

Registration Information

- Registration Night will be held at the club on Wednesday September 8th.
- Annual registration fees for the Daytime Curling Program are:
 - Rookies Rock Program - \$210
 - A prorated league-fee structure will be applied by the manager for those starting out in a Rookies Rock Program who join other daytime or evening leagues throughout the season.

Curling Instruction

- Opening Clinics (free) will be held at the club on Tuesday September 28th and Wednesday September 29th.
- Certified coaches within the club offer instruction for a fee. The club manager can provide more specific information.

Curling Events

- Opening Bonspiel (members only) will be held at the club from September 30th to October 2nd. Evening curling on the Thursday and Friday with all day events on Saturday.
- Opening BBQ will be held at the club after the finals of the Opening Bonspiel on Saturday October 2nd.

Lockers & Equipment

- A \$20 locker rental fee applies. Ladies lockers are in short supply so it may not be possible to get a locker if you are a new member. Ask the manager to add you to the waiting list.
- You must have clean shoes in order to use the Granite Curling Club ice. Members are required to own their own shoes, sliders, and broom. Please maintain your equipment so everyone can enjoy the game.

Useful Websites

- Ottawa Granite Curling Club www.ottawagranite.com
- Canadian Curling Association www.curling.ca
- Ontario Curling Association www.ontcurl.com
- Ladies Curling Association www.mcourt.net/LCA/
- Local Curling News www.ottawacurling.com
- Curling Technique curlingschool.com
- Ottawa Valley Curling Association www.ovca.com

The Granite Curling Club Rookies Rock Programs: Daytime & Weekend 2010/2011 Season



**2026 Scott Street
Ottawa, ON**

(613) 722-1843

www.ottawagranite.com

Denise Hoekstra, manager

Daily office hours vary. Please call to make an appointment if you are looking for league information or a tour of the club.

Daytime Rookies Rock Program

If you're retired or work shift work with Monday mornings available, and want to learn to curl, the Daytime Rookies Rock Program is perfect for you!

- This instructional program is aimed at adults with little or no curling experience who have time to curl during the daytime.
- It is a continual program that will run from October 4th until the end of the curling season (mid-April).
- Monday mornings from 9 – 11, excluding statutory holidays.
- Receive one-on-one and group instruction from certified coaches and volunteers. Mentorship will be incorporated into the training sessions.
- Equipment will be provided; wear clean shoes.
- You can drop in at the club on Monday mornings to see what it's all about and try it first before signing up. Call the office first to set up an appointment.
- Opportunity to attend Friday afternoon curling clinics hosted by the Day Ladies League (1:30 – 3:30 P.M.).
- Join regular daytime curling leagues once you are ready.

Weekend Rookies Rock Program

If you're a young adult or young at heart, want to learn to curl, and have a busy workweek schedule, the Weekend Rookies Rock Program is perfect for you!

- This instructional program is aimed at adults with little or no curling experience who are available to curl Sunday evenings.
- It is a continual program that will run from October 17th until the end of the curling season (mid-April).
- Sunday evenings from 7 – 9, excluding some holiday weekends.
- Receive one-on-one and group instruction from certified coaches and volunteers. Technique and strategy are covered.
- During Sundays when ice maintenance must be done, *off-ice* sessions may be held to discuss technique, strategy, and etiquette.
- Equipment will be provided; wear clean shoes.
- Regular weekly instruction until just after Christmas when participants will form teams and play games for the remainder of the season.
- Opportunity to join the Weekend Mixed or Men's & Ladies draw leagues for the last session (~ Feb – April) if curlers are ready.

For your consideration

Are there differences between the two programs?

- Both Rookies Rock programs are developed under the same principle of teaching people to curl in a way that best suits their abilities. Participants of both programs will receive comparable training and advance at similar speeds.
- The Weekend program has been successfully run for many years. As such, there are a large number of people who begin in this program. It is a fun and positive environment to learn curling and meet lots of new people. Info: RookiesRock@ottawagranite.com
- The Daytime program is new for the 2009/2010 season and will most likely have smaller numbers present. The support from all Daytime curlers at the Granite will be an integral part of this program. Info: MembershipChairman@ottawagranite.com

Do you think you aren't flexible enough to curl like you see on T.V.?

- No need to worry. If you can't get into the hacks the same way the professionals do, come try **stick curling**. You stay upright the whole time!
- You will be able to join the Daytime or Weekend Rookies Rock Program or any league the same as anyone else.
- Training programs have specialized instruction for stick curlers since the mechanics are quite different.

Curling requires specialized equipment

- To curl you will need a broom, special curling shoes with a built-in slider or a temporary slider to fit over your runners, and grippers. If you will be doing stick curling, you will need an attachment for your broom for rock delivery or the stick itself.
- Both Rookies Rock programs supply this equipment for all participants but do not discourage participants from buying their own equipment should they desire to do so.
- If purchasing your own equipment, we advise you to discuss with the coaches of your program to see what your needs are. If you are purchasing before the program begins, make sure you stress to the sellers that you are a beginner. Sliders are made very differently for new curlers and experienced curlers.

Try out our Opening Clinics before your program begins!

- Free to anyone. Meet club members and get a feel for the ice.
- Tuesday September 28th & Wednesday September 29th, 7 - 9 PM.