



Ontario Kids Curl - Youth Curling Summit

Youth Feeder System – Program Highlights

Curling Canada's Youth Feeder System has developed and released a series of age and stage appropriate curling programs intended to "Get more kids curling." The following is an executive summary of those programs which are available for your use.

Awareness and First Involvement:

- Rocks & Rings
- Floor Curl
- Canadian Olympic School Program
- PHE Canada – Move, Think, Learn
- Curling 101/TryCurlingNow

Learn to Train

- U12 Learn to Curl
- Curling Canada's Hit Draw Tap

Train to Train

- U18 Learn to Curl
- Triples
- U15 Singles
- U15 Challenge Cup
- Interleague Play

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- *Campus Learn to Curl

Train to Compete

- U21 Singles
- U25 Singles

Learn to Excel

- Championship News

Coach Development

- Maintenance of Certification
- Responsible Coaching Movement
- Leaders in Training
- Rowan's Law

Awareness and First Involvement

Program Name:	Rocks and Rings
LTCD Stage:	Awareness and First Involvement
Targeted Audience:	Elementary School Children
How Long Does the Program Take:	1 day (7-9 40 minute sessions per day)
What is the Program Overview/Purpose?	Provide an iceless exposure to curling without the kids needing to leave the school
Highlights – what looks good about the program?	<ul style="list-style-type: none"> • High Energy • Professional • Accessible • Affordable
What are the apparent challenges with the program?	Harder to access program in rural communities
How Could you implement the program at your club?	<ul style="list-style-type: none"> • Share program information with schools and teachers in your town/city • Adopt a school – pay for Rocks and Rings to visit a local school • Reach out to Rocks and Rings and let them know that you're interested in hosting a Curling 101 session where Rocks and Rings participants get a chance to try curling in your club.

Program Name:	Floor Curl
LTCD Stage:	Awareness and First Involvement
Targeted Audience:	Schools, daycares, Curling Clubs, Service Groups, Senior Centres
How Long Does the Program Take:	N/A – once owned the equipment can be used whenever/whenever they want.
What is the Program Overview/Purpose?	Can provide participants with an iceless exposure to the sport.
Highlights – what looks good about the program?	<ul style="list-style-type: none"> • Can be used by school teachers without needing a Rocks and Rings instructor • Can be used to run iceless tournaments, promote recruitment • Bring awareness when there is no ice • Teachers get a resource/program to help them use the equipment • Can customize mats with logos, etc. • Can be used by seniors or persons in wheelchairs with pusher sticks
What are the apparent challenges with the program?	Need a smooth floor surface

How Could you implement the program at your club?	<ul style="list-style-type: none"> • Purchase a FloorCurl set to use at promotional events – festivals, fairs, etc... to promote curling • Loan your club's FloorCurl Set to a local school for them to experience curling
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Program Name:	Canadian Olympic School Program/PHE Canada – Move, Think, Learn
LTCD Stage:	Awareness and First Involvement
Targeted Audience:	Elementary Schools
How Long Does the Program Take:	Class or Phys. Ed time
What is the Program Overview/Purpose?	Provide an awareness of Olympic Sports and to generate interest in Team Canada.
Highlights – what looks good about the program?	<ul style="list-style-type: none"> • Can be used by school teachers without needing special equipment (standard school equipment can be used) • No cost • Lesson plans are easy and done for the teacher • Demonstrates that curling can be used to teach physical literacy skills
What are the apparent challenges with the program?	Doesn't get a "rock" in the participants hands
How Could you implement the program at your club?	<ul style="list-style-type: none"> • Share these resources with friends and families who are teachers • Print the program and send to school with your kids to make teachers and principals aware of the program • Talk to the principal at local schools and volunteer to come in and run the program during a phys ed session with the teacher. • Combine these activities with Floor Curl equipment

Program Name:	Curling 101
LTCD Stage:	Awareness and First Involvement
Targeted Audience:	Elementary School Age Children Participating in Rocks and Rings AND their Parents
How Long Does the Program Take:	60-90 mins at the curling club within 2 weeks after a gym experience
What is the Program Overview/Purpose?	To convert gym experience into participants in a curling club – ultimately to recruit more curlers to clubs
Highlights – what looks good about the program?	<ul style="list-style-type: none"> • Pilot results show that the program works to get people into curling rinks

