food and hydration requirements prior to and during the competition.
- Purchase matching sweaters or jackets if needed.
- Ensure sponsorship crests are within compliance. Check the cresting policy in the CurlManitoba rule book.
- Ensure all members of the team have signed and submitted the **Participation Agreement and the Cresting Agreement 7 days prior** to the start of the event.
- Prepare team for extended competition experience – time away from home, more games played, social activities, stress, differences in food, schoolwork missed, etc.
- Check equipment for repairs.
- Have a confidence building practice just prior to the competition.
- Get lots of rest the week before – curfew discussion.
- Enjoy the experience.

Team Needs at Provincials

- Understand competition curfew and hotel behavior rules and etiquette.
- Have an available copy of the schedule in each curlers hotel room.
- Ensure individual needs are taken care of – rest time, nutrition.
- Address issues as they arise.
- Respect volunteers and umpires.
- Establish routines for the competition and prepare a schedule that may include:
 - Rooming partners – usually 2 per room – 1 for the Coach (choose pairings carefully!)
 - Wake up – shower rotation.

- Breakfast time.
- Departure time for travel to club.
- Lunch and between game down time.
- Coaches will sit in designated areas.
- Introduce yourself and shake hands with opposition coach and with timers.
- Use the official protocol for calling a time out with your team.
- Coach may want to use a skilled curler parent to scout the team you will be playing in the next game.
- Coach may want to use a knowledgeable parent to do the stats for the team.
- Preferably the same person should do the stats for every game.
- Seriously consider whether you will share the stats with the team members or not.

UMPIRES AT PROVINCIALS

- Acknowledge the umpires and understand their roles.
- Head Umpire
 - CurlManitoba assigns the head umpire of the on-ice activity at a Provincial Championship
- Supervising Umpire
 - CurlManitoba assigns the umpire to assist the Head Umpire at a Provincial Championship
- On-ice Scorers and Observers (Scotties & Safeway)
 - Scorer/observer monitors rocks in play on magnetic board and updates scoreboard at completion of end.
 - Home and Away-end Supervisors are responsible for rule interpretation, violations.
- Behind the glass Timers
 - Timers who operate game clocks and track time-outs.
- Timing Supervisor oversees all timers.
- Coach & team members should review and understand the rules.
- No need to be afraid or intimidated.
- Show respect and accept their rulings.
- Know where they will be positioned. Use them if you have an issue.
- Parents will have no communications with umpires. Make this very clear to them!
- Reinforce fair play to your team – advice of the ‘Fair Play’ rule.
- Learn to read a time clock and have one player responsible for that.
- Understand and abide by all of the protocols around time outs.
- Tell your team to not focus on the umpires – they are there only to help and they should be ‘invisible’.
- If a game is being timed, team members and Coach watch the time left to ensure team does not run out of time.

COMMUNICATION

Communication with Players

As a Coach you have responsibilities to:

- Give players the opportunity to speak first.
- **Listen** to what they have to say and how they say it.
- Speak to them in words they understand.
- When dealing with Little Rockers, bend down to speak to them on their level (crouch or kneel).
- Give lots of praise.
- One of the primary goals of coaching is to help participants improve their abilities in their sport. Successful coaches are able to communicate and to manage groups and individuals effectively and can accomplish both in a way that builds the self-esteem of the participants.

Communication with Parents (Junior Teams)

- It is vital to develop a positive and meaningful relationship between the coach and the parents of junior teams.
- Modern parents see themselves as active participants in the activities of their children:
 - Parents want to be informed every step of the way.
 - Parents wish to play a role with the team.
 - Parents need assurance that the coach is qualified.
 - Parents want just as many guidelines as their children.

Coach-Parent Formal Meeting

- Organize a formal meeting at the beginning of the season.
- Explain your coaching style.
- Describe what you expect (the behavior that you will be re-enforcing i.e. reward effort rather than performance)
- Be positive and open about feedback.
- Make it clear that they must show respect for the rules, the umpires, the opposition, other coaches and volunteers.
- Be very specific that there will be no coaching from behind the glass.
- No alcohol may be brought into the club at any time (the club could lose their liquor license).
- Respect the rules of the club and of the Association running the competition.
- Explain "team building" activities.
- Make the parents aware of your aims, objectives and philosophies.
- Establish roles and boundaries for the parents and clearly define them.
- Be very specific about strategy issues!

