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**Our new ice is GREAT. Congratulations all round.**

Visit [www.glenmeadows.com](http://www.glenmeadows.com)

often to keep up with changes and updates



October 2012 issue

Glen Meadows Curling Club

# Rock Talk

## **Intermediate - Advanced Curling Clinic - your advance notice**

Our first Clinic (for novice and intermediates) was held Sat. Oct. 13th with 31 in attendance. This event always receives rave positive reviews

Here's your chance to attend our first-class clinics

The benefits?

- 1 • streams of great tips & advice
- 2 • practice in challenging new ways to improve your game
- 3 • build your confidence
- 4 • view onsite videos of your curling performance and get feedback. & MUCH MORE

**only \$10  
January 12, 2013**

## **Umpire Says: "It's in the Rules!"**

1. A member of the opposing team throws a rock. Your third notices it's not fully over the hog line. What to do? Allow it to stay in play or??
  2. What if the rock strikes a stone in play, bounces back and ends up only partway over the hog line. What to do?
  3. The rock crosses the hog line BUT spins and comes to rest biting the hog line. Now what?
- For answers, see below.

## **Word of the Day: Certification**

With World Men's Curling 2013 coming to Victoria (March 30-April 4), there's strong interest in certification.

The Competition Coach Workshop is the level of coach certification required to coach a team at Playdowns, Provincials, Nationals and the BC Games. Several steps are required to become fully certified, including completion of an on-ice practice review/evaluation. If you hold the full certification of Level 2 from the old coaching system, you are also eligible to coach at Playdowns.

## **Umpire Says (CCA Rule Book page 43)**

1. Remove the rock.
2. The rock stays where it is.
3. Rock's out of play. Remove it.



## **Sunday Friendship League**

New curlers from last year's novice league who expressed a desire to continue curling on weekends can do so in our new Friendship League Sundays from 1 – 3 p.m. While there will not be formal instruction or coaching provided, to make sure that new curlers get off to a good start, mentors will be available for the first few weeks. In addition, pure novices will be offered free instruction prior to the Friendship League's games, from 12:15 – 12:45 p.m. Drop in curlers may be able to play, depending on how the league develops. Information is contained on the Glen Meadows website.



## Long overdue tribute - Garraway team

March 17th saw the 60th anniversary of the Men's Thunderbird Bonspiel with the event at the Victoria Curling Club. News of this event arrived too late to be included in Rock Talk's final issue of the season.

Lyle Garraway was honored at the event because he was in the first bonspiel 60 years ago as a 13-year old. He played against his father that first year! In honor of this accomplishment,



Lyle was chosen to throw the first ceremonial rock to open the bonspiel. Since then, he's has played in many Thunderbird bonspiels. A CHEK television camera man interviewed Lyle. Perhaps you caught that on the 5 pm evening news that day.



The 2011-12 Garraway team included: Lynn Wilson (4th rock), Lyle Garraway (skip; 3rd rock), Ron Sera (2nd), Grant Marshall (lead). All played 2011-12 in the Glen Meadows Masters League, and other leagues as well. Congratulations to all!



## Did you know??? ... We have **GOLD** medallists in our midst?

BC Seniors Games has been an annual multi-sport event since 1987. This year the venue was Burnaby. Late August, our GMCA Woytowich Men's team representing Zone 1 (Vancouver Island South) in the final game played the Russ Beauchamp Team from West Kootney Boundary's Zone 6 team.

*As Lawrence explained just before the big game:*

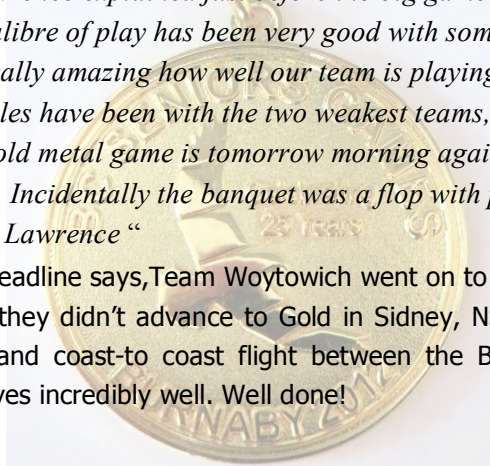
*The calibre of play has been very good with some of the teams having played 16 teams to get out of their zone.*

*It is really amazing how well our team is playing especially against the really high profile teams. Our only struggles have been with the two weakest teams, loosing on a last rock miss by yours truly.*

*Our gold metal game is tomorrow morning against Trail. Their only loss was to us, so they are eager for a re match. Incidentally the banquet was a flop with people standing for two hours to get in. Lawrence "*

As our headline says, Team Woytowich went on to **WIN**.

