CURLSASK



2023-2024 PROGRAM GUIDE

306.780.9202 CURLING@CURLSASK.CA

WWW.CURLSASK.CA

Minuteman Press
WE DESIGN, PRINT & PROMOTE...YOU!



As we step into the 2023-2024 curling season, excitement fills the air! Just like every year, this season brings with it new opportunities, renewed enthusiasm, and the promise of unforgettable moments on the ice.

Before we dive into the adventures of the new season, let's take a moment to reflect on the remarkable journey we had in the previous year. The success we achieved was a collective effort, and I want to extend my heartfelt gratitude to all the dedicated volunteers and generous sponsors who continue to be the backbone of our beloved sport. Your unwavering support keeps the spirit of curling alive in Saskatchewan.

A round of applause is also in order for the incredible athletes who graced our playdowns and represented our province with class and determination. It's your passion and commitment that make our community proud. We're excited to see what this season holds in store for all of you.

Speaking of success, let's not forget the hardworking individuals behind the scenes. Our CURLSASK staff members, often unsung heroes, have been diligently preparing for the 2023-2024 season, ensuring that everything runs smoothly. Their dedication is the secret sauce that makes our curling events shine.

As we embark on this new journey, our focus remains firmly on our members, both seasoned and new. Your voices matter, and we encourage you to reach out with your thoughts and ideas. Constructive feedback is a crucial part of our growth, and together, we can make the curling experience in Saskatchewan even more enjoyable and fulfilling.

Remember, we are more than just individuals; we are a team, a family bound by our shared love for curling. Together, as Team Saskatchewan, we'll continue to uphold the values and traditions of our sport, fostering camaraderie, sportsmanship, and unforgettable moments on and off the ice.

Here's to an extraordinary 2023-2024 curling season filled with sweeping success, roaring stones, and the warmth of the curling community. Let's make it one to remember!
Warm regards,

Helen Fornwald
CURLSASK

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MEMBER BENEFITS

Financial Assistance

- Membership Assistance Program (MAP) Grants

Communication

- CURLSASK Website and Social Media

Training and Certification

- NCCP Coach
- Umpire
- Ice Technician

Youth Development

- All Youth Programs
- Grants Available

CURLSASK Events

- Hosting Opportunities
- Compete in events

and so much more!



GOT QUESTIONS ABOUT BEING A MEMBER, MAP AND AFFILIATION?

Contact Jamie Regier | jamie.regier@curlsask.ca

CURLSASK

DISCOVER YOUTH CURLING

TRY, LEARN, PLAY, COMPETE

TRY

GET ON THE ICE FOR THE FIRST TIME!

CURLSASK CURLING EXPERIENCE

LEARN

COME LEARN FROM OUR COACHES!

VIterra BLIZZARD

VIterra YOUTH CLINICS

PLAY

PLAY IN LOCAL EVENTS IN YOUR AREA!

U15 RockFest PRAIRIES

HIT DRAW TAP

VIterra PRAIRIELAND CURLING CAMP SERIES CURLSASK

COMPETE

COMPETE IN FUN PROVINCIAL EVENTS!

Sask milk CURLSASK U12 TRIPLES CUP

Sask milk CURLSASK U15 TRIPLES CUP

PLAY ON OUR JUNIOR TOUR:

CURLSASK JUNIOR TOUR

CURLSASK U12 SPIELS

CURLSASK U15 SPIELS

CURLSASK U18 SPIELS

CURLSASK U20 SPIELS

REGISTER ONLINE
CURLSASK.CA

VITERRA YOUTH CLINICS

CURLSASK

ABOUT

From the big cities of Regina and Saskatoon to the small towns of Assiniboia and Wadena, CURLSASK Viterra Youth Clinic materials and training are available to assist schools and curling centers with an on-ice learn-to-curl experience!

CURLSASK is happy to help your centre with this clinic! The focus of the Youth Clinics is to introduce youth curlers ages 5-18 to Saskatchewan's official sport. Experienced curlers will also have the opportunity to improve their deliveries, sweeping, and strategy.

BY THE NUMBERS | 2022-2023

- 24 CURLING CENTRES
- 900+ CURLERS
- AGES 5-18





To find out more about Youth Clinics!
Email curling@curlsask.ca

VIBERRA BLIZZARD PROGRAM

An 8-week program to learn the basics of curling. With 2 different levels, the 90-minute lesson plans are targeted at ages 6-12. The program is built on a recreational, not competitive level and its main goal is to show kids what curling is all about while teaching them to appreciate the sport all in a safe, fun, and structured environment.

