



NEWSLETTER

Campbellfordcurlingandfitness.ca
Facebook.com/CampbellfordDistrictRacquetAndCurlingClub

October 2017

ROCKIN' BOOMER OPEN* CASH BONSPIEL

All welcome 50 years of age and above



Saturday, November 18, 2017

\$140 per team entry

Two draws -- 9 a.m. & 11:30 a.m.

One eight and one six-end game.

** Teams can consist of any combination. i.e. true mixed,
four women, four men, 3+1 etc.

HOT LUNCH

SNACKS

To enter please contact Jackie Igleheart

705-632-0198 (home) 705-395-0198 (mobile)

Jackie_igleheart@sympatico.ca

Skill Analysis Clinic

Sunday, November 5, 2-4 p.m.

Curl Ontario is offering a free Skill Analysis Clinic on Sunday, November 5 at the club. This two-hour clinic includes a classroom review of the delivery basics, followed by individual on-ice analysis, review and fault correction.

There are only eight curlers in a group with a qualified instructor and each segment of the delivery is analyzed, corrections made, and then the entire delivery is put together.

Space is limited. Participants are asked to arrive between 1.30-1.45 p.m. for registration. A sign-up sheet is posted in the curling lounge.

TryCurlingNow

Sunday, November 12, 2-4 p.m.



The club is offering a chance to give curling a try for free! This program is being offered on November 12 to those interested in throwing their first rock.

No experience? No gear? No problem!

The program provides a brief overview of curling, and on-ice instruction for rock delivery and sweeping. Equipment is provided. Participants are asked to bring clean running shoes.

This is our chance to promote the sport of curling. Do you have a family member, friend or neighbour who might be interested in giving it a try? To register, it's as easy as going to trycurlingnow.ca and entering your location!

Lawn signs to promote the event are available at the club (please advise Eunice when you pick one up).

Volunteers wanted

Ken McCulloch is looking for a kitchen co-ordinator for the Farmers' Spiel on Friday, Dec. 1. Contact Ken if you can help.

Bartenders with Smart Serve needed for:

- Open Cash Bonspiel, Friday, October 27 and Saturday, October 28
- Rockin' Oldies Mixed Bonspiel, Saturday, November 18
- OCA Masters Men's Competition, Friday, November 24, Saturday, November 25 and Sunday, November 26
- Empire Cheese Farmers' Bonspiel, Friday, December 1
- Kurl for Kids, Saturday, December 9
- Sharpe's Grocery, Christmas Party, December 10.

Get in the swing with Alec

The Kettle Bell Program, which is **free** to members, is going great guns on Monday nights at 6.45 p.m. Many new members have taken the challenge and are really enjoying it. Instructor Alec Dewdney says working with Kettle Bells is a great way to exercise - cardio - flexibility - mobility and strength.

Join us for curling on Friday mornings

Friday daytime curling has once again started! Some familiar faces, some new, all very welcome.

If you want to curl some more then come on out on Friday morning! We meet at 9:45, set up teams and head out on the ice at 10 a.m. We usually curl for one and a half hours then enjoy each others' company over coffee and cookies. It's good curling and a great way to practice and improve your game and get more ice time.

You can come out as an individual, no need to have a team. All ages and skill levels are welcome.

If someone you know wants to try curling have them join us and pay \$10, if they are not a member. They only need to bring clean shoes. We'll fit them up with sliders, brooms, sticks, and head protectors if desired.

Give me a call for more info.

Sandy Chapman

705 653 4041

Or come out on Friday evenings

In addition, Friday night curling is well under way. We're on ice at 5.30 p.m. and play in a pick-up format, followed by beverages and a bite to eat. Whether it's potluck or something ordered in from a local eatery is usually determined a day or two ahead (and the food is *always* good!).

It's a fun social time to practice, improve your game and try unusual shots in a no-pressure environment.

All ages, skill levels and new curlers welcome.

Looking forward to seeing you,

Deb McCarthy


416 616 5947

debandgarymccarthy@gmail.com

Tickets are still available

THE CAMPBELLFORD CURLING CLUB
Presents
CHEER FOR A YEAR
DRAW DATE
Friday December 1st, 2017 • During the Farmers Spiel

ONLY 1,000 TICKETS SOLD
OPTION ONE - \$2,080 IN GIFT CARDS TO THE
LCBO AND BEER STORE OR CASH EQUIVALENT



License Number: M791929
Licensee - Campbellford Curling Club

THANK YOU FOR YOUR SUPPORT \$10.00

YOUTH CURLING



SUNDAYS

November 5 – February 25

11 a.m.-1 p.m.

AGES 8+

ONLY \$60 +HST

OPEN HOUSE NOVEMBER 5

COME TRY FOR FREE!