	<ul style="list-style-type: none"> • Mandating that a child needs an adult on the ice with them expose the sport to kids and adult alike • Gives them an exposure to all aspect of the sport in a short period of time
What are the apparent challenges with the program?	<ul style="list-style-type: none"> • Local curling club needs to be connected to Rocks and Rings events. • Cost to curling club to have Curling 101 staff run the event • Need to have the on-ice experience fairly soon after gym experience • Local club should have programs able to assume new kids
How Could you implement the program at your club?	<ul style="list-style-type: none"> • To date – Curling Canada has funded this program through its partnership with Rocks and Rings – if you would like a Curling 101 in your club affiliated with the Rocks & Rings program – reach out to your Member Association – CurlON or the Northern Ontario Curling Association – they will communicate with Rocks & Rings on your behalf – there are a limited number of opportunities each season.

Program Name:	TryCurlingNow
LTCD Stage:	Awareness and First Involvement
Targeted Audience:	Any group your club wants to target – can direct specifically at Youth
How Long Does the Program Take:	60-90 mins at the curling club
What is the Program Overview/Purpose?	This is a newly created advertising campaign to attract potential new members to your curling facility for a TryCurlingNow event.
Highlights – what looks good about the program?	<ul style="list-style-type: none"> • Pilot results show that the program works to get people into curling rinks • Program is FREE to Ontario Clubs • Can target specific demographics of people in your community to receive the advertising
What are the apparent challenges with the program?	<ul style="list-style-type: none"> • Club is responsible for running a really good 60-90 minute TryCurling event • Club must have “sales people” to close the deal and recruit participants to join the club (ideally to a Learn to Curl Program)
How Could you implement the program at your club?	<ul style="list-style-type: none"> • Get started by registering your club for the TrycurlingNow.ca website by completing a TryCurlingNow Club Registration form and emailing it to the

	<p>program administrator – Andrew Denny (andrew@ontcurl.com)</p> <ul style="list-style-type: none"> • Schedule a Youth TryCurlingNow.ca event • Contact CurlON for more information (ontcurl.com)
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Learn to Train

Program Name:	U12 Learn to Curl
LTCD Stage:	Learn to Train
Targeted Audience:	New to curling youth – age 11 or under – ideally no younger than 5 years old.
How Long Does the Program Take:	8 weeks, 60 minutes per session
What is the Program Overview/Purpose?	Designed to introduce young people to curling. The objective is to have fun, increase physical literacy with key fundamental movement skills (FMS), follow Curling Canada’s Long Term Athlete Development (LTAD) framework and begin sport specific techniques.
Highlights – what looks good about the program?	<ul style="list-style-type: none"> • Clear lesson plans for each week • Minimal/inexpensive equipment needed to run the program and keep activities fun • Program is designed to maximize participation and fun • Program is designed to keep children engaged and moving.
What are the apparent challenges with the program?	<ul style="list-style-type: none"> • Club needs to have lots of coaches/instructors as teaching ratio is maximum 1:8 (coach/participant) • Does take a little time/money to assemble the teaching/equipment kit. • Off ice activities need space to execute
How Could you implement the program at your club?	<ul style="list-style-type: none"> • Give this program to your Youth Curling Coordinators/Coaches • Promote the program using TryCurlingNow with an intake 2-3 times per season - make it known to parents in your community that you’ll be following a U12 Learn to Curl Program developed by Curling Canada • Follow the program, keep it fun – watch the progress!

