



The Backline

... a newsletter for the members of the Vancouver Curling Club

A New Season is Around the Corner ...

As the summer comes to a close, it is time to bring the curling equipment out from storage and re-awaken those curling muscles. We will begin our 2008/09 season next month but, before sliding on the ice, there are a number of updates I wanted to make sure you were aware of.

To begin with, the Board of Directors wanted to extend a belated thank you to all VCC members who attended the VCC AGM at the end of April. We appreciated your feedback during the meeting and, at any time of the season, all members are welcome to bring forward your suggestions, comments and kudos to me (at president@vancouvercurlingclub.com) any members of the Board or our general manager.

Directly following the AGM, we presented the latest plans for the new facility that the VCC will be granted following the legacy conversion of the Vancouver Olympic Centre – the home of the curling and wheelchair curling competitions during the Vancouver 2010 Olympic and Paralympic Winter Games. Being so closely linked to the world's largest winter sport event makes it an exciting time to be a member of the VCC.

So throughout this coming season - both in *The Backline* and through a couple of information sessions - the Board of Directors will ensure that everyone is kept abreast of the developments leading up to the 2010 Winter Games and the plans for our new facility after the Games.

Be sure to read through this edition of the newsletter for how you can become involved with the VCC during the 2008/09 season.

There is a complete calendar of events for the season, details about our pre-season clinics, updates on our new facility, and much more.

Enjoy your remaining few weeks of summer, and the Board of Directors and staff of the VCC look forward to seeing everyone out on the ice next month.

Yours in Curling,
Scott Allen
President, VCC Board of Directors

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2008/09 Board of Directors

Scott Allen (President)	Pat McSherry (Past President)	Gary Lubin
Alistair Calder (Vice President)	Gary Dunnet	Hamish MacDonald
Eric Bond (Treasurer)	Art Hawkins	Bryan Mathews
Bev Bryck (Secretary)	Rob Hodgins	Dianne Petrant

Planning for our Future ...

In September 2011, the Vancouver Curling Club is expected to have a new home complete with eight sheets of curling ice, a brand new pro-shop and an expanded lounge area.

How will the VCC transition from our five-sheet curling club to the Legacy Facility across the soccer fields? Will leagues continue to operate as they do now? Should the VCC attract “high performance” curlers? Will the lounge be open to curlers only or to everyone who enters the community centre?

We need your help to answer the above questions, and many others.

This summer, the Board of Directors has held a number of meetings to create the first draft of the Business Plan - principles and guidelines for the Vancouver Curling Club as it relocates from our current facility into the Legacy Facility.

This first draft of the Business Plan will become the starting point for discussions and consultations we will be holding with your League Representatives through the fall for their consideration and comment. We encourage you to contact your League Rep to get involved.

Once the League Rep consultations are finished, we plan to release a final draft of the Business Plan to the VCC membership and get your feedback through a Town Hall meeting in the winter.

Following the feedback received during the membership meeting, a final Business Plan will be presented to the VCC membership at our Annual General Meeting to seek your approval to move forward.

It will be your new curling club - have your say on what it will look like.



The new roof (left) and the future ice slab (right) at the Vancouver Olympic Centre - the future home of the VCC

Get Ready for the Upcoming Season ...

With the curling season beginning in about one month, I would like to offer some insight on curling-related training that you can do now to help make your coming season more fun while reducing the probability of sore muscles at the beginning of the season.

As with any seasonal sport, pre-season training for curling has a focus on the whole body fitness level. In this case, we are talking about getting that aerobic system to a strong functioning level. With the warm summer weather still around us, there are a variety of activities that can be fun and provide some training benefits for curling.

Running, biking and swimming are some of the most common but any activity that will raise your heart rate for at least 20 minutes will have a beneficial effect on your cardiovascular system. A wonderful side effect is that the more you do, the better you will feel and then you will be happy to do more.

Another couple of areas that are great to work on are your core strength and balance/flexibility. The current popularity of yoga and pilates makes it fairly easy to find a program that will fit your schedule, is enjoyable and can be done with friends of all ages. And while I can't vouch for the long term benefits yet, the Nintendo Wii Fit system is a new kind of video game that focuses on these areas and helps you with goals and results. I'll get back to you after I have tried it for a bit longer.

The bottom line here is that the pre-season is a great time to work on your whole body and get into better shape before the season starts so that those in turn takeouts become more deadly during the upcoming curling season!

Good luck and see you in September.

Ken MacDonald
General Manager and Head Clinician

New Name, New Program ...

For the 2008/2009 season, the **High Performance Program** (formerly the Adult Development Program) not only has a new name, but a new focus as well.

This program is designed for curlers who want to take their game to the next level. So if you have the basics and want to become a better curler, then this program is for you.

For one hour each week for the entire curling season, participants in the program will receive specialized coaching from one of VCC's certified curling coaches. Drills, lasers, cones, and video will all be used to make you a better curler.

