

MORAY PROVINCE CURLING DEVELOPMENT GROUP
(Covers the County of MORAY & Nairn)

INDOOR CURLING

Go on “DON’T BE SHY GIVE CURLING A TRY”



Winter nights are here and the good news is that curling is back on the agenda.

Curling is one of the most popular winter sports– and for good reason! Curling is a fun game of intriguing strategy that can be played by people of all ages and abilities. It’s a great way to get some exercise, stay active, and meet new people. It’s also a great sport for families to

play together! Try it a couple of times and we’re sure that you’ll be a curler for life!

The Moray Province Curling Development Group (MPCDG) along with the Moray Leisure Centre are giving the chance for all who wish to try Curling, to come along to a **“Try Curling Session”** on Tuesday 22nd November to be given a taster of what curling is all about.

Will I need equipment?

No. The stones, brooms, training aids and anything else you need to try curling out for the first time are all provided.

However, please do bring a pair of clean trainers – stones, mud and anything else that might get stuck to the sole of a shoe must be kept off the ice. You may also want to wear warm clothing – but jeans are not appropriate as you will need trousers that can stretch a little!

Is there any commitment?

That is up to the individual, we would love you to come back for more coaching and so we have made a pathway for that,

1/ Try Curling Session

2/ Four weekly sessions specifically organised for those who have attended the Come and Try and so your commitment if you wish is to join the 4 weekly beginner sessions.

3/ The Moray Virtual Club

Try Curling coaching is the starting block – if you then sign up for the **Beginner Sessions (4 Weeks)** you will learn more about the sport, and hopefully enjoy curling even more.

The next step after the 4 week coaching block is if you wish to join the “Moray Virtual Club”. By this time if you are still curling you are hooked on the sport.

The Virtual Club is affiliated to the Royal Caledonian Curling Club (RCCC) which is the mother club of the sport of curling, and the governing body of curling in Scotland. The virtual club incorporates members like yourself who are in the first two years of curling and is the link to full curling clubs and is an invaluable opportunity for curlers to continue to be coached to a level you will be comfortable with to join any curling club.



The Virtual Club initiative has been a remarkable success with retention rates being very high and with great feedback from members.

All the above sessions are run by The Moray Province Curling Development Group, which is made up of RCCC qualified coaches and dedicated helpers, you will be most welcome and will be participating with likeminded people of all ages and physical abilities with one object in mind "To improve your curling to a level that you are happy with and to enjoy the sport of curling."

DEATAILS FOR COME AND TRY Tuesday 22nd November 2016

There are two time slot sessions available on the night.

The first one begins at 5pm until 6pm.

The second session begins at 5.30pm until 6.30pm.

We intend to start the courses on time so please arrive early to prepare for your session

With the help of Moray Leisure Centre, a reduced price has been given to encourage all ages to come and try the sport.

The Try Curling session on Tuesday 22nd November is only £2.50 paid on the night at the admin desk within the changing room of the Ice Rink, just mention to the Leisure Centre reception you are attending the come and try and COME ON IN where you will be met by a member of the Development Group.

Booking in advance is essential and anyone interested should contact any of the following:

Campbell Ross on 01309690097, Sandra McIver on 01309673855 or Bill Nicol on 01309672023 or go to www.trycurling.com

Details of the 4 week Beginner Classes

should those who have attended the "Come and Try" sessions and enjoyed the experience wish to take the next step the MPCDG will then give a further 4 sessions every Tuesday night for 4 weeks. . It is essential that you register for the Beginners Classes on completion of the taster session.

Week one commencing on Tuesday 29th November

Week 4 concludes on the Tuesday 20th December

With the help of Moray Leisure Centre, a reduced price has been given to encourage all ages to follow on from the Come and Try sessions.

The 4 week Beginners follow on course is only £20 for all four sessions to

paid on the first night (29th November) at the admin desk within the changing room of the Ice Rink, just mention to the Leisure Centre reception you are attending the beginner curling sessions and COME ON IN where you will be met by a member of the Development Group.

These 4 follow on sessions are 90 minutes beginner classes and are delivered as the previous courses by RCCC (The Royal Caledonian Curling Club) – (National Governing Body for Curling in Scotland) qualified coaches and helpers.

This should bring individuals up to a standard to allow them to progress to the Moray Virtual Club or join a club of their choice

If you can't make the "Try Curling" event. What should I do?

Don't despair. The first few nights of the season have sessions dedicated to novices – but that does not mean you have missed out for 12 months. Get in touch via phone or email and we may be able to arrange a session for you on the following week or soon thereafter. Contact Campbell Ross on 01309690097, Sandra McIver on 01309673855