

Glen Meadows Masters Curling League Frequently Asked Questions (FAQs)

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1. What is the Canadian Curling Association (CCA)?

Established in 1990, the CCA is recognized as the national administrative body for curling in Canada by Sport Canada, the Canadian Olympic Committee and the World Curling Federation. It is governed by a 10-member board of directors. Provincial and territorial associations (e.g., Curl BC) nominate candidates to the Board, whose members are elected to five-year terms by all CCA members. Extensive curling information, including a flash demonstration on how to curl and curling shots (great to show the kids) can be found at: <http://www.curling.ca/index.asp>

2. What is Curl BC?

Curl BC is an umbrella organization responsible for the delivery of all curling programs and services in BC. This follows the amalgamation of the Pacific Coast Curling Association, the BC Ladies Curling Association, the BC Interior Curling Association and the former Curl BC in 2004. As a registered society, Curl BC promotes and develops the game of curling as a recreational and competitive sport in BC; provides technical, marketing and other relevant assistance to member clubs; and arranges and conducts playdowns and championships for the purpose of determining provincial championship teams. The Curl BC website is informative and includes course offerings, and can be found at <http://curlbc.ca/>

Curl BC organizes the province into 11 regions. Glen Meadows is in Region 8, South Island, along with the Esquimalt, Juan de Fuca and Victoria clubs. The Glen Meadows Curling Club has two representatives that sit on the Region 8 Executive with a men's representative and a woman's representative.

3. What is the Pacific Coast Masters Curling Association (PCMCA)?

This is a healthy remnant of the former Pacific Coast Curling Association. It sponsors competitive playdowns independent of Curl BC. Our Masters League belongs to Zone 1, South Island, and Jack Campbell is our representative.

4. What is the Glen Meadows Curling Club?

The Glen Meadows Curling Club is located at the Glen Meadows Golf and Curling Club (GMG&CC) on McTavish Rd in North Saanich, BC. The Club is a joint effort between the GMG&CC which provides the physical facilities and sets and collects the fees, and the Glen Meadows Curling Association (GMCA) that organizes and administers the leagues and bonspiels, and provides instruction and training. The GMCA interacts with Curl BC.

5. What leagues are in the Glen Meadows Curling Club?

The Curling Club has a number of leagues for juniors, men, and women of all ages and skill levels. The Club's leagues and fees may be found at <http://www.glenmeadowscurling.ca/>. Each League operates independently with its own Executive Committee, programs and financing.

<u>League</u>	<u>Day(s)</u>	<u>Time(s)</u>
Juniors	Wednesday	3:30 pm
Ladies Day	Monday & Wednesday	8:45 am
Ladies Evening	Tuesday	7:00 pm

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Men's Evening	Thursday	7:00 pm
Men's Masters	Tuesday and Friday	8:30 am & 11:00 am
Mixed Wednesday	Wednesday	7:00 pm
Mixed Friday	Friday	7:30 pm
Senior Competitive	Monday	1:00 pm
Sunday Instructional/Friendship	Sunday	1:00 pm

6. What's the organizational structure of the Glen Meadows Curling Association?

An umbrella executive organization exists called the Glen Meadows Curling Association. Membership includes the positions of: President, Past President, 1st Vice President, 2nd Vice President, 3rd Vice President, Secretary, and Treasurer, the Director for each League, and two Curl BC representatives. The Masters League President is on the Board of Directors.

For on-line information about the Glen Meadows Curling Association and for details about any of the leagues, including schedule information, recent news, upcoming events, bonspiels, etc., go to <http://www.glenmeadowscurling.ca/>

7. What is the Glen Meadows Masters Curling League Executive Committee?

The Glen Meadows Masters Curling League executive consists of the elected positions of President, Past President, 1st Vice President, 2nd Vice President and the Publicity/Membership Director. The Draw Master, Spare Coordinator, Treasurer, and 50/50 Coordinator are appointed positions. All positions are voting members. Elected members serve a one year term, while appointed members serve at their, and the Executive's, discretion.

The names and contact information of the incumbents may be found on the Glen Meadows Curling Association web site at <http://www.glenmeadowscurling.ca/?q=content/leagues/mens-masters-league> as well as in the Masters League Phone List which is emailed to each member.