Blizzard Level 1

The Blizzard program, Level 1, was designed to promote sport and physical activity among children in elementary schools (6-12 years old). This program is built on a recreational, not competitive, level, and its main goal is to show kids what curling is all about while teaching them to appreciate the sport.

Blizzard Level 2

Blizzard Level 2 is aimed at kids from 6-12 years of age who graduated from the program's first level. Designed under the same criteria, Level 2 is also divided into 8 weeks, one lesson of 90 minutes per week, and offers kids the opportunity to pursue their learnings about curling within a recreational program. With the help of quality instructors, participants will continue to learn about the basics while incorporating some notions of strategies in curling.



Find out more about the Blizzard program!
Email curling@curlsask.ca

VITERRA

PRAIRIELAND CURLING CAMP SERIES

CURLSASK

A new series of 8 innovative curling camps operated by CURLSASK. The goal of the Prairieland Curling Camp Series is for the youth curlers who are 10-18 to have FUN playing the sport, make connections, with curling from across the province, and all while developing their skills.

CURLSASK believed in creating programs that are accessible and inclusive throughout our entire province to curlings of all ages and backgrounds. Having the Praireland Curling Camps in multiple regions provides an excellent way for our youth curlers to make make connections with curlers from across Saskatchewan!

BY THE NUMBERS | 2022-2023

- 8 CURLING CENTRES
- 250+ CURLERS
- AGES 10-18







2023-2024 DATES & SITES REGISTER ONLINE!

$75

Per Curler

Ages 10-18

10:00AM - 4:00PM

Regina | September 23
Moose Jaw | October 14
Swift Current | October 21-22
Yorkton | October 29
Estevan | November 18
Rosetown | December 9

VITERRA THE AGRICULTURE NETWORK

Connected to your **community**

Viterra is proud to support curling in Saskatchewan. Through our partnership with CURLSASK, we support community curling for people of all ages across our province.

This includes youth development programs like Viterra's Blizzard Program, Youth Clinics, and the Prarieland Curling Camp Series, inspiring the next generation of curlers to cultivate their teamwork and leadership skills.

Viterra is proud to be the official Youth Curling Development Partner for CURLSASK.



Find out more at viterra.ca

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*Subject to provincial regulations and pharmacist assessment. Conditions and fees may apply. Services may vary by location.

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Sign up for emails & exclusive offers to receive a

$10 value welcome offer!*

preferences.pharmasave.com

*minimum spend applies

*Save $10 when you spend $40 (pre-tax) on almost anything in store with limited time coupon. Some restrictions apply, see coupon for full details.

U15 RockFest

EVENTS KICK OFF IN 2024!

Download Curling Canada's Singles App, "Singles Curling" for iOS and Android!

U15 RockFest Prairies
Yorkton, SK
March 8-10, 2024
Saskatchewan and Manitoba

U15 RockFest West
Sherwood Park, AB
March 15-17, 2024
British Columbia, Yukon, Northwest Territories and Alberta

U15 RockFest East
Niagara Falls, ON
March 22-24, 2024
Northern Ontario, Ontario, Nunavut, and Quebec

U15 RockFest Atlantic
Moncton, NB
March 29-31, 2024
New Brunswick, Prince Edward Island, Nova Scotia and Newfoundland & Labrador

ACTION-PACKED SCHEDULE!

- ***U15 Singles competitions***
- ***Triples curling***
- ***Skills development clinics***
- ***Fun on-ice activities***
- ***Golden RockFest***

FOR THE LOVE OF CURLING



HIT DRAW TAP™



HIT DRAW TAP OR "HDT," AS WE LIKE TO CALL IT, IS A YOUTH SKILLS COMPETITION WHERE KIDS AGE 6-13 COMPETE AS INDIVIDUALS. HDT WILL GROUP KIDS INTO THREE DIFFERENT AGE CATEGORIES, AND PERFORM THREE DIFFERENT SHOTS – A "HIT," A "DRAW" AND A "TAP." THE DIFFICULTY OF THE SKILLS ARE MODIFIED BASED ON THE AGE OF THE CHILD.

SASKATCHEWAN MEMBER CENTRES ARE ENCOURAGED TO INCORPORATE A HDT COMPETITION WITHIN THEIR YOUTH PROGRAMMING AT THE LOCAL CENTRE AT THEIR OWN CONVENIENCE.

