

# BECOME A BETTER CURLER!

CURL BC COACH DORIS TORRANCE (former National Coach for China and Japan) WILL BE CONDUCTING A SERIES OF CLINICS DESIGNED TO **TEACH THE AVERAGE CLUB CURLER, THE SECRETS OF THE PROS!**

SIGN UP FOR JUST ONE OR ALL OF THE FOLLOWING CLINICS:  
\$15.00 each – payable in advance

## ADVANCED SWEEPING (Maximum – 30 participants)

SATURDAY, DECEMBER 17TH - 10:00 am to 1 pm

- Learn techniques to maximize your sweeping effectiveness
- Team communication systems.
- Learn how to judge weight using INTERVAL TIMING
- “THE SWITCH” – learn how to sweep your rocks to a specific point.
- THIS CLINIC IS RECOMMENDED FOR TEAMS
- Please bring a stopwatch (if you have one)

## NOVICE REFRESHER (Maximum – 30 participants)

SATURDAY JANUARY 7<sup>TH</sup> - 10:00 to 12:00 noon

- Improve your stance, balance and line of delivery
- Improve your grip and release
- Rules and Etiquette
- Recommended for first year curlers

## STRATEGY

SATURDAY JANUARY 21<sup>ST</sup> - 10:00 to 12:00 noon

- Learn basic strategy with last rock, or without last rock
- Learn when to play offence and when to play defence
- How to recognize PLAN A, B and C
- How to miss like a Pro
- This clinic will be both On and Off-Ice (Please bring curling shoes)

## ICE AND ROCKS

SATURDAY JANUARY 28<sup>ST</sup> - 10:00 to 12:00 noon

- All rocks are not created equal – learn how to recognize the differences
- Learn how to match rocks
- Learn how to read ice
- This clinic will be both On and Off-Ice (Please bring curling shoes)

## PREPARATION FOR COMPETITION

SATURDAY February 4th - 10:00 to 12:00 noon

- Learn how to prepare your team to compete in bonspiels or Playdowns
  - Learn what you need to consider before you leave
  - Learn how to create your Ideal Performance State
    - Physical Conditioning
    - Mental Training
    - Diet
    - Rest and Recovery
    - Health and Wellness
- This clinic is recommended for Teams and new Coaches

**To Register – Contact Judy at 604-574-4483 or email  
manager@cloverdalecurlingclub.ca**