

October 2009

Juan de Fuca junior club newsletter



Club History - Did you know?

In 1973 the electoral districts of Colwood, Langford and Metchosin, all Western Communities of Victoria, passed a referendum to build an eight-sheet curling club. On-ice curling in the club started in 1975. In 1990 the club hosted the BC Scott Tournament of Hearts and in 1996 it hosted the Junior Women's Provincial Championships. In 2003 the club hosted the Senior Ladies' Provincial Championship.

This year - December 26-31/09 the Juan De Fuca Junior Club will host the Junior Provincials.

Upcoming Dates to Mark on your Calendar

Tuesday Oct. 13/09 - How Teams Form - Len Stewart - Assistant Regional Coach with Curl BC will give a talk in the club on how teams are formed.

Thursday Oct. 22/09 is Bring a Friend to Curling Day.

Does your friend ever ask you any how, what, or why questions about curling? How do you throw that big rock down the ice? Why are there ends in the middle of a game? What do you do with the containers after a take-out? Invite your friend to try out curling and answer some of those questions.

Tuesday Oct. 27/09 - Elaine Dagg-Jackson - Chartered Professional Coach, Level 4. Elaine has coached at the national and international level for many years. Elaine will give a talk in the club on competitive curling.

Thursday Oct. 29/09 Halloween Party

Have you ever thrown a foam/plastic pumpkin filled with frozen water down the ice? Come out and enjoy Halloween curling followed by a little party to celebrate the season. See Dana for the food sign up sheets. ****No peanuts or nuts please****

Nov. 7 & 8th - Nanaimo Junior Novice & Competitive Bonspiel

Nov. 21 - Kerry Park Novice & Competitive Bonspiel

Club Profile - Off Ice Volunteers

On the other side of the glass there is a core group of parent volunteers that help ensure that the club runs successfully. Who are they, and what do they do?



Tammy Shiells

Dana Savage

The Dynamic Duo

Tammy Shiells and Dana Savage are the Dynamic Duo! They are the can-do-people behind the glass. They work behind the scenes, planning club activities - organizing the Club parties, the JDF Bonspiel, fundraising, ordering club jackets, registration, etc.. If it's happening in the club, these are the ladies you want to talk to. They are a great asset to the club and work well together. **Many Thanks Tammy & Dana**

Tammy has been volunteering in the JDF club for three years - She has one child in the club.

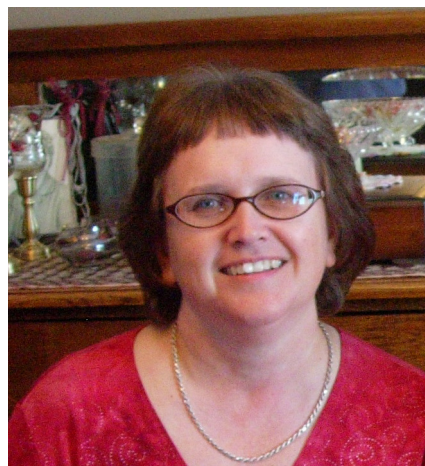
Dana has been volunteering in the JDF Club for three years - She has three children in the club.

Tammy and Dana along with **Rod** are currently organizing the Junior Provincials that will be held Dec. 26-31 at Juan de Fuca. If your interested in sponsoring, volunteering to help for a specific job or just helping out with this event please contact them.



Who is this woman and why won't she let me on the ice unless I answer her curling question?

Monique Cassidy is the question lady at the entrance to the ice. She ask the kids a curling question to increase their knowledge and retention of curling. This helps the kids when they write their badge tests. This is the first year Monique is doing this - she is learning alot about curling. She has two children in the club.



This is **Christine Nicholls'** 2nd year in charge of bonspiel registration. She hands out the forms, collects the money and is the liaison with the other clubs with info. on dates, times, # of teams, etc. She has two children in the club.

Club Reminders

- Curling registration - please get all monies and paperwork in ASAP.
 - Club jackets will be ordered on Tuesday
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Why warm up?



A pre-exercise warm-up:

- * warms your muscles by increasing the movement of blood through your tissues, making the muscles more supple
- * increases delivery of oxygen and nutrients to your muscles by increasing the blood flow
- * prepares your muscles for stretching
- * prepares your heart for an increase in activity
- * prepares you mentally for the upcoming exercise
- * primes your nerve-to-muscle pathways to be ready for exercise

Why cool down?

Cool down exercises:

- * helps your heart rate and breathing to gradually return to normal
- * helps avoid fainting or dizziness, which can result from blood pooling in the large muscles of the legs when vigorous activity is stopped suddenly
- * helps prepare your muscles for the next exercise session, whether it's the next day or in a few days' time
- * helps to remove waste products from your muscles, such as lactic acid, which can build up during vigorous activity

Club Fundraising Bottle Drive - Liquor bottles , pop cans, juice boxes (items that you paid a recycling deposit on) contact **Donna & Rod** for pick up.

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

Want to Learn more about Curling? Checkout the Canadian Curling Association Website: <http://www.curling.ca/> Go Curling

You can read the newsletter online at:

<http://www.juandefucacurlingclub.com/juniors.html> - Junior League Newsletter



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