TO FIND A HDT EVENT NEAR YOU, VISIT: CURLSASK.CA/HIT-DRAW-TAP/

IN THE CLASSROOM

Free lesson library is full of slides, worksheets, and games & activities you can download and use in your classroom. Register for free to access the resources!

ROCKS & RINGS

Features a variety of drills, relays, and team-building activities that introduce students to the sport of curling with a focus on FUN!

OTHER OPPORTUNITIES

Run a Egg Farmers Rocks & Rings Tournament presented by Curling Canada right in your school gym! Turn an outdoor ice surface into a skating and curling rink!

get cracking

ROCKS & RINGS™



FIND MORE INFORMATION BELOW!
ROCKSANDRINGS.COM

CURLSASK

Thank you SGI for supporting CURLSASK's new Program, Safety Sweep!

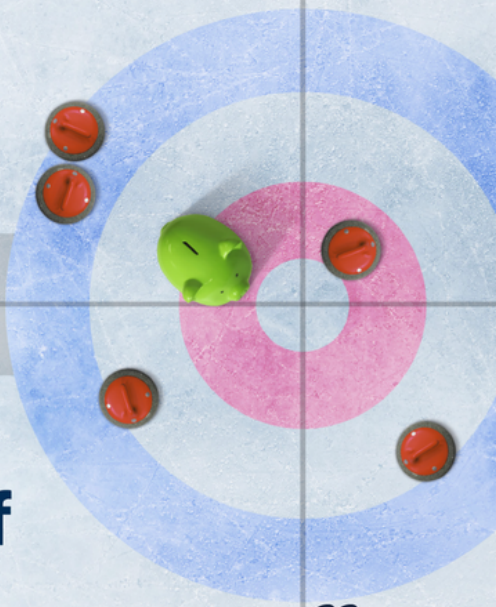
The SGI Safety Sweep will help to ensure that all our curling centres are safe for our players, umpires, volunteers, and fans!

Make sure to keep an eye out for the Safety Sweep Sponsored by SGI sticker at a club near you.

For more information or to get your club SGI Safety Sweep certified contact CURLSASK.

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CURLSASK

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PROVINCIAL DAY OF CURLING
T-Shirt Design Contest!!



Contest Rules:

- Designs must be submitted by November 30, 2023.
- Must list which affiliated Curling Club is being represented.
- Design must be suitable for all ages.

Winner will Receive:

- $1000 From Affinity Credit Union for your home curling centre
- Your design on a t-shirt
- $100 Runback giftcard

SUBMIT YOUR DESIGN TODAY!

Runback

Affinity Credit Union

Kruger Products

SUPPORTS

CURLSASK





GREAT WESTERN BREWING

ENTER TO WIN
1 OF 3 GRAND PRIZES

WITH ORIGINAL 16 AND GREAT WESTERN BEERS

JENNIFER JONES
SIGNED TEAM JACKET

BRIER EXPERIENCE
TICKETS TO CHAMPIONSHIP WEEKEND

BRAD GUSHUE
SIGNED TEAM JACKET



OFFER AVAILABLE WITH:

O16 Canadian Pale Ale, O16 Ultra Canadian Lager, O16 PrairieWhite, O16 Canadian Copper Ale

OFFER AVAILABLE WITH:

GW Light, GW Lager, GW Classic, GW Pilsner, GW Lime, GW Radler and GW Black Lager

Please enjoy responsibly. Must be legal drinking age. No purchase necessary. The Montana's Brier 2024 is held in Regina, Saskatchewan.

"Overall, had a blast. It was really fun and met a ton of great people. It felt great to be out on the ice again!"

VITERRA PRAIRIELAND CURLING CAMP SERIES
CURLSASK



THE MOST FUN YOU WILL HAVE ALL SUMMER!

VITERRA PRARIELAND CURLING CAMP IS YOUR OPPORTUNITY TO STEP UP YOU CURLING GAME WHILE HAVING FUN AND MAKING FRIENDS!

"The atmosphere was fun and welcoming and I felt I learned a lot."



"I enjoyed many things about this curling camp. I loved the skill/strength building. I loved the people and meeting all the people within my group was awesome!"