- Parent's Behavior Expectations should be reviewed at the Coach-Parent Meeting:
 - Ensure the parents know the rules around the competition regarding supporting the Association rules, the club rules, etc.
 - *No food brought into club!!!*
 - *Support the club's kitchen.*
 - *Support coaches and respect other competitors.*
 - *Be helpful and not a liability.*
- Coach-Parent Relationships Need Regular and Open Communication
- Organize regular sessions to evaluate the season up to that point.
- Write an open letter to the parents.
- **Take advantage of their desire to get involved!**
- If necessary, consider a "league meeting" using a third party to read the riot act.
- Monitor "team expansion" (other people getting involved too).
- Avoid surprises and/or making up the rules as you go.
- Continue *stop-start-continue* as a regular exercise (for parents as well as athletes).



GOAL SETTING

- There are individual goals, team goals and coach's goals.
- All goals must be in sync for the team to be successful.
- Teams should set realistic short term, medium term and long-term goals.
- Short-term goals (i.e. hits to be more consistent).
- Medium term goals (i.e. to win a bonspiel).
- Long-term goals (i.e. to win a berth to the Provincial Championship).

S.A.M.M.T

Specific

- Commit your goals in writing and decide when you expect to achieve each goal.
- Be as detailed as possible.
- Keep your goals visible.

Attainable

- Set realistic goals to work on this year
- It takes time to achieve your dream goal.
- Set intermediate goals that become stepping-stones to your ultimate goal.
- Your goals must be challenging and exciting.
- Set mental, technical, practice, physical and performance goals.

Measurable

- Keep a daily log of your successes.
- Chart your progress whenever you have a practice session or competition.
- Give yourself feedback and something to review to show how much you have improved.
- Measuring your goals will help you determine when you have achieved them, and when it's time to re-evaluate them.

Mutual

- When establishing team goals, it is important that everyone agrees with the goal.
- Motivation is very contagious - both positive and negative.
- Success is sweet when shared.

Time oriented

- You must commit time deadlines for your goals.
- Without a deadline, the probability of achievement is extremely low.
- It is appropriate to have monthly, weekly, and even daily goals
 - Perceived success is the key to self-motivation.
- Success is guaranteed everyday when daily short-term goals are properly set.

Performance Goals

Your performance goal is based on your:

- Current skill level
- Potential for improvement
- Current motivation
- Amount of time you have to spend
- Whatever you want to improve - it can be your overall shooting %, brushing, delivery, turns, release, hits, draws, or strategy.

Re-evaluate

- Once you have attained your goals be sure to set new goals or, if necessary adjust current goals and timelines.
- Never be satisfied, always challenge yourself to become a better curler, athlete, teammate, and person.

STRATEGY & TACTICS

Strategy is the play including shot plan, end plan and game plan while tactics is the execution of shots to make the plan succeed.

SHOT PLANNING ROUTINE

Choose your shots by the following guidelines:

- Who has the hammer—this is a very effective tool if used properly
- What end it is
- What the score is
- What rock it is (first stone through last rock)
- Risk vs. Reward

Be aware of the shot tolerance. Some shots have zero tolerance but the team must all know what the shot should achieve, what is acceptable and what to avoid.

Always remember to realize the number of shots it will take to reach your final outcome. (I.e. if all shots are made by both teams do you have enough stones left to reach your final goal for the end?)

END PLANNING ROUTINE

Objective: Conduct effective End Planning to ensure team is on the same page in terms of strategy and mental toughness.

The team must define the outcome they seek and what the result should be (i.e. count 2, steal, force)

Before stepping out onto the ice, the team will have established a solid game plan. However, throughout the game the situation will change and shifts in strategy will be required. It is important that all players agree on the objective and understand how the next end will be played.

The following list includes a few of the benefits of End Planning:

- Keeps game plan on track and allows for pro-active adjustments to strategy.
- Reinforces good decision making process.
- Ensures all players are on the same page (agreement and buy-in).
- Opportunity to motivate, refocus and stimulate better performance.
- Opportunity to share tactical information (opposition weakness, ice behavior, etc.).
- More time to mentally prepare for the first rock of the next end.

The Second is responsible to ensure that End Planning occurs at the conclusion of each end. Specifically this may occur at the following times (preferred order):

- While opposition is throwing first rock of the end.
- Before we throw first rock of the end (time clock permitting).
- After Lead's first rock, while opposition is throwing second rock of the end.
- While opposition Skip is throwing last rock of the end.

The team will gather at the hog line and expeditiously run the End Planning drill:

- Lead states situation e.g. "We're tied, without, playing 9, we'd like to force them to 1".
- Second states what's acceptable e.g. "Steal of 1 is okay".
- Third states what to avoid e.g. "Can't let them blank".
- Skip states the plan e.g. "Okay let's get some stuff up front, it'll be a guard with the out-turn".

