



Rock Talk



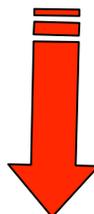
Our 2011 Masters' Bonspiel results
DETAILS inside



Fast fact: Google for "number of curlers in Canada", and you will find an estimate of 1.3 million, 3% to 4% of the population.



Are **YOU** in this issue?
You might be.
Look inside...



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Body position for great sweeping by Paul Webster

[Source Can Curl Assoc Oct 2010]

With the knowledge we now have about how best to create optimum friction on the ice surface, it is extremely important that you, as sweeper, utilize your body position to ensure maximum downward pressure.

The ideal body position

I've included a photograph of one of our La Releve athletes, Brandon Klassen, to illustrate an extremely athletic and pressure producing body position. Notice that Brandon's head is over top of the brush head and his back is **relatively flat** with at least one leg outside of his 'hipline' ensuring maximum downward pressure on the brush head.



Brandon Klassen, one of the CCA's La Releve Athletes.

[a modified push-up position] This definitely makes creating pressure easier as he is utilizing body weight as opposed to only using arm strength to create downward force. The more body weight you distribute down into the ice, the more difficult it becomes to keep the brush head moving at a rapid rate so upper body strength is also a critical element in effective sweeping.

The combination of "pressure" and "speed" will maximize the results that you are able to produce.

When observing a sweeping position that doesn't maximize downward pressure you will notice that the brush is usually **extended away from** the athlete's body and the majority of **body weight is centered over the feet** [virtually a walking position] and the legs are directly underneath the hips. The athlete is likely only generating 10-15% of the force they could produce by simply employing Brandon's position.

Food for Thought

This is one area of curling that I believe many teams can and should improve. For a front end player, 75% of what you do is sweeping so in theory, 75% of what you practice should be sweeping!

Check your brushing position during the next video session. Use a bathroom scale to determine what sweeping position enables you to produce the greatest amount of downward pressure.

What you learn might surprise you!

Fast Fact: a 2010 Scientific American podcast Science Talk is about the physics of curling, specifically the counter-intuitive direction of the curl. If this subject interests you it's a must-listen.

<http://www.scientificamerican.com/podcast/episode.cfm?id=ice-ice-baby-the-physics-of-curling-10-02-18>



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2011 Masters' Bonspiel results

A Event

1st place: Dick McCarthy team from Kerry Park (Tom Craig, Dick McCarthy,

2nd place: James Turner team from Duncan (Bob Gallagher, James Turner, Jim Armstrong, Dennis Searle)

3rd place: Al Lyon team from Juan de Fuca (Al Lyon, Steve Willett, Mike Toller, Bruce Spencer)

4th place: Lyle Garraway team from Glen Meadows (Lynn Wilson, Lyle Garraway, Daryl Holm, Ken Kosmenka)

B Event

1st place: Gary Franklin team from Kerry Park (Garry Franklyn, Jim Charlton, Bill Kohlman, Carl Lalowde)

2nd place: Bob Leach team from Esquimalt (Bob Leach, John Fraser, Al Turcotte, Wilf Bauer)

3rd place: Lawrence Woytowich team from Glen Meadows (Lawrence Woytowich, Wayne Scott, Paul Addison, Frank Nash)

4th place: Gord Zorn team from Glen Meadows (Gord Zorn, Stan Hegstrom, Jim McKissock, Barrie Baptie)

C Event

1st place: Wayne Silver team from Esquimalt (Wayne Silver, Berry Turner, George Marcynuk, Ken Taylor)

2nd place: Gordon Schnell team from Glen Meadows (Gordon Schnell, Dave Bolster, Toby Barr, Hugh Campbell)

3rd place: Jack Campbell team from Glen Meadows (Jack Campbell, Dan Eakins, Al Pelton, Ken Stevenson)

4th place: Gord Boland team from Victoria (Al Orton, Dave Martin, Gord Boland, Nick Geerdink)

D Event:

1st place: Al Mellett team from Glen Meadows (Al Mellett, Bernie Rostek, Rick Gilmore, David Hardcastle)

2nd place: Lyle Sheepwash team from Kerry Park (Lyle Sheepwash, Don Joinesne, Ray Holman, Al Brown)

3rd place: Paul Kondal team from Kerry Park (Paul Kondal, Bruce Ovens, Don Deptuck, Stephen Sikes)

4th place: Earl Hagan team from Glen Meadows (Earl Hagan, Doug McKay, Cecil Berezowski, Lyn Korella)





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Presenting some of our GMCA members...

Peggy Clark – Has curled 10 years. Her curling tip: *Don't explain. Don't complain.*

Connie Clarke – Says she has been playing 5 years and thinks "having after-game morning coffee with the girls" is worth mentioning.