During camp you can look forward to:

- World-class instruction from special guest instructors
- Exciting rec activities
- Classroom Sessions
- Spirit Award
- Theme days
- Bonspiel night





CURLSASK 2023-2024 SEASON

CHAMPIONSHIP SCHEDULE

VIERRA Scotties TOURNAMENT OF HEARTS

PROVINCIALS: JAN. 16-21, 2024- TISDALE

LAST CHANCE: DEC. 14-17, 2023 - ASSINIBOIA

SASKTEL TANKARD

PROVINCIALS: JAN. 30-FEB. 4, 2024- NUTANA - SASKATOON

LAST CHANCE: JAN 11-14, 2024 - PRINCE ALBERT

PHARMASAVE U20 PROVINCIALS CURLSASK

PROVINCIALS: FEB. 22-25, 2024- NORTH BATTLEFORD

U20 MIXED DOUBLES PROVINCIALS: FEB. 29-MAR.4, 2024 - LUMSDEN

U18 PROVINCIALS CURLSASK

DEC. 27-30, 2023

MOOSE JAW

CLUB CHAMPIONSHIPS CURLSASK

FEB. 15-18, 2024

REGINA - CALLIE

MIXED DOUBLES PROVINCIALS CURLSASK

FEB. 15-18, 2024

SWIFT CURRENT

MASTERS PROVINCIALS CURLSASK

FEB. 8-11, 2024

LLOYDMINISTER

biktrix ultimate electric bikes

SENIOR PROVINCIALS CURLSASK

MAR. 14-17, 2024

MEN - MELFORT

WOMEN - MARTENSVILLE

MIXED PROVINCIALS CURLSASK

MAR. 21-24, 2024

KINDERSLEY

Saskmilk CURLSASK U12 TRIPLES CUP

MAR. 22-24, 2024

HUMBOLDT

Saskmilk CURLSASK U15 TRIPLES CUP

MAR. 22-24, 2024

HUMBOLDT

VITERRA THE AGRICULTURE NETWORK

Connected to your **community.**

Viterra is proud to support curling in Saskatchewan. Through our partnership with CURLSASK, we support community curling for people of all ages.

This includes being the presenting sponsor for the Viterra Scotties Tournament of Hearts, which is always an excellent showcase for the world-class curling talent we have across Saskatchewan. Through this ongoing support, we hope to continue growing the sport of curling across the province.

Good luck to all curlers this season, including those competing to participate in the 2024 Viterra Scotties Tournament of Hearts.





Find out more at viterra.ca



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MILK IS A COMPLETE FOOD, PACKED WITH THE NUTRIENTS YOU NEED TO STAY HEALTHY AND PERFORM.

HYDRATE

Regular white milk has been shown to hydrate better than either sports drinks or water because it is a source of high quality protein, carbohydrates, calcium and electrolytes.

RECHARGE

Chocolate milk provides protein, calcium and vitamin D with an added punch of carbohydrates to stimulate performance and improve muscle recovery. Drinking 500ml of 1% chocolate milk immediately, and another 500ml one hour after exercise has been shown to improve damaged muscle fibre, outperforming comparable soy and carbohydrate recovery beverages.

Saskmilk

www.saskmilk.ca

Follow Us!

SUPPORT SASK IN SASK

MIXED CHAMPIONSHIP

2023 · Swift Current, SK



Swift Current is hosting the 2023 Mixed National Championships Nov 5-11. 2023!

WHEELCHAIR CHAMPIONSHIP

2024 · Moose Jaw, SK



Moose Jaw Curling Centre is hosting the 2024 Wheelchair National Championships March 22-29, 2024!



Diversity builds communities.

Coming together with unique perspectives keeps us looking forward. That's why SaskTel sponsors events that encourage diversity.



sasktel.com/cares

SaskTel

HIGH PERFORMANCE

CURLSASK'S High-Performance Program offers a range of professional services and programs.

CURLSASK strives to create an environment conducive to guiding present and future athletes toward podium results at National and International competitions.

CURLSASK'S High-Performance Program offers year-round opportunities for training. This training is inclusive for 4 Persons, Doubles, and Individuals in U15, U18, U20, U25, and over 25 age categories.

Areas of Expertise Include:

- Technical Analysis
- Team Dynamics
- Nutrition
- Physical Preparation

Applications for the 2024/25 season opens May 1st, 2024!