When required, the Skip (or anyone else) adds a few words to motivate or pump up the team e.g. "Okay guys we're playing well, let's turn it up a notch and finish them off".

GAME PLAN ROUTINE

A team must have a game plan determined prior to stepping on the ice. To determine a team's game plan the team must determine a profile of the team (i.e. which type of team they are – protecting, probing, pursuing)

A team profile must suit the team's capabilities. The team type may change as the team evolves.

*LATE ENDS ARE THE TIME TO FIND A WAY TO WIN
BEST LAID PLANS OF ICE AND MEN*

SEASONAL PLANNING

- Seasonal planning means organizing your team for the whole season.
- The key is to start with a master plan and then be *flexible*.
- Seasonal planning is a never-ending process.
- Principles of seasonal planning:
 - Identify your long-term and short-term goals.
 - Identify your training priorities.
 - Divide the season into 3 parts:
 - Training and Pre-Season - 4 months (June to September)
 - In Season – 7 months (October to April)
 - Rest -1 month (May)
- Considerations when Season Planning:
 - Team goals.
 - Work schedules.
 - Age of players.
 - Team finances.
 - Skill level of players.
 - Time commitments of players and coach.
 - Competition schedules.

Considerations when Organizing the Season

- Set goals that are reasonable, measurable and achievable.
- Plan your schedule.
- Put your plans into action.
- Evaluate and re-evaluate your plan at intervals throughout the season.



Coach: **Gord MacKay, Christine MacKay, Brittany Hancox, Cameo Argan, Stephanie Schwietz**

Members of CurlManitoba Performance Enhancement Program

PRE-GAME PRACTICE SUGGESTIONS

Objective: Read the ice, find draw weight, check for mismatched rocks, and prepare for draw to the button.

Cool down sliders, then, when told to start, take two practice slides (not too long). Sliding order: 4, 3, 2, 1. Start the drill with the Odd numbered rock.

1. Normal Take-out Weight

Skip holds broom and times first rock, Coach times second rock, then alternate.

- a. Third – left edge of 12' IT
- b. Second – left edge of 4' IT
- c. Third – right edge of button IT, then proceeds to hold broom
- d. Second – right edge of 8' IT, then Skip proceeds to throw
- e. Lead – right edge of 12' OT, Third now holding broom
- f. Skip – right edge of 4' OT
- g. Lead – left edge of button OT
- h. Skip – left edge of 8' OT, Skip stays to hold broom, Coach stays to time

2. Draws

Coach stands at hog line and calls split time.

Next shooter starts slide when previous time is called.

- a. Third – right edge of 8' OT
- b. Second – right edge of 4' OT
- c. Third – centre of button OT, then proceeds to hold broom
- d. Second – left edge of 4' OT, then Skip proceeds to throw
- e. Lead – left edge of 8' IT, Third now holding broom
- f. Skip – left edge of 4' IT
- g. Lead – centre of button IT
- h. Skip – right edge of 4' IT, Skip stays to hold broom, Coach stays to time

3. Single draws for draw to the button

No one holding broom, Coach timing at hog line

- Left edge of 8' OT or 8' IT (then adjusted as required to end up drawing to the center line)
- Order: Second, Lead, Skip, Third
- Attempt to hit a 5 (top eight foot)

4. Skips rock with brushing

Third holding broom, front end brushing

- Ice and turn choice to hit the pin

Notes:

- Confirm rocks are matched – consider giving mismatched rocks to the Second.
- This routine is applicable to both the first practice and second practice scenarios as long as the ice has been nipped or rocked. If not (raw pebble),

then normal take-out weight shots will be thrown on the second end instead of draws. The remainder is the same.

- It is important to discuss the curl and refine the correct brush position for a draw to the button
- Before step 4 it must be determined if an obvious straight turn exists.

SUGGESTED LIST OF CONTENTS IN A COACHING BAG

- Basic first aid kit
- Relaxation aids (favorite tapes, music etc.)
- Stop Watches
- Binoculars
- Stats book
- Journal
- Pens and highlighters
- Playing cards
- Material pertinent to warm up and team meetings
- Contact information sheets
- Athlete's medical/dental/eye wear
- Parent/Guardian contact info
- Club address, phone number
- Map/directions to curling venue, hotel, restaurants
- Spare brush heads
- Shoelaces
- Safety pins – sewing kit
- Glue for sliders
- Extra grippers
- Multi head screwdriver
- Scissors
- Nail clippers
- Mini strategy board
- Hair elastics/scrunchies
- Extra socks
- Tensor wrap
- Gum
- Batteries
- Rule book *
- Feminine products
- Cell phone
- Emergency Action Plan

*** Have a rule book handy at all times and make sure you and all team members know the rules.**