



# LONDON CURLING CLUB

Dear Teacher:

This letter will provide some background information to assist you and your students in preparation for the Learn to Curl program at our curling club. Our coaches are looking forward to meeting you and your students.

## **Forms to Complete:**

**The following forms will be sent to you once you have been approved for the current year's program.**

**Ice Rental Agreement Form** Please fill out the sections still requiring data, have your principal sign the form, and then scan and email the completed form back to the club.

**Parental Information Form** This form has been approved by your school board and is to be sent home for parental permission. Please retain the completed forms at your school.

## **Arrival Time:**

We would like your class to arrive by 9:30 a.m. if at all possible. The program ends at 12:30 p.m. for a total of three hours. The students will be on the ice for 2 one-hour sessions, plus some off-ice time for learning about curling terms, scoring, strategy, etc.

Given the time frame, we suggest that your students bring a small snack that they can eat during our off-ice session at 10:45 to 11:25 a.m. We will be providing hot chocolate for them at that time. They can eat their snack as we present some information for them as noted above. They can then eat their full lunch upon their return to school.

## Students with Special Needs:

If you have a student or two who may find the program particularly challenging, please give me a call in advance so we can be prepared to assist the student(s) appropriately. In the past we have had students who have had balance or mobility issues and there are accommodations that we can make if we know in advance.

## Advance Preparations:

We strongly suggest a lesson or two about the sport of curling prior to the class visit with us. The Canadian Curling Association website will provide you with some excellent materials/videos that you may wish to share with your class. ([www.curling.ca](http://www.curling.ca)). Click on the **Go Curling!** button on the top banner on the homepage.

Based on our experiences with previous groups we offer the following suggestions for the students:

- **All students MUST bring a helmet to wear on the ice (bike helmet, ski or snowboard helmet).** Students without a helmet will not be permitted on the ice.
- **Dress warmly.** Gloves/mitts, layered clothing, warm socks, and a hat or toque are strongly recommended given the length of time that they will be on the ice.
- **Wear comfortable athletic clothing** because the delivery of the rocks requires the students to stretch out low. Yoga or track pants are ideal. Tight fitting jeans or low rise jeans can cause difficulties in learning the skills
- **For those with long hair, tying it back in a pony tail** will ensure that their hair stays off the face throughout.
- **Bring a separate pair of clean running shoes.** Please be sure that there are no small stones or pebbles stuck in the treads. In advance of coming to the LCC, the students should take a careful look at the shoes they will be wearing on the ice and make sure there are no small stones or pebbles in the treads. The shoes must have a good tread to adhere to the ice surface. Our ice maker expects the ice to be absolutely clean at all times. If they do not have a separate pair of running shoes, the students should wash the bottom of their running shoes the night before and to bring these in a bag to school. They will have to wear another pair of shoes to school that day.

We are looking forward to working with your students. We will have a good number of coaches on hand so that each student will be able to enjoy a successful morning. Our objectives are for them to have fun, learn a little about how the game is played, enjoy the experience and to be able to successfully deliver a curling rock in a game situation by the end of the morning.

Please contact me by email or phone if you have questions or suggestions.

Sincerely,