CONTACT PAT SIMMONS FOR ALL THE DETAILS!

pat.simmons@curlsask.ca

306-780-9202 ext.05







NCCP Coach

Recreation Coach Workshop

In Person

- Day workshop
- Enhance the skills of club coaches
- Beginner and youth-focused
- Create a safe, ethical and fun learning environment
- Gain efficiency in practice planning and correct technique

Competition Coach

Now Online

- Two day workshop
- Includes NCCP Ethical Decision Making Couse
- Become a Regional, Provincial or National Coach

Comp Dev Coach

Online with Curling Canada

- In-depth National workshop
- Enhance skills of a competition coach
- Advanced practice and season planning



CURLSASK Webinars

Now Online

1. Team Structure
2. Sweeping
3. Technical
4. Strategy
5. 'Pearls'

For questions, contact
Pat Simmons
pat.simmons@curlsask.ca

"CURLSASK IS EXCITED TO SHARE THAT WE HAVE PARTNERED WITH SAFE PLACES IN PROTECTING ALL ATHLETES"



NEW Coaching Requirement

ALL COACHES WILL NEED TO BE SAFE PLACES CERTIFIED UNDER THE RESPECTIVE CATEGORY

CURLSASK Board, Volunteers, Umpires, Liaison, Ice Techs

Adult Coaches, HP Consultants, Clinic/Camp Instructors

CURLSASK Staff and Youth coaches

What does this mean?

Individuals are required to apply online for Safe Places certification with the following documents:

- Background Check obtained within 3 months of application
- Online training course (dependent on what type of certification you need)
- 2 Pieces of Government issue ID (1 photo)
- 1 Photograph to be used for Public Directory Identification (2.5×2.5recommended)

Certification is valid for 4 years and all Certified individuals are searchable by person or organization in the Public Directory. To maintain your Safe Places certification status and appear in the public directory, you must complete an annual declaration available through your online account.

Recertification

- You will be required to recertify and complete all steps again after 4 years

SAFE PLACES™ AFFILIATE



WFG WORLD FINANCIAL GROUP

DEC 12–17, 2023

MERLIS BELSHER PLACE - **SASKATOON, SK**

FOR TICKETS VISIT **THEGRANDSLAMOFCURLING.COM**

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/GRANDSLAMOFCURLING

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SCT
SASK CURLING TOUR



Wanda Haron Photography

MONTANA'S BBQ & BAR BRIER
REGINA 2024

presented by AGI

MARCH 1 – MARCH 10 2024
BRANDT CENTRE, REGINA, SK

#BRIER2024

ICE TECH COURSES



Together with Curling Canada, CURLSASK is excited to implement the new Ice Technician Program! There are two streams in the program - Curling Centre and Competition. The new program will be comprised of the following courses:

- Assistant Curling Ice Technician
- Curling Ice Technician
- Competition Ice Technician
- Chief/Deputy Ice Technician

UMPIRE TRAINING

There is a standard guideline for the training and development of curling umpires who will be capable of officiating at provincial or national competitions. There is currently a five-level system:

1. Time Clock Operator/Observer Official
2. Game Umpire
3. CURLSASK Chief Umpire
4. National Game Umpire, Deputy Chief Umpire & Chief Umpire
5. National Chief Umpire



FOR MORE INFORMATION HEAD TO WWW.CURLSASK.CA

THE BEST OF THE WEST

PRESENTED BY Saskmilk

April 4-7, 2024






Nutana Curling Club
Saskatoon, SK






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www.bestofthewest.ca

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BRINGING OUT THE BEST IN KIDS SINCE 1919

Proud sponsor of Youth Curling in Saskatchewan for over 10 years!

WHAT WE DO:
- Community Service
- Supports youth volunteerism
- International Support

OPTIMISTS- BRINGING OUT THE BEST IN KIDS



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CURLING

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2225 Sandra Schmirler Way

Email info@callieclub.com

www.callieclub.com

306-525-8171

HIGHLAND CURLING CLUB

348 Broad St.

highlandcurlingclub@accesscomm.ca

www.highlandcurlingclub.com

306-543-8600

Curl for Kids!

Only... **$200** FOR THE YEAR

(October-March, Ages 9-13)

Are You Looking for Fun... Try Curling!

- Novice lessons and game instruction
- Brooms and sliders supplied
- Qualified instructors at all Regina Curling Clubs
- Registration fee assistance may be available through KidSport Regina contact 306-780-9318 for more information.

Saturday: 1 p.m.-2:45 p.m. @ the Highland
Sunday: 1 p.m.-2:30 p.m. @ the Callie

Curl for Kids supported by

SASK LOTTERIES

FREE Broom for New Curlers

Youth League

PLEASE PRE-REGISTER

CURL REGINA YOUTH LEAGUE: FRIENDLY COMPETITION

Most Sundays!

AT ALL CLUBS

$225 /PER PERSON

(OCTOBER -MARCH)

Sunday League Play 3:30 p.m.

For More Information or to pre-register, visit www.curlregina.com or contact at: info@curlregina.com

CURLSASK

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ORIGINAL 16
DOUBLE AGED

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