

2009 Friday Tech League Registration

IMPORTANT: Read the safety guidelines on the next page.

Registration is now ongoing for the Friday Hi-Tech Curling League (no tech connections necessary).

We curl 6-end games, starting at 5:15 to allow everyone time to drive from Waterloo. We curl every Friday from 5:15-7:00 at the Elmira & District Curling Club. In addition, we try to have the ice available at 5:00 for those who would like to show up a bit early to practice.

Curling runs from October 9, 2009 to late March/early April, 2010.

This is a social league which means that teams are changed periodically throughout the year.

The cost for this league is \$210.00 for all non-club members. This price includes GST. Please make all cheques payable to **Elmira & District Curling Club**. Your cheque can be postdated no later than September 15, 2009. If you are a club member contact Jason Gorrie for more information.

Please mail or drop off your payment and this form to Jason Gorrie, re: Elmira & District Curling, 229 Haldane Ct. Waterloo, ON N2T 1T7 **by September 15, 2009.**

All questions including inquiries about fees for members can be directed to Jason Gorrie at hightechcurling@gmail.com.

Name: _____

Company Affiliation: _____

Phone Number: _____

Email Address: _____

Number of Years Curled: _____ **Are you currently a club member?** _____

Curling Clinics

The club offers curling clinics for both beginners and advanced curlers at the beginning of each season. If you are interested in any of these clinics, contact Jason Gorrie. This year, these clinics will be held on the following dates:

Thursday, October 1	Friday, October 2	Sunday, October 4
7:00-9:00 pm, Instruction	7:00-9:00 pm, Instruction	1:00-5:00 pm, free ice time
9:00-11:00 pm, free ice time	9:00-11:00 pm, free ice time	

Safety Guidelines

Please read these guidelines carefully. You are using a slippery ice surface. The list below is not an exhaustive list of safety guidelines but is intended to make members aware of some of the safety concerns. It is the responsibility of each member to act responsibly and safely while on club property.

If you have questions, please contact any member of the Board of Directors.

- We strongly recommend the use of proper curling shoes which help to prevent slips and falls on the ice. Running shoes with a good tread can be used in conjunction with a slip-on slider (used only when delivering the rocks). If running shoes are used, they must be clean and free of sand, pebbles or other debris that could damage the ice.
- Clothing should be layered to keep you warm but easily removed to prevent overheating. Sweeping rocks is hard work and many find that they are very warm on the ice.
- When stepping onto the ice never put your slider foot on the ice first. When leaving the ice, step off with the slider foot first. In this way, you never have only your slider foot on the ice.
- If you fall, always protect your head from hitting the ice.
- The rocks weigh approximately 42 pounds and to prevent back and shoulder injuries they should never be lifted except in delivery. Many curlers today use a no-lift delivery method which does not require that you lift the rocks off the ice surface. Clinic instructors can teach you this delivery method.
- When moving rocks out of the house, push the rock with the broom avoiding the use of excessive force. The broom should never lose contact with the rock.
- If you are a new or inexperienced curler, we strongly recommend that you attend at least one clinic or seek help from an experienced curler. Enjoying the game safely and understanding the fundamentals of the game requires some instruction and practice.
- As much as possible try to be aware of what is happening on the games beside you. Rocks from your neighbours can end up on your sheet.
- Good sweeping is a skill in itself. The harder you push down on the broom, the more effective your sweeping will be. However, pushing too hard on the broom can result in loss of balance. Sweep as hard as you can but always maintain your balance and be aware of what is happening around you.
- As in all sporting activities it is important to stretch before you begin the game. Clinic instructors can teach you appropriate stretch activities.

