



The Potomac Curling Club Youth Curling Program Information

The Potomac Curling Club of the National Capital Curling Center provides curling instruction and competition for youth from elementary age through middle, high school and under age 21 (per USCA Junior guidelines.) The Youth Program is divided into two separate age-group sessions that meet most Sunday afternoons from late October through late March.

Our **Middle Rocker Program** offers curling for youngsters who are more comfortable with our lighter-weight middle rocks. Our Middle Rockers include both elementary and middle school students. The Middle Rockers meet on Sundays from **12:30 – 2:00 pm**. These youths are given age-appropriate instruction and participate in short games and graduated full-sheet competition.

Our **Junior Program** primarily works with teens in middle and high school and early college-age, throwing regular-weight rocks. The Juniors meet on Sundays from **2:00 – 4:30 pm**. These youth receive varied levels of instruction and participate in regular match play.

Registration and Membership

Please bring a signed Junior Release and Liability form to your first session. It must be signed by a Parent or Guardian if you are under 18. These forms are available on the Potomac Curling Club website (<http://curlcdc.org>). If you decide to join as a Junior Curler, please fill out a Membership form (also available on-line) and turn it in with all applicable fees. The fee for Middle Rockers/Junior Program Only for a season is \$60.00 per curler. The membership fee for Juniors who wish to play in one or more leagues is \$160.00 for the year.

Apparel and Equipment

Suggested clothing includes clean and dry rubber-soled shoes (such as sneakers), layers of warm loose-fitting clothing (such as light jackets and sweaters, jeans are NOT recommended), and thin, warm gloves.

Initially, Junior Curlers can use club-provided sliders (for shoes) and Brooms. If continuing through the season, it is recommended that a curler purchase at least his/her own slider at around \$20. This will save wear and tear on our club equipment. Brooms can be purchased, as well, and run anywhere from \$80-\$200. These are not as necessary, unless the curler is competing in away bonspiels.

Weekly Youth Curling Sessions: What to Expect on the Ice

Middle Rockers: The weekly Middle Rocker curling sessions start with review and instruction of basic curling skills. The curlers will run through some fun drills that introduce delivery, throwing stones, and sweeping. After a snack break, the curlers return to the ice for some fun games that teach curling skills and strategies at the appropriate level.

Junior Curlers: The weekly Junior curling session starts with warm ups, practice delivery and basic skills and running of drills. Each week, the curlers get to work on different aspects of their game. After a quick break, the group is divided into teams of varying skill level for some game play.

Other Curling Opportunities for Juniors

League Play: For those juniors who want to have more time on the ice in game format, joining a league is an excellent way to gain experience. Our Junior Placement Coordinator can best direct interested juniors to the league and team format that best suits their skill level and available time. The Junior Placement Coordinator for this season is Ms. Sandra McMakin.

Potomac Junior Bonspiel: This year, Potomac Curling Club will be hosting its 6th Annual Junior Bonspiel Nov. 5-7. Curling Clubs from the East Coast send teams down to compete in games. Potomac usually fields several teams depending on interest and number of out of town teams. All juniors can participate either on the ice or by volunteering time in the warm room.

Bonspiels at other Curling Clubs: Potomac is one of a growing number of curling clubs on the East Coast who have junior programs. These other clubs host junior bonspiels similar to our own. If a junior curler is interested in travelling to some of these clubs to curl, contact our Away Bonspiel Coordinator, Mr. Eric Clawson, for more information.

Competitive Curling for Juniors: Juniors who wish to take their curling to the regional and national competitive level, should be prepared to commit a lot of time practicing, curling in leagues and travelling to bonspiels. The curler must be committed and focused, attend as many Sunday junior curling sessions as possible, and be available for other practices as needed. This year, the GNCC (our regional) Junior Playdowns are in Schenectady, NY from December 27-30. The Junior Nationals are January 29 – February 5, 2011 in Fairbanks, Alaska.

Volunteering

The Potomac Curling Club is a Volunteer organization. The Youth Programs are no exception. Our coordinators are all volunteers, as are our instructors and coaches. We will be looking for extra hands to take on tasks throughout the curling season and for specific events like the Potomac Junior Bonspiel. Please consider donating your time and expertise where needed.

Each week of the season, we ask some one to cover "Snack Rotation." A sign-up sheet will be available at each Sunday session. Drinks and a light snack are all that are required.

In addition, the Club hosts several tournament events throughout the season. The Junior curlers are encouraged to attend these events to watch curling and to actively participate in the running of the club as volunteers.

Contact Information

For information about the Youth Program, please contact one of our coordinators:

Emily Aubin and Rachel Vanarsdall (Administrative POC's) aubinel@comcast.net;
rachel.vanarsdall@verizon.net

Sandra Mc Makin (On-Ice Instruction, Junior Placement Coordinator, Competitive Curling Coordinator)
s.mcmakin@comcast.net

Eric Clawson (Out-of-town Bonspiel Coordinator) clawdad3@gmail.com

Lee Vanarsdall and Ron Aubin (Potomac Junior Bonspiel Coordinators) lvanarsdall@yahoo.com and
rjaubin@gmail.com

For more information about the Potomac Curling Club, please visit our website at <http://curldc.org>.

Please join the "youthcurling" mailing list through the website so we can keep you informed about the program and any schedule changes that may occur during the season.

Should you need to call the Club for any reason the phone number is **301-362-1116**