

November 2009

Juan de Fuca junior club newsletter



**The Juan de Fuca Junior Club will host the BC Junior Men's and Women's Provincials
December 26 – 31/09.**

Everyone is invited to come out and enjoy some great curling.
If your interested in volunteering at this event contact Tammy.

Thank You

The Club would like to recognize and thank the following:

Serge Tremblay for setting up all the practice plan lessons for the club
and running the badge level program. - Great Job Serge!

Len Stewart for instructing all the new novice curlers, hosting the Competition
Course in Nanaimo and arranging for Elaine Dagg Jacksons' talk on competition.

Thanks to **Elaine Dagg Jackson** for great information.

Upcoming Dates to Mark on your Calendar

Nov. 21	Kerry Park Novice & Competitive Bonspiel
Nov. 24	All Club Picture
Dec. 5	Qualicum Bonspiel
Dec. 12 & 13	Victoria Bonspiel
Dec. 15	All Club Meeting - Parents/Coaches/Guests
Dec. 17	Christmas Party - Last day of Curling before Christmas

Bring your biggest smile to the club on **Tuesday November 24**, when
Mike Silversides will be taking everyone's picture for our first

All Club Photo.

Don't forget to wear your club jacket!



Congratulations to all the teams



First Place - deJong Team
Alex Horvath, Cam deJong, Tristan Savage

Special thanks to Katherine Silversides who filled in for Alex who fell ill during Sundays games.



Second Place - Silversides Team
Benton Boychuk-Chorney, Derek Chandler,
Duncan Silversides, Ryan Cassidy



Third Place - Fraser Team
Katherine Silversides, Melissa Mackereth,
Robyn Fraser, Heather Sutherland.
The Fraser Team also won the
Most Sportsmanship Award
- way to go girls!



Sixth Place- Mackareth Team
Ryan Mackereth, Lucas Savage, Bronson Wille,
Detrich Wille



Seventh Place - Cassidy Team
Mariah Coulombe, Cassidy Ross,
Lauren Cassidy , Emily Craddock

Nanaimo Bonspiel

5 competitive teams from the Jr club attended the Nanaimo Bonspiel on November 7 & 8th , 2009. There were 10 teams listed on the Competition side and our Jr Club teams came in **1st , 2nd, 3rd, 6th & 7th place.**

Competitive Standings

Team	W/L/T	Total Ends	Pts. Scored
deJong	10	23.5	51
Silversides	10	20.5	27
Fraser	8	16	29
Mackareth	4	10.5	19
Cassidy	3	13	18

Nutrition/ Hydration Cell Phones/IPODS What is the connection?

Cell phones & IPODS,.... all run on energy. For these tools to work they need power. You need to feed them - plug it in to recharge or change the battery. **Your body works the same way - it runs on energy.** You need to feed it - charge it. Eating well and drinking water helps your body run faster, play harder, curl better.



When you download music to your IPOD you make choices about the music you want to hear. When you download you need to make the right connection. You can't use the cord to Dad's shaver. **When you download or feed food to your body - you make choices about the food you want to eat.** If you make good choices your body will make the connection and power you through the day. Everybody needs to eat a variety of healthy foods. **It is important to charge your body with a balance of carbohydrates, proteins, fats, vitamins and minerals.**



Carbohydrates are energy foods - fruits, vegetables, pastas, bread, potatoes and whole grains

Proteins - help build and repair muscles - meat, eggs, dairy food and soy products

Vitamins- help your body work properly - vitamins are found in fruits and vegetables

Fats - give you energy and endurance - meats, cheeses, nuts, oils, butter, and avocados

Minerals -like calcium help build strong bones - dairy products, milk, yogurt, cheese and dark green leafy vegetables.



Water

When your body has enough fluid you are **hydrated** - your body works fine. When your body doesn't have enough fluid you are **dehydrated** -you can get muscle cramps and headaches that keep you from performing your best. When you work out you sweat - you need to replace the fluids that you lost. Drinking before, during and after exercise is the best way to stay hydrated. Don't wait until your thirsty.



Sugar = Power Surge

When you charge your Cell Phone you want to plug it in to a reliable outlet. One that works continuously and does not short circuit your phone. When you eat sugar your body has a short burst of energy. Like a power surge it does not last and can blow your circuits. You feel the rush from the sugar and then 15 minutes later it's like a power outage - you lost your energy and guess what - you're even more tired.

When it's time to practice or play you will get energy from the foods you've been eating all week, but it's still a good idea to eat well on that day. Bring a snack - fresh fruit, vegetables, crackers and cheese to have before you play or have after your practice to refuel your body.

Do you want to be a better athlete? Challenge yourself - Take the Test

Try these 5 simple tips for one week to energize and recharge your body and see if they make a difference.

1. Eat a variety of foods.
2. Snack smart - Make healthy choices.
3. Drink water to keep your body hydrated. Cut out sugary drinks.
4. Be active everyday.
5. Get plenty of rest and sleep.

Club Meeting - Thursday November 12, 2009

For those parents who were unable to attend, a parent meeting was held in the Juan de Fuca Recreation Centre - Lookout Lounge on Thursday Nov. 12/09. Rod Forbes had called the meeting to solicit input from the parents on how to improve the Junior program for the future. No decisions on changing the club structure was made at this meeting. Concerned parents and coaches voiced their concern regarding the direction of the club and what is in the best interest for the kids at this age level. Here are a few of the questions that arose at this meeting.

- At this age level - what needs are being met?
- What should be the main focus of the club?
- Is the emphasis at this age level - To win or to have fun? or a combination?
- Who should decide how kids proceed to competition? Parents, Kids, Coaches, Club?
- How do we ensure that all kids have the opportunities to advance to the level of play that they aspire to?

The next **Parent/Coaches/Guest meeting** is set for:
Tuesday Dec. 15/09 at 7:00 pm in the **Lookout Lounge**.
Please bring your ideas, questions and concerns to the meeting.

Club Fundraising Bottle Drive

Liquor bottles, pop cans, juice boxes
(items that you paid a recycling deposit)
contact:

Donna & Rod for pick up.

Phone: 250-590-6713 or email dcr-fraser@shaw.ca

Canadian Tire Dollars

Donate your Canadian Tire Dollars to the club - they are used to help fund the purchase of prizes for the kids - bring your dollars to Rod.

Juan de Fuca Junior Club Sponsored by Accent Refrigeration Systems



Cassidy Team and Silversides Team
Sponsorship by Coast Industrial Parts Limited



Fraser Team Sponsorship by Magicuts