Position	Role
President	<ul style="list-style-type: none">• Organizes and runs the Executive and General meetings.• Organizes and runs the AGM & Luncheon• Attends meetings of the Glen Meadows Curling Association• Represents the Glen Meadows Masters Curling League in all matters
Past President & Secretary	<ul style="list-style-type: none">• Records and publishes the minutes of all meetings• Heads the Nominating Committee for new members of the Executive• Determines/confirms PCMCA Zone 1 South Island activities such as bonspiel dates & playdowns by August 31st for use by the Draw Master in recommending scheduling dates of Mini-spiels and other such events to the executive

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1 st Vice President	<ul style="list-style-type: none">• Organizes and manages (chairs) the Glen Meadows Masters bonspiel• Seeks nominations for the Sportsmanship (Warren) Award presented at the AGM• Represents the League in the absence of the President• Assists the President with the year end AGM and Luncheon
2 nd Vice President	<ul style="list-style-type: none">• Responsible for inter-club play, including getting Glen Meadows members to participate• Organizes and runs the Turkey Shoot
Publicity / Membership Director	<ul style="list-style-type: none">• Responsible for all aspects of League publicity, including advertising prior to the start of the season, bonspiel publicity, reporting bonspiel results and newsletters• Primary responsibility for the recruitment of new members• Organizes mini-spiels and a fun spiel during the Christmas break• Custodian for the Frequently Asked Questions (FAQ) document keeping it up-to-date annually and having final format approved by the executive committee• Is the Masters League representative on the Membership Team of the Glen Meadows Curling Association• Distributes emails to the Masters League members on behalf of the executive using the membership email list maintained by the Draw Master
Draw Master	<ul style="list-style-type: none">• Determines and publishes the players, their positions and play times for each draw• Updates the database for the Draw Master Program• Keeps the membership email list of all players in the Masters League complete with their telephone number, date of birth, and spouses' name• Emails the telephone list for the membership• Operates the Turkey Shoot program in conjunction with the Draw Master membership list• Operates the Draw Master program for the leagues mini-spiels
Spare Coordinator	<ul style="list-style-type: none">• Organizes the availability of spares for all teams• Creates and maintains members absentee list• Creates and maintains a list of available spares• Collects spare fees from non-members
Treasurer	<ul style="list-style-type: none">• Accountable for the tracking and reporting of finances for the Masters League for the fiscal year from April 1 to March 31• Initiates an annual 3rd party financial review of the year-end income statements• Makes weekly deposits of the 50/50 and Spare Fees to the League deposit account, and pays expenses as necessary• Handles the registration for the annual Masters Open Bonspiel

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- 50/50 Coordinator
- Organizes ticket sales for all games
 - Oversees an unbiased draw of a winning ticket each week
 - Posts winning ticket number weekly
 - Records and reconciles cash to tickets sold
 - Distributes Club portion of cash to the Treasurer weekly
 - Distributes cash to winner upon validating winning ticket

8. How are nominations for Executive made?

At the end of each curling season, voting at the Annual General Meeting (AGM) & Luncheon confirms nominations for the elected positions of President, 1st Vice President, 2nd Vice President and the Publicity/Membership Director. The persons in these positions traditionally move up one position each year barring other circumstances. They are voted in to their new positions.

A nominating committee chaired by the Past President and including the President and 1st and 2nd Vice Presidents meet in advance of the AGM & Luncheon to prepare a slate of candidates for elected positions for the ensuing year. This slate is posted on the League Bulletin Board two weeks in advance of the date of the Annual Meeting. Further nominations may be presented by any member at the Annual Meeting provided the nominee has been approached and is willing to serve if elected. Non-elected positions are appointed by the Executive on those occasions when an incumbent wishes to step down. The appointees are volunteers who stand up and are willing to take on the responsibilities of the particular position. To hold office on the Executive, a member must be a paid member of the League and actively curling in the Club.

9. Where do my fees go?

Your registration fee pays for ice time (approximately 40 games), and dues for Curl BC, Pacific Coast Masters Curling Association and Glen Meadows Curling Association. The Curl BC membership is also a membership in the Canadian Curling Association. Registration fees are payable directly to the Glen Meadows office.

10. What's the minimum age for playing in the Masters?

55 or older. However, each Master player entering Curl BC or PCMCA competitions (e.g., the playdowns) must be a minimum of sixty (60) years of age on December 31 of the year prior to the provincial championship [in March] and be a paid up member of the PCMCA.

11. When's the curling season?

The season is divided into the Fall and Spring sessions. Fall is from early October to mid December, and Spring is from early January to end-of-March. Each session can be paid independently or discounted if paid together.

12. At what times do we curl?

The Masters League is blessed with sufficient members for two start times -- 8:30am and 11:00am on each Tuesday and Friday. The start times alternate -- if you curl early on Tuesday (Blue Draw), you'll curl late on Friday (Red Draw), and vice versa. The alternating times can be a source of confusion -- as a suggestion, place in memory your start time for Tuesdays, then "calculate" your time for Friday based on when you curled last Tuesday -- or write the times on a calendar.

Note: Your start time may change for each new draw (see below).

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13. How are the rinks (teams) determined?