Program Name:	Curling Canada’s Hit Draw Tap
LTCD Stage:	Learn to Train

Targeted Audience:	6-13 year olds – no experience needed
How Long Does the Program Take:	Club Championship – 1-2 hours depending on number of children and sheets available
What is the Program Overview/Purpose?	Designed to provide young curlers a positive first experience in competition
Highlights – what looks good about the program?	<ul style="list-style-type: none"> • Inexpensive program for club to provide to youth • Online app easy to record scores • Easy to register • Scoring skills easy to do • Provincial championship in an arena at a Men's/Ladies' event
What are the apparent challenges with the program?	<ul style="list-style-type: none"> • Age restrictions • Some kids are ready to throw full length at younger ages • Some kids get tired with five attempts per skill
How Could you implement the program at your club?	<ul style="list-style-type: none"> • Register your club on CurlION or NOCA's website • Promote the program using the customizable poster to create excitement around your club • Practice the Hit Draw Tap skills in your weekly program • Use the program as your celebration event at the end of your first 8 week session • Make sure your scores are submitted by January 1st so your curlers can be considered for the provincial championship

Train to Train

Program Name:	U18 Learn to Curl
LTCD Stage:	Train to Train
Targeted Audience:	New to curling teens – age 12-17
How Long Does the Program Take:	8 weeks, 120 minutes per session
What is the Program Overview/Purpose?	Curling Canada's U18 Learn to Curl program is designed to introduce teens to the sport of curling. The objective is to have fun, increase physical activity, promote curling as a life-long recreational sport and provide competitive opportunities for participants who show interest and want to remain Competitive for Life.
Highlights – what looks good about the program?	<ul style="list-style-type: none"> • Clear lesson plans for each week • Minimal/inexpensive equipment needed to run the program and keep activities fun • Program is designed to maximize participation and fun • Program lesson plans are in familiar format for coaches
What are the apparent challenges with the program?	<ul style="list-style-type: none"> • Club needs to have lots of coaches/instructors as teaching ratio is maximum 1:8 (coach/participant) • Does take a little time/money to assemble the teaching/equipment kit. • Off ice activities need space to execute
How Could you implement the program at your club?	<ul style="list-style-type: none"> • Give this program to your Youth Curling Coordinators/Coaches • Promote the program using TryCurlingNow with an intake 2-3 times per season - make it known to teens and parents in your community that you'll be following a U18 Learn to Curl Program developed by Curling Canada • Follow the program, keep it fun – watch the progress!

*Campus Learn to Curl program is also available electronically as well for University/College aged participants – program focuses on best practices to recruit and retain curlers to program vs. weekly curriculum.

Program Name:	Triples
LTCD Stage:	Train to Train
Targeted Audience:	U15 curlers – but can be used with older new curlers as well.
How Long Does the Program Take:	One game takes approximately 90 minutes to play
What is the Program Overview/Purpose?	<p>Triples was designed with a focus on developing the skills of curlers so that they become more well-rounded curlers and are not specializing in one position too early. The concept is that every player learns the roles and responsibilities of all the positions. Three players per team will play each position for two ends before rotating to the next position. The format ensures that each member of the team:</p> <ul style="list-style-type: none"> • Experiences a variety of shots • Learns how to Judge/Communicate and Sweep a Stone on their own • Learns how to choose shots, set the broom and line call • Experience the pressure of throwing skip's stones
Highlights – what looks good about the program?	<ul style="list-style-type: none"> • Scoring is non-traditional – so every end has meaning • Format promotes coaches to be on the ice to mentor athletes
What are the apparent challenges with the program?	<ul style="list-style-type: none"> • Scoring on traditional scoreboard is sometimes challenging but it can be done!
How Could you implement the program at your club?	<ul style="list-style-type: none"> • Give this program to your Youth Curling Coordinators/Coaches • Build Triples into your weekly programming or follow U12/U18 Learn to Curl Programs where you'll find it referenced often. • Consider setting up Triples Tournaments or bonspiels • Use it for adults as well as kids – you'll be shocked how much people want to learn the responsibilities of all positions • Follow the program, keep it fun – watch the progress