What's changed? This year each participant registers as an individual. There will be no team component,



nor any requirement to play in a specific league with other players from the program.

In addition to the coaching, coaching and more coaching, each participant will receive a great new jacket embroidered with the High Performance Program designation.

The cost for the High Performance Program is \$250.00, and registration will be limited to a maximum of 10 participants. So register early by contacting manager@vancouvercurlingclub.com.

Pre-season Tune Up ...

Kick off the new season by giving your game the jump start it needs.

Basic Skills Clinic: You're new to the game, or want to brush up on the basic skills you already have.

Two clinics of two nights each - Sept 15/16 & 17/18.

The cost is \$40 per session (basic or intermediate clinic). Registration is limited to a maximum of 40 people per session, so register early by contacting manager@vancouvercurlingclub.com.

Intermediate Skills Clinic: You've got the basics, now you want to fine-tune your skills to better prepare for the coming season. These clinics will focus on accuracy in hitting the broom and accuracy with weight (throwing, sweeping and weight judgement).

The Intermediate Clinics will be two groups of two nights each - Sept 8/9 & 10/11.

What to Expect in 2010 ...

On June 24, 2008, members of the VCC Board of Directors attended the **Game Plan 2010** public meeting for the Vancouver Olympic Centre - the 2010 Games' Curling Venue.

Designed to inform the public as to what can be expected in the Riley Park/Hillcrest area during the 2010 Winter Games, the evening was a two-part affair with a formal presentation in the first half and a number of Q&A stations in the second half. The complete presentation is available online on the [VANOC website](#).

A couple of key highlights include:

- The Vancouver Olympic Centre will be considered an all-day venue. During the Olympics, the staff will start at 6h and the spectator gates will open at 9h, with departures around 22h to 23h.

During the Paralympics, the staff will start at 8h, the spectator gates will open at 9h, and departures will be between 19h to 20h.

- Transportation: As there will be limited parking, VANOC will be asking people to bike, walk, take public transportation or car pool to the venue.
- April 9, 2010 is the date that VANOC will hand-over the facility to the Vancouver Park Board, and the legacy conversion phase will begin at this point.
- The current VCC building will be located right beside the main spectator walkway towards the entrance to the facility and grounds.

As more details become available, we will be sure to share them with you. So stay tuned to *The Backline* and the club's website to learn more about the VCC's proposed "curling experience" during the Games.



Providing printing support for our monthly newsletter, VanPrint has multiple locations to help you with any of your printing needs. Visit them online at

www.vanprint.com.

2008 - 2009 Season Calendar

2008

Thursday, Sept. 4

League Reps meeting: 7:00 pm

Monday, Sept. 8 to Thursday, Sept. 11

Intermediate Skills Clinics

- Group 1 on Sept 8/9 and Group 2 on Sept 10/11

Monday, Sept. 15 to Thursday, Sept. 18

Basic Skills Clinic

- Group 1 on Sept 15/16 and Group 2 on Sept 17/18

Friday, Sept. 19

First day of league curling

Saturday, Sept. 20

Vancouver Cup

- Team Meguro (Japan) vs Team Mallett (Canada)

Saturday, Oct. 11 to Monday, Oct. 13

Thanksgiving Bonspiel

Saturday, Nov. 22

Pink Broom Bonspiel

Friday, Nov. 28 to Sunday, Nov. 30

VCC Ladies Cashspiel

Saturday, Dec. 6 to Monday, Dec. 9

Women's Coastal Playdowns

Tuesday, Dec. 23

Last day of league curling - 1st half

Wednesday, Dec. 24 to Thursday, Jan. 1

VCC closed - Happy Holidays!

2009

Friday, Jan. 2

League curling resumes - 2nd half

Saturday, Jan. 3 - TBC

Mid-Season On-Ice Clinic

Thursday, Jan. 8

League Reps meeting: 7:00 pm

Friday, Jan. 30 to Sunday, Feb. 1

Pacific Rim Cup Bonspiel

Saturday, Feb. 14

Sandra Schmirler Day

- Open House

- VCC Playdowns begin for the BC Club Challenge

Saturday, Feb. 21

Mixed Doubles Championships (VCC Members only)

Thursday, Mar. 12 to Sunday, Mar. 15

Barry Naimark Charity Skins Bonspiel

Sunday, Mar. 29

Last day of league curling - 2nd half

Monday, Mar. 30 to Thursday, Apr. 2

Club Championship (VCC Members only)

Thursday, Apr. 2

Past Presidents' and Honourary Life Members' Dinner

Thursday, Apr. 23

Volunteers' Barbecue, League Reps Meeting & Annual General Meeting

For more information on any of the events scheduled at the VCC, please contact the Club Manager - Ken MacDonald - at 604-872-0122 or manager@vancouvercurlingclub.com.



Vancouver Curling Club

4460 Dinmont Ave • Vancouver, BC • V5Y 2M2

604-874-0122 • 604-874-2865 (fax) • manager@vancouvercurlingclub.com

www.vancouvercurlingclub.com