Barry Coats – Notes he has curled 4 years. His highlight is winning the GMCA the Club Championship Mixed tournament.

Curling fast fact: players can be competitive at Olympic levels for decades. When Brad Gushue's team won the gold medal at the 2006 Olympics, Brad was 25 and Russ Howard, throwing second, was 50.

Kim Coats – Has been curling 4 years. Her highlight is winning the GMCA the Club Championship Mixed tournament.

Tammi Donison: Has curled 15 years. The only memorable bonspiel I can remember: Alberta All-star team with Kevin Martin.

Darlene Dressler – Claims to have curled more than 30 years. Her most memorable is "*winning our zone in the Masters' Women's at GM to go on to the Provincials.*"

Friction is complicated

Excerpts from what some mathematicians and scientists say...

In curling, from the release point to the center of the ring is about 97 feet or so. Friction with the ice brings the stone to a stop in that period (if that happens to be the goal). Friction a very complicated phenomenon, but it's frequently a good approximation to say that it's a force in the opposite direction to the motion, with a magnitude proportional to the force holding the moving object against the surface (gravity in this case).

As expected, the longer a stone takes to travel a given distance, the lower the friction -- a terribly tiny amount of friction, smaller than teflon on teflon. It could be that granite on vigorously swept ice simply has a very tiny coefficient of friction.

Yes, pebbling is important. Late in a game, the rocks will have worn away the pebble where they passed, resulting in less curl. Players have to keep track of how much curl is available from which different paths down the ice, and have to adjust throws based on how much curl they're expecting on this particular trajectory.

The chemistry of curling: the stone is heavy with a fairly small footprint. Ice itself isn't actually too slippery, but water on ice is a different story. Ice is less dense than water so, when you apply pressure to ice, it turns into water. This is the reason you can still slip on ice and why we concentrate our weight onto narrow blades to slide more





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easily on ice skates. It also explains the low friction.

A pro can do a multi-rock takeout or hit-and-roll that would make a billiards player applaud, putting it right on the line predicted by the commentary. Bad curling, on the other hand, is painful to watch. The only plus is there is a tradition in Canadian curling to call a bad shot a bad shot. To a novice viewer, it is easier to focus on the conservation of momentum. It takes more experience to appreciate a draw or the use (and evasion) of guards. On the physics side, complexities show up in other areas, such as the interaction of a rubber tire with a racing surface. Friction is complicated!

Steve Fornelli – Has curled 9 years. His highlight is being Club champion with Penny and Derek Ryan.

Brenda Jenke: I started curling at about the age of 13. My dad taught me.. He wasn't much for style or strategy but I will always remember and heed his words: "*Just get the rocks in the house.*"

Janet Lovell: Wrote that she has curled 22 years. As her curling bright moment, Janet noted winning the Club Championship Mixed tournament.

"Split" Timing (Interval Timing)

Interval timing is a scientific method that helps sweepers judge weight. A designated sweeper can time a shot between two points usually the back line and nearer hog line. This "split" is the time it takes the rock to travel from back line to hog line and will indicate its ability to make it the rest of the way. This is a relative measurement. The time that is measured cannot be easily calculated into a long time due to the deceleration of the rock. The times can be used as a reference. Example: If one of your players normally throws a 3.80 second draw split (time from back to hog) and that player throws a rock with a 4.10 second split, it is likely to need sweeping. This technique works only with players that have consistent, fluid deliveries.

A word of caution. Don't rely on the clock as your sole judge of sweeping. As you develop, you will be able to judge rocks without the use of clocks. Great teams use a combination of judgment and clock speeds.

Suggestion:

Appoint one sweeper as the split timer and the other as the weight judger based on perception alone. As the timer, don't tell the other sweeper the slit time. Let the two methods work together.

Kelly Lovell: Put down he has been curling 37 years. His big moment is qualifying for the Labatt Tankard Playdowns, Pacific Coast Division

Barb Naylor – Has been at it for 14 years. She put down as her curling highlight -- going to watch Canada play in the 2010 Olympics.

Janet Rowney – Who has curled 10 years, mentions being on a team that won B Division in Interclub Bonspiel play as her highlight.