Sadly, they didn't advance to Gold in Sidney, NS at the Canadian Games, but with only three or so days turn around and coast-to-coast flight between the BC Games and the Canadian event, our GMCA team acquitted themselves incredibly well. Well done!





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GOLD MEDALLISTS: (L to R) 5th – Ken Wigbers /Lead – Frank Nash /2nd – Wayne Scott/ 3rd – Lynn Wilson/ Skip – Lawrence Woytowich



## Skill-Building: Timing Those Rocks

[adapted from CurlTech source]

Many curlers use stopwatches to help gauge the speed of the ice. Timing the rock's travel determines how fast or slow the ice is and judges relative changes in ice speed. Players have several choices of how to time draw shots from (a) the hog line to the tee line and (b) from hog to hog).

### Counter-intuitive

A typical hog to tee time for a draw on normal ice is 23 - 25 seconds. The higher the number, the faster the ice, for instance, 25 seconds is faster than 23. Seems counter-intuitive.

However, the terms 'fast' and 'slow' refer to the ice conditions and NOT the rock speed. Imagine trying to throw a rock ten feet on a concrete surface. Due to the rough surface of concrete, you'd have to throw the rock extremely hard and fast to cover that distance. As the rock travels over the concrete, it slows down rapidly and may take only one or two seconds to come to rest. Now imagine throwing the rock the same distance (ten feet) on ice. Since ice is much smoother and slicker than concrete, much less energy is required to move the rock ten feet. This rock actually is moving slower and traveling longer. It may take five or six seconds to come to rest.

### Early ends

In the early ends of a game, the ice may be frosty or have a fresh pebble. This means more friction, similar to the concrete example above. As the game continues, the pebble slowly wears away and the sweeping removes most of the frost. The ice gets faster as the game continues. Draw times at the beginning of a game may be 21 to 22 seconds. This will most likely increase to 23 or 24 seconds toward the middle ends.



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## Making assumptions

Be careful not to assume that the ice is the same speed in all areas. A faster track is created down the center of the sheet. An area approximately three feet on either side of the centerline is usually faster than the outer edges. The reason for this is most rocks travel down this fast-track area. It is also caused by the polishing of the ice resulting from sweeping and by the polishing action of the sweeper's shoes. Shots thrown on the outer edges may be a second slower than the center track.

In the later ends however, the fast track area begins to flatten-out due to the number of rocks, footwork and sweeping. This leads to a slower area called a flat spot or "fudge" spot and the ice gets slower. This happens sometimes in longer, more competitive games.

## Summary

Don't try to judge draw weight from times alone. Try to get a sense of draw weight first. Use stopwatch times to enhance your skills.

- Timing helps judge relative ice speed.
- It helps you respond to changes in the ice surface during a game.
- It also helps you judge ice speed at other club's relative to your own club.



**January 4-6, 2013 MIXED BONSPIEL... 32 teams is our goal. Stay tuned. Talk up the event. Loads of fun**

## October 11, 2012 **BIG** Match at GM

by Lawrence Woytowich



Three years ago, similar to this event, we played the Pat Sanders team (from Alberta) to give them a warm up prior to the Worlds. That time we were lucky enough to beat the Sanders team 6-5 on last rock. This time round, the Kathy King team beat us in a close match but our hope is we helped get them ready. Great fun.



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Thanks!  
Good sports  
like you help  
us get ready.

Good on you.  
...going the extra  
mile for Canada.

ladies: any minute  
now the guys'll  
haul out the spy  
mike

this spy mike  
doesn't seem to  
be working...