Teams and start times are selected (drawn) at random by computer using the following inputs:

- competency ratings (see below) for position allocation and for equality between teams; and,
- players' requests for position(s); start times and car pooling.

Please note that due to competing requests, and despite best efforts, it's not always possible to satisfy all players' requests for positions and times for every draw.

Teams and start times are randomly re-selected approximately every 10-11 games, for a total of four draws per season (October to March). This re-selection of teams has been highly successful in creating a great camaraderie among our masters players.

14. How are competency ratings determined?

After each draw, evaluations are done by each skip for each member of his team. The ratings are submitted to the Draw Master for entry into the computer. Ratings are scored in four areas:

- Draws - accuracy on drawing and executing the shot;
- Take outs - taking out rocks and the ability to hit the broom and make the shot. Delivering the correct weight for the shot is important;
- Sweeping - refers to the player understanding when to sweep and if they are physically able to do so; and,
- Knowledge of the game -- this is about basic rules, attitude and conduct on the ice. Does the player understand reading the ice and strategy of the game?

Players who strongly object to their position in a draw can approach the Competency Ratings Committee through the Draw Master.

15. Are there coaches who can help me improve my game?

Yes. The Club's Director of Education can help find a certified coach who can assess your technical components (e.g., delivery, etc) and provide tips for improvement. This service is free pending the availability of a volunteer coach. In addition, several clinics are held each year at Glen Meadows for a small fee. From time-to-time, Curl BC also offers clinics – check their website for topics, dates and fees. The rest is up to you. Any member of the Executive will be happy to connect you with the Director of Education.

16. How can I reduce the risk of injury?

Here's some suggestions:

- Keep the head of your broom on the ice while walking;
- Except during delivery, and if not already, wear two grippers (no sliders) – especially when sweeping –*strongly* recommended;
- If not already, convert to the no-lift delivery to mitigate back injury; and,
- Do “dynamic-stretching” exercises to “warm up” before going on the ice. In our case, dynamic stretching is anything that puts your muscles through the range of motion that they experience curling – progressively – i.e., start small, end the exercise at full range.
- Wear a certified sports helmet such as a skateboard helmet. A number of members have suffered head injuries (concussions) upon slipping and falling to the ice in recent years.

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17. When can I practice?

Free ice time is available for members from 11:00 am to noon on Mondays, Wednesdays, Saturdays and Sundays. Note: some practice times are pre-empted by special events.

18. How are wins and losses scored?

The third of each team posts a "W" (win), "T" (tie) or "L" (loss) on the score sheet on the swing board located to the right as you enter from the side door. The teams must play a minimum of 6 ends.

The first three draws are scored in the regular way -- 2 for a win, 1 for a tie, and 0 for a loss -- and are for the bragging rights, fellowship and sportsmanship of the winners. The 4th and final draw determines the Masters League Champion. Here, the top rinks from the Blue Draw (early Tuesdays) play off and the winners advance to the play the winners of the Red Draw. Members of the winning team receive a Masters Champion Badge at the AGM Luncheon and the names are engraved on the trophy kept at Glen Meadows for the winners of A, B and C events.

19. How do I let the Spare Coordinator know of my absence(s)?

For planned absences, find the Absentee Sheet on the Masters (swing) Board near the side-door entrance and place an "X" on the date(s) you are unable to play. Accuracy on this sheet is important -- double check that your "X" is on the correct day/month. For unplanned absences, contact the Spare Coordinator by telephone.

20. Is there a fee to spare?

There's no charge for those who are paid members of the Masters League. Otherwise, it's \$10.00 per game, paid to the Spare Coordinator. Spare curlers who are not paid up for the season or half season are assessed the PCMCA membership fees the first time they spare.

21. What's the club protocol for spares?

Up to two spares can be assigned per team for any given game, otherwise the game is forfeited. A spare may play either the position, or a lower position, of the missing player. Notwithstanding, regular team players are encouraged to move up and play at a higher position whenever one of their team players is missing. Note: An exception will be made to allow three spares for a team consisting of only three regular players and one permanent spare.

22. Can I use a stick for delivery?

Yes, at any position. Sticks have brought the fun of curling back to many members. Sticks are accepted in competitive play (e.g., the playdowns), as well as in all local bonspiels.

23. Where can I find all the rules?

Curl BC rules are posted on the wall to the immediate left when entering the side-door. They are also available in the Curl BC *Yearbook* and on their website at <http://curlbc.ca/competitions/rules/>

24. What are some of the common lapses in curling protocol?

Sometimes we get so pre-occupied with the game or world events, that lapses in protocol occur:

- Prolonged hands and knees on the ice -- they melt the ice and influence play;
- Standing behind the curler -- protocol dictates standing to the far right or left;
- Interfering with the sweepers -- keep between the hog lines and against the edge of the sheet if

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- you're a sweeper and it's not your turn; and,
- Distraction during delivery – a maximum of two folks at the house end (e.g., skip and vice-skip), with everyone remaining still during the delivery is truly sportsman-like.