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TECH TALK #3 WHAT'S NEW AND INTERESTING

- **Balance Plus**' new Equalizer Heat activated Performance Broom Pad. Now in stock at Sports Traders. Yes, the Heat reflective pad is legal. The pad has a reflective material that reflects the heat action of the sweeping back onto the pad. The top curlers (Hiebert & Kennedy) said they might create more problems for themselves by having too much heat. They are sponsored by Goldline, and would not use Balance Plus products. Designed for "light" sweepers such as: seniors, ladies, entry-level curlers -- to make sweeping more effective. This Balance Plus pad is \$34.99. If you put this pad in the hands of super sweepers, you will make the pad WET from reflecting heat and make the pad useless.
- **Rockwatcher** - New design stop watch that attaches to the broom. No more "clock" mode that confounds. Instead, this device gives you straight interval times and the new mode of interval plus 3-second delay and continues to give you hog to hog times. For those curlers who need more and easier information.
- **8 Ender** – New. Hair and synthetic in one head. For all Performance brooms. Oval design hair head with synthetic insert. Proving to be very popular.
- **Hammer Broom** - is back in business after a 10 year break ...made on Vancouver Island. You can now get a new Hammer Broom and a new Hammer Faceplate at Sports Traders.
- GOLDLINE'S new Fibrelite broom (with Performance head) introduced this year, has proven to be our most popular broom. Priced at \$89.00 it is a combination of carbon-fibre and fibreglass which makes for a very light broom -- almost as light as pure carbon-fibre for half the price.



NEXT YEAR

will bring an explosion of new shoes on the market. Following GOLDLINE's introduction of three new models this year, competitors are in hot pursuit.

ASHAM will introduce four new models, TOURNAMENT will introduce three, OLSON will introduce three new models,. Sports Traders will have them all.

• Don't forget to consider outfitting your curling team with matching jackets. We have plenty of styles starting at \$39.00 and we can also custom crest them in-house.

Al Mellett, Sports Traders... Keeping you up to date with everything Curling

Jill Basnyet – Has curled 15 years. Her curling most memorable is winning Interclub in 2007 – the first time she entered the competition.

Coral Bell – Was shy and put that she has been curling 50+ years... with a bright moment being in the Ladies Bonspiel and drawing to the button to win (gold hoop earrings) and being "*on the right side of an e-ender*".

Bill Burns: Has curled 48 years. Curling highlight – Representing Quebec in high school in 1965 when he went to Brandon Manitoba for the National Juniors (sponsored by Pepsi).



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SPORTS



School curling spells success

[Peninsula News Review](#) - Thursday February 3, 2011

Curlers are quelling the fears that the sport is dying at Glen Meadows Curling Club.

Last January, members of the Masters Curling League at Glen Meadows gave one-day curling classes to KELSEY elementary students. Wednesday many of those students returned to the program headed up by Grant Marshall, president of the Glen Meadows Curling Association.

[READ >>](#)



More GMCA members

Ron Sera – Who has played 15 years, says his most memorable curling moment has been winning the 2011 Mixed Bonspiel while on the Wilson team. See photo of Ron warming up before a game....

Dorothy Shortreed: After curling 51 years, Dorothy says she has several curling highlights -- winning Southern Alberta Ladies Bonspiel, Alberta Winter Games and being in Scotties Tournament of Hearts.

Julia White: After 50 years of curling experience, Julia mentions coming second in Interclub in 2010 as her pick for curling highlight.

Donna Mae Wilson – Puts down 10 years as the number she has curled. Her highlight is winning the 2011 Mixed Bonspiel as part of the Wilson team

Lynn Wilson: put down 45 years as the number he has curled. His highlight is losing to Orest Meleschuk and Don Duguid in the 1966 MCA (Manitoba) Bonspiel.



Frequently Asked Questions (FAQs)

1

Why is "snow plowing a No-No in curling?"

GMCA players ask what is it? It can be seen from time to time during GMCA matches though! Snow plowing refers to sweeping without moving the brush head side to side.

So what's wrong with that?

So-called because it resembles the forward pushing movement -- in front of the vehicle -- of snow ploughs on roads in winter. Snow plowing is also a violation of WCF rules because it allows sweepers to "dump" [meaning intentionally /unintentionally leaving debris in front of the rock]. It is very controversial due to the difficulty in determining the violation. The sweeping rule is ambiguous enough to allow flexibility in just how much side-to-side action is necessary. The US interpretation of the WCF rule states that the brush head movement must be "clear and visible". Not only controversial but some curlers don't like it when they are called on this violation.



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Pictures from the 2011 season file



A huge thank you to 2 long-standing sponsors



Sports Traders



Clearlite Glass



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GMCA LEAGUE REPORTS

The Glen Meadows Curling Association hosted their first ever Annual Novice Bonspiel on Sunday, 13 March 2011. Novice curling teams consisting of new curlers from most of the curling clubs in the Greater Victoria area gathered at Glen Meadows



comes throughout the day. In the end, a winner. The team of juniors included the winning Juniors won a cash prize Wille Dodge Chrysler and Peterson Maxymyshyn waving with Linda Lord

Picture 2 (right). Team Beasley consisting of Skip: Jenny Beasley,

3rd: Alli Lenz, 2nd: Julie Cunningham, Lead: Jan Lin

3 & 4. The overall winners of the bonspiel, Team Cassidy from the Juan De Fuca Curling Club Juniors, Skip: Ryan Cassidy, 3rd: Calvin Rugg, 2nd: Megan Cowall, Lead: Emily Bell.