The Alberta Cathy King team (shown above shaking hands at the start of the game) is the 2012 Canadian Senior Women's Champion.

If I don't look,  
maybe the score'll  
change?

If I look,  
maybe the  
score'll change?



The 2012 Canadian win earned Cathy a career Triple Crown of national titles, an unprecedented feat in Canadian curling history. Previously, she's won Canadian Junior championships in 1977 and '78, and Scotties in 1998. The King rink will represent Canada at the World Senior Women's competition in Fredericton, NB, April 13-20, 2013.

Carolyn Morris (Third): Skipped Scotland to their Gold Medal in the 2005 World Senior Women's competition.



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Above L to R: Lynn Wilson 3<sup>rd</sup>/Lawrence Woytowich (skip)/ Cathy King (Skip) / Carolyn Morris (Third) / Lesley McEwan (Second) / Doreen Gares (Lead)/ Christine Jergensen (5th) / Wayne Scott 2<sup>nd</sup>/Frank Nash lead/ Bill Tschirhart Team Canada/King coach)

Fifth Christine Jergensen, what an interesting back ground. Played in their Gold Medal match at the 2009 World Senior Women competition. Christine returned as Skip of the same team to win Gold in the World Senior Women's in 2011.

Pat Sanders was inducted into the Canadian Curling Hall of Fame this year. The next year Pat didn't want to skip (after several world championships), so Christine skipped and they won the Worlds again. Both years undefeated. Bill Tschirhart (Coach).

*In answer to Lawrence's questions about the team, here's the reply from Doreen Gares Lead, Team King /Team Canada*

### **Letter of Thanks to Glen Meadows**

Thank you for hosting our team at the GM Club. It was great to see fans excited to watch your team and us prairie gals. I guess I am an example of what a Senior can do when you set your goals and work hard at being fit. There is no place I rather be in the winter time then curling, competing or practicing.

Our team was a semi finalist at Senior Ladies Provincials on two occasions and finalist in 2012. Won the 2012 Canadian Championship and will represent Canada at the Worlds in 2013. I have won club championships in 3 different clubs in the past 2 years. In 2000 I was selected by Canadian Curling Association to join 24 women from across Canada to compete in the Curling Tour.

Lawrence, if your team is coming to Alberta, let us know and we'll arrange a match. Thank you and please pass on a thank you to GM Club owners. P.S. The ice maker did a great job.throughout Scotland for 3 weeks. The Canadian team won.

### **Strathcona Cup Competition**

Scotland Master's vs GMCA Master's event – January 16, 2013



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**Bill Tschichart Recipient of the 2012 Achievement Award from the Canadian Curling Association.**

April 11th, 2012

Curl BC is happy to announce that 3 BC residents have been honoured by the Canadian Curling Association (CCA). Bill Tschirhart, Pat Sanders & Wayne Braun for their contributions to the sport.

**William (Bill) Tschirhart – Award of Achievement**

Mr. Tschirhart’s contributions to the development of elite curling athletes have spanned a 30-year period. His forensic examination of elite teams has been accomplished through workshops, sophisticated measuring devices, video analysis and perspectives in the areas of technical analysis, mental preparation, team dynamics, nutrition, game plan and physical preparation.

Presented annually, the award recognizes those who have contributed significantly to curling. Bill has coached elite curling athletes for the past 30 years and is the author/editor of *A Pane in the Glass: A Coach’s Companion*.

The Hall of Fame inductees were honoured at a special luncheon ceremony on Saturday, June 16 in Ottawa.

**2012 Day Ladies Interclub Bonspiel – November 5-8**

**GMCA Stick Curling – January 10, 2013**

12 weeks / 2 hours per session. Contact Dorothy Wright for further information



**YOUR CURLING FEES**

Your curling fees pay for membership in Curl BC. Don't forget to visit the website.



You'll find they offer

- 10% discounts with Canadian Direct Insurance and
- accommodation discounts for Best Western.

More information appears on the back of **2012-2013 CurIBC Calendar Yearbook** – copies are at the GMCA club entrance.

Feedback on this issue & contributions for **Rock Talk** can be forwarded to the Editor: Marilynne Miles Gray