Every curler is recommended to read a short document called Curling Etiquette (the unwritten rules) located on the GMCA web site at <http://www.glenmeadowscurling.ca/?q=node/322>. Following the points in this document will go a long way towards making everyone's curling experience a pleasant one.

25. What's the 50/50 draw?

Consider it a fun way to contribute to a financially healthy League – with a potential for being reimbursed for your effort. Half of the 50/50 revenue is deposited directly to the Masters League's Treasurer and is a major funding source for the AGM & Luncheon. Tickets are \$1.00 each or 3 for \$2.00 and are available near the side-door entrance before each game. The winning ticket is drawn weekly, with the ticket number posted to the right of the Trophy Case before 8:00 am each Tuesday.

26. What happens at the Annual General Meeting (AGM) and Luncheon?

At the end of the curling season a luncheon is held at the club. The luncheon is free for paid up league members, Past Presidents and special guests. Spares are invited and are required to pay a small charge. Following lunch, prizes are awarded, and the Annual General Meeting is held. This includes the election of the executive for the coming season and the presentation of the Treasurer's Financial Report for the year. It's an important and enjoyable event – a time to recognize the contribution of club members.

27. What is Interclub play?

The various Masters Leagues around Victoria have inter-club games throughout the season. Generally, games are played on a Wednesday or Thursday in the morning. Details are posted on the Bulletin Board in the Club & advised by e-mail.

28. What's a mini-spiel?

Typically, these 4-end games coincide with a major (local) bonspiel(s). They are scheduled at the discretion of the Executive and pre-empt regular play. The format recognizes that a number of members may be away and provides a fun event for those not registered in a spiel. You must register to participate. The sign-up sheet is posted well in advance & advised by e-mail. The dates of the local bonspiels may be found on the Masters League Calendar of Events located on the Masters League web page on the GMCA web site.

29. A Turkey what?

The Turkey Shoot is a "Fun Day" with a different scoring format, held on either the Tuesday or Friday before Christmas. The sign-up sheet is posted well in advance and advised by e-mail. You must register to participate. At the Executive's discretion, there may be a nominal fee per draw (typically \$5.00) to cover the cost of prizes.

Players are issued a score sheet with their name, position, colour of rock and the ice they play on. There are 4 games of 2 ends each with players delivering 2 rocks of the same colour each end, as designated on the score sheet. Players are assigned a different position and different teammates each game. Scores are recorded each end and initialed by an opponent. Players with the highest accumulated score are awarded prizes.

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30. When's the Masters Bonspiel at Glen Meadows?

In the mid part of February of each year. This is an open, 4 day event held Tuesday to Friday. All players on each team must be 55+ as of 12 Feb 2013 and all must be a member of either a Masters Curling League or Curl BC (including spares). Regular Masters curling is suspended during the bonspiel. Details and team registration forms are posted well in advance. You can view the dates for all bonspiels in BC in the Curl BC *Yearbook*, or at <http://curlbc.ca/competitions/>.

31. What else is available for competitive play?

In addition to bonspiels and playdowns (see below) several Masters clubs, such as Glen Meadows, Juan de Fuca and Esquimalt host a competitive league. A Seniors Competitive League at Glen Meadows plays games on Monday at 1:00 pm; Victoria has a Super League where games are played Thursday mornings through the fall, while in Esquimalt a Super League plays Monday or Wednesday mornings. Put a team together and contact a member of your Masters Executive for information. These leagues are popular, so it's recommended that you register early – e.g., March of the preceding season.

32. What are the Curl BC Playdowns?

The playdowns are a series of competitions to determine who plays for the Provincial Championship. Teams compete to represent their club, then their region. Then regional winners (excepting the Lower Mainland Region #11), compete against other specific regions (zone) to determine who plays in the Provincials. For example, our Region 8 competes against Regions 9 and 10 in the "Island Playdown". Rules and eligibility for playdowns are provided at <http://curlbc.ca/competitions/playdowns/masters/>

33. What are the Pacific Coast Masters Curling Association (PCMCA) Playdowns?

These are similar in nature to the Curl BC Playdowns, held on different dates. Entrants can register for either the "60 and older" playdowns, or the 70 and older, but not both. Our Masters League can enter two teams into the Zone playdowns. The Guy Philip Trophy is awarded to the Provincial "60 and up" champions, while the G. Donaldson Trophy is awarded to the Provincial "70 and up" champions. Rules and eligibility may differ slightly from Curl BC – there is no PCMCA web site, so check with our PCMCA Representative or an Exec member for the current rules, eligibility and registration forms.