



OPTIMISTS' GETTING STARTED IN CURLING CAMP

Children Learn the Fundamentals of an Olympic Sport

Saturday, December 14, 2019

WHERE - Glen Harper Curling Centre at the Duncan Curling Club

3191 Sherman Road Duncan, BC

Dear Student-athletes and Parents:

The Duncan Curling Club is hosting a fun, entry level curling camp for 9 to 12 year-olds on Saturday, Dec. 14th from 9:30 am until 3 pm. The Optimist Clubs of BC have dedicated their time and fundraising efforts to sponsor this unique event.

The Optimists' camp will introduce young participants to the Olympic Sport of Curling. As a first time curling experience for many youngsters, the emphasis will be on fun activities for learning to brush, slide, deliver rocks and play the game. Curlers will need to be strong enough to deliver a 20 kg rock the full length of the ice – hence, the nine year minimum age limit.

The plan for the day includes a Curl BC Camp Leader with about eight youth curling instructors, aged 13 to 18, each teamed as “Buddy for the day” with three or four new young curlers. Registration is \$20 per curler, which includes nutritious snacks, refreshments, a hot spaghetti feast for lunch, and five hours full of fun activities like relays and bocce curling.

The Optimists' Getting Started Camp is designed to introduce children in your community to the Olympic sport of curling through a fun and action-packed one-day on-ice experience. Led by a certified coach, two teams of experienced junior curlers mentor younger children through a series of games and activities on the ice that are designed to introduce entry level participants to the sport in a positive and safe environment.

Registration Opens – 9:30 am

On Ice – 10:00 am

Snacks – once in am; once in pm

Lunch – 12:15

12:45 – On ice again

3:00 pm – finished

- **Helmets** must be worn by all participants under 12 with less than 2 years' experience
- **Signed Waivers** are mandatory for all curlers and instructors under 18

A maximum of 40 participants will be accepted for this event.

Contact: Stephen Wiles (Duncan Curling Club Coach)

cell 250-732-8675 e-mail is s.wiles@shaw.ca

You can also register on-line with Curl BC at: <https://www.curlbc.ca/programs/getting-started/>

The Optimist Clubs of BC and Curl BC have partnered to bring Optimists' Getting Started in Curling camps to centres across the province.