Program Name:	Singles – U15, U18, U21, U25
LTCD Stage:	Train to Train/Learn to Compete/Train to Compete
Targeted Audience:	Curlers wanting to improve their foundational skills.
How Long Does the Program Take:	One “Shot Combination” can be completed by four curlers in approximately 90 mins
What is the Program Overview/Purpose?	Singles Curling is an exciting new Talent Development and Talent Identification System intended for use by curlers, coaches and provincial sport organizations to develop foundational skills in curlers and measure progress in relation to oneself and others.
Highlights – what looks good about the program?	<ul style="list-style-type: none"> • Skill difficulty progresses to match the skills needed to be competitive at that age/stage. • New Online Scoring App coming soon • Program can be executed in practice with or without a coach.
What are the apparent challenges with the program?	<ul style="list-style-type: none"> • We haven’t found any yet
How Could you implement the program at your club?	<ul style="list-style-type: none"> • Give this program to your Youth Curling Coordinators/Coaches • Have photocopies of the Skills/Scoresheet available for the youth curlers to record their scores • Offer prizes for the highest scores in your club • Run a singles competition in your club!

Program Name:	Interclub Leagues and Bonspiels
LTCD Stage:	Train to Train
Targeted Audience:	Curlers of similar age/stage of development
How Long Does the Program Take:	Once per week or one weekend per year
What is the Program Overview/Purpose?	Program shares best practices on how to establish effective Interclub leagues a way of providing meaningful competition to young people where curlers are matched with others of similar ability and are challenged to be the best they can be in that moment in time.
Highlights – what looks good about the program?	Interclub leagues can fill a gap for recreational curlers who need to compete too. Often a single club does not have enough curlers of a similar age and stage to make full teams or to provide a variety of opponents – by forming Interclub leagues, curlers get meaningful competitive

	opportunities, get to visit other clubs and can make new friends.
What are the apparent challenges with the program?	<ul style="list-style-type: none">• Nearby clubs need to work together.• Ideally clubs rotate hosting responsibilities so kids get to curl in different clubs – meaning you need similar ice time available at all clubs.
How Could you implement the program at your club?	<ul style="list-style-type: none">• Give this program to your Youth Curling Coordinators/Coaches• Host a meeting with other neighbouring clubs to discuss the possibility of partnering for an interclub league – maybe it moves each week• Host an annual Interclub bonspiel – invite neighbouring clubs – Make it a competition!

Learn to Excel

Championship News Highlights:

- Ontario Winter Games will be hosted in Orillia in 2020 – the Ontario Curling Council will run the playdown process to declare U18 male teams, six U18 female teams, six U21 Mixed Doubles Teams and six Wheelchair teams to compete at the games.
- Canada Winter Games Qualifying process will happen this winter with the winner representing Ontario. Age: U18 Entry deadline: November 25, 2018 – Enter through ontariocurlingcouncil.com
- U18 and U21 Canadian Championship fields are increasing, age change for U21 beginning in 2020-2021 season, Canada will qualify it's world representative one year earlier and train them for a year.
- Mixed Double will be at the 2023 Canada Winter Games
- U25 Next Gen Mixed Doubles event being tested at the Canada Cup in December 2018

Coach Development

Maintenance of Certification

- All certified coaches must earn Professional Development points to maintain their certification.
- January 1, 2019 is the first “expiration date” for some coaches. All coaches are encouraged to check their NCCP transcript at www.coach.ca

Responsible Coaching Movement

Multi-phase system wide movement coordinated by the Coaching Association of Canada and the Canadian Centre for Ethics in Sport to address the role coaches play in issues relating to the health and safety of athletes both on and off the field of play. First phase of movement includes:

- Rule of Two
- Background Screening
- Respect and Ethics Training

Leaders in Training

- Online Module to train Youth and Adult volunteers how to teach kids how to curl.
- Coming soon (Mid November 2018)
- Find details at ontariocurlingcouncil.com

Rowan's Law (Concussion Safety)

- This new legislation, which received all-party support, is intended to protect amateur athletes by improving concussion safety on the field and at school.
- Reducing the risk of concussions is always the goal. But concussions happen and knowing what to do – whether you're an athlete, a parent, a coach or a teacher – saves lives.
- Your club will have Legal responsibilities under Rowan's Law – get ahead of the game – adopt Curling Canada's Concussion and Return to Play Policy.

