

Welcome to East York Little Rocks 2018-2019

Sundays 1:15 p.m. – 2:45 p.m.

Hello! Let me introduce myself...

Welcome! My name is **Glenn Gabriel** and I am the co-ordinator (or “Rep”) of the Little Rocks (U12) program at East York Curling Club. This is my eighth season with Little Rocks, having previously been a coach with the Junior (U21) program. I am NCCP Competition Coach-Intro certified. Our coaching team is looking forward to working with your kids and getting to know all of you.

The goals of our Little Rocks program

FUN!!! We want everyone to enjoy the game

SAFETY We want everyone to be as safe as possible

SKILL DEVELOPMENT We learn the sport of curling by practicing basic skills each week and by playing games, where we also learn rules and etiquette

LEARNING LIFE LESSONS We want to build character in our kids

Volunteers: We need you!

Our Little Rocks program relies on volunteers. Some of our adult on-ice volunteers are: **Gerald O’Grady, Simon Nelson, Cara Wilkie, Yuval Grinspun, Cameron Ballantyne-Smith, Warren Carruthers & Stephanie Ditta**. We also have youth on-ice volunteers, including **Alex McGurgan, Rory Malcolmson & James Fair**. We are also expecting several club members and parents of new curlers to join our on-ice coaching team this season!

This season, we are looking for off-ice volunteers! We need people:

- To help us at our bonspiel on Jan. 5/19
- To help distribute and monitor weekly snacks
- To help us at our check-in desk
- To help with fundraising projects

All of these jobs are difficult for us to manage while we are on the ice coaching. You don’t need curling experience for many of these tasks – we supply the training! Your help is appreciated.

Getting in touch with us (and vice-versa)

If you need to contact us, please use the phone numbers and e-mail addresses below. Most correspondence from East York C.C. will be e-mailed. Please ensure we have a correct e-mail address.

Thank you for joining East York Little Rocks. An exciting season awaits!

Sincerely, Coach Glenn

& Fletcher Fox (our Little Rocks mascot this season!)



Coach Glenn Gabriel • Glenn's Cell: 416-476-9757 • E-mail: littlerocks@eastyorkcurling.ca
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THREE IMPORTANT REMINDERS!

- 1. ALL LITTLE ROCKS CURLERS MUST WEAR A HELMET.** A bicycle, hockey or skiing/snowboard helmet that is CSA-approved is sufficient. No child is allowed on the ice without a helmet.
- 2. ALL LITTLE ROCKS CURLERS MUST BRING A PAIR OF CLEAN RUNNING SHOES.** They may also wear curling shoes. No child is allowed on ice without appropriate CLEAN footwear.
- 3. A PARENT OR ADULT MUST REMAIN AT THE CLUB DURING LITTLE ROCKS CURLING.** Children should not be dropped off and left without an adult to supervise. Your encouragement and support is important to the kids.

DATE	ACTIVITY
Sun Oct 14/18	OPENING DAY!
Sun Oct 21	REGULAR PRACTICE (Parents Meeting)
Sun Oct 28	REGULAR PRACTICE
Sun Nov 4	REGULAR PRACTICE
Sun Nov 11	REGULAR PRACTICE (Remembrance Day)
Sun Nov 18	REGULAR PRACTICE
Sun Nov 25	REGULAR PRACTICE
Sun Dec 2	REGULAR PRACTICE
Sun Dec 9	REGULAR PRACTICE
Sun Dec 16	DECEMBER PARTY!
Sun Dec 23	NO CURLING – HOLIDAY CLOSURE
Sun Dec 30	NO CURLING – HOLIDAY CLOSURE
Sat Jan 5/19	EAST YORK LITTLE ROCKS BONSPIEL (BONSPIEL CURLERS ONLY)
Sun Jan 6	NO CURLING – DAY AFTER BONSPIEL
Sun Jan 13	REGULAR PRACTICE (1 ST PRACTICE AFTER HOLIDAYS)
<i>NOTE: THE REMAINING PRACTICE SCHEDULE WILL BE RELEASED LATER THIS SEASON. CLOSING DAY IS TENTATIVELY SCHEDULED FOR SUN MAR 31ST.</i>	



Congratulations to Fletcher House, our 2017-18 House Cup Champion!

Players: Dexter, Sophia, Deneb, Max O, JP, Frank S, Gregory. Coaches: Sharon, Gerald, Alex
Thanks to Special Guest Liz Fletcher!