BC Stick Curling Championship – Held in Armstrong, B.C. March 10 - 13, this year. Our GMCA representatives (shown right) were Dorothy Wright and Julia White were the only team from the Island out of 24 teams. Dorothy reports: *"We had a wonderful time. Everyone there was very friendly and welcoming. We got in on Thursday morning; that evening, there was a wine and cheese party, where we got to meet a lot of people. We started the next morning and won our first game, and lost our 2nd game and dropped to the B event. That night there was a fabulous banquet of roast beef with all the trimmings and the bartender introduced us to a local favorite shooter! Saturday, we lost our 3rd game, and dropped to the C event where we won our 4th and 5th games. Sunday morning we played our 6th game against the fellows*





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from Armstrong who had won the BC Championship the last 2 years in a row. We played pretty well and it was a close game, being tied up coming home. They had the last rock and had to take-out our shot rock to win. We felt quite proud of ourselves for giving them a great game. That loss put an end to our spiel, but it was very enjoyable and I would recommend this event to all. Lots of fun!"



Wine Kitz is a Canadian franchise that started the wine-making industry in 1959 under the name Wine Art. Wine Kitz Sidney opened for business in May 2002 and is locally owned and operated by Derek and Donna Finlayson.

Wine Kitz offers the highest quality wine kits available and the most modern equipment in their on-premises U-vint. This is designed to make your bottling experience easy and enjoyable. Enjoy excellent customer service and knowledge in their clean, friendly atmosphere while you select the wines you love! Make wines you're proud to serve at a fraction of the cost of commercial equivalents.

Wine Kitz Sidney is located at #203 – 9810 Seventh Street in Sidney, B.C.

"Enjoy Award Winning Wines for Everyday Living."

Spotlight Interview - Introducing ... Lawrence Woytowich

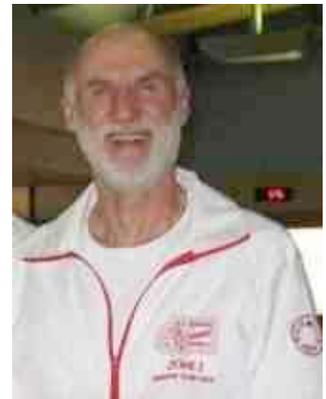
From time to time, RockTalk will do spotlight interviews. First up is one of our club stalwarts.

M: Tell readers about your early years as a curler.

L: I learned to curl on the Prairies 50 years ago. My first five years were on natural ice... at 35 below, the ice gets slowwww.... Curling is perfect for the kids who can't make the basketball team or the hockey team. Curling is a way to define yourself. Anyone who wanted to take it away from us [our team] had to beat us. Curling is The Great Equalizer.

We had natural 2 sheet ice rinks to play on every seven miles. Back then, as a junior, our teams were not readily accepted into the Men's League -- it's not like it is today-----Kids just weren't accepted.

At age 16, I had my own team. No coaches. We were the only young team at a Men's Open that year. We were a bunch of kids and we won. In the final we beat a team by the name of Melnyk who had just beat previous world champion Alberta's Hec Gervais. Part of it might have been that no one took us seriously, but most of it was probably that we were the only team that wasn't old enough to drink.





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The following year at another Men's Open, it was in March and the ice kept melting due to unusually warm weather. Waiting for the ice to harden, our final game started at 1 am in the morning. Due to the adverse conditions, after two ends, my team was disqualified because the other team couldn't reach the house and we could. This apparently was unfair to the men's team and anyway we were just juniors. With a score of 5-0 for us the trophy was presented to the local men's team.

M: Can you think of sports that people 50+ can take up and do well at?

L: I agree that curling is one of the few sports you can take up late in life. It doesn't matter how tall or strong or fast you are, unlike tennis, for example.

M: What are some of your most memorable moments?

L: There are several... the early Junior victories and the most recent, holding the BC flag on the podium this year along with the other Glen Meadows team members (Grant Marshall, Lynn Wilson and Wayne Scott) who represented our province at the Canadian Senior Games.

Thanks to everyone who supplied reports, pictures, scores, league updates, ideas, articles, links... you made production of RockTalk run smooth and enjoyable. Looking forward to next season and our next issue. The aim is to have a September issue prior to first ice time.

Please pass along your ideas and material.

Marilynne Miles Gray, Editor

GMCA Contact List -- 2010/11

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- Men's League - Kelly Lovell 655-4744

- Tuesday evening Ladies - Carol Nowak
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- Wednesday Evening Mixed- Wayne Scott
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- Masters League - Dave Bolster 652-2053
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