

Waterloo Warriors Varsity Curling Program 2014 - 2015

OUA refers to the Ontario University Athletics (<http://oua.ca/>)
CIS refers to Canadian Interuniversity Sport (<http://www.cis-sic.ca/>)

Practice ice is contracted from the Westmount Curling Club. Once teams have been set, the teams will be permitted use of the locker rooms but not the lockers (except those marked as "Guest Lockers"). As needed, additional practice ice may be utilized at the K-W Granite Curling Club or the Guelph Curling Club.

2014-2015 Initial Tryout Dates & Times:

| | |
|--|----------------|
| First try-out: Saturday, October 4 th , 2 - 4pm | Westmount G&CC |
| Second try-out: Sunday, October 5 th , 2 - 4pm | Westmount G&CC |
| Third try-out: Monday, October 6 th , 6-8pm | Westmount G&CC |

Please arrive a minimum of 30 minutes prior to the listed start time for the tryout session
The coaches may elect to schedule additional try-outs, prior to final team selection(s)

Attendance at two or more tryouts is required for selection to the team. If you have legitimate cause to be unable to attend two tryouts, you may petition the head coach for consideration. Your petition should indicate why you were unable to attend the scheduled tryout sessions, and why you should be considered for selection.

All correspondence (unless of a "last minute" / urgent nature) will be handled by e-mail. The coach is Steven Hertz. His e-mail contact information is: shertz@alumni.uwaterloo.ca. The University Varsity Curling Coordinator is Chris Gilbert and his e-mail address is: cmgilbert@uwaterloo.ca

After team selection, the skips (or designates) from both the men's and women's teams will be required to represent Varsity Curling on the Inter-University Council.

PRACTICES:

Team practices will be held on weekends. Not all practices scheduled will be on ice; several off-ice sessions will be held throughout the season. Team members will also be expected to schedule time for individual practice, outside of team practices. They are also strongly encouraged to maintain the necessary level of physical fitness that is required of competitive curling.

LOCAL CURLING CLUBS:

| | |
|---|---|
| Westmount Golf and Curling Club PHONE: 743 8141 (Curling office) | 50 Inverness Drive, Kitchener Manager: Terry Hayes |
| Granite Curling Club - Rink In The Park PHONE: 742-1868 (Curling office) | 99 Seagram Avenue, Waterloo Manager: Jim Uhrig |

(Home club for the Warriors is Westmount Golf and Country Club)

IMPORTANT INFORMATION VARSITY CURLING PROGRAM 2014-2015

IMPORTANT DATES / EVENTS / SCHEDULE

Below is the present listing of the anticipated weeks in which events will be attended by the varsity curling teams in 2014 - 2015. The team members and the coaches will mutually agree upon final practice schedules once teams have been selected.

Walk-on meeting September 10 – 17:00 – PAC 2021 (Registration takes place at this meeting or at first attended try-out)

<http://www.varsity.uwaterloo.ca/sports/2013/7/17/WalkOnSchedule.aspx?id=206>

Team practices are usually held once a week beginning immediately following team selection, up to the fall term exam period. Teams will be entered in league play at Westmount, most likely on Monday nights, depending on player availability. Practices will resume the week of January 5th, and run until the middle of February with the potential of continuing into March.

While there will be no formal practices scheduled during the exam period, ice will be available for informal on-ice sessions.

OUA Provincials Hosted by McMaster University
Guelph CC
Thursday, February 19 – Monday, February 23, 2015
Please note that this is the last weekend of reading week

CIS Championships Hosted by Wilfrid Laurier University
March 18th - 22nd, 2015
Waterloo, ON

SPECIAL EVENTS:

There are several special one / two day invitational events planned with other universities. Dates for these are yet to be finalized but Waterloo will participate in two of these events. These will be hosted by Brock University, UOIT, Trent University, and potentially a jointly run Waterloo/Guelph event. Participation in these events will be discussed after team selection.

The teams may be entered into a regularly scheduled curling league, at our home club of Westmount. This will most likely be an open league on Monday nights. There will be no additional cost to the athletes for participating in this league.

University of Waterloo Warriors Varsity Curling Policy Guidelines 2014 - 2015 Season

“RESPECT the game, and RESPECT each other”

The curling program focuses on the development of the curler as an athlete and a part of the varsity team. The program provides the athlete with an opportunity to further develop curling skills, learn team strategy and to compete against teams from other universities. Setting and attaining team goals will be an integral part of the program and ultimate success will be measured on personal reward and satisfaction achieved as a curler.

Eligibility and Selection Criteria

The varsity curling program will use the regular on-campus information dissemination services available. Each athlete will be required to complete a personal profile including personal data (e. g. name, address, phone number), curling experience and a medical form. A candidate for the program must be registered as a full-time student in good standing for the fall and winter terms. This includes any student on a co-operative work program.

As the entire curling program takes place off campus, the student’s academic timetable must be compatible with the practice times and with the coaches’ availability. The final selection of the curling teams will be based on the individual’s commitment, curling ability and on their ability to function effectively as a member of the team. Final selection of team members and positions played are solely at the discretion of the coaches.

Minimum basic criteria include:

- * A strong fundamental knowledge of the game including a **minimum of two years curling experience, preferably competitive**
- * Basic equipment including shoes and brush (equipment is the responsibility of the athlete with the exception of the team jacket)
- * A positive attitude, commitment to the success of the team, and an honest commitment to Varsity Curling

NOTE: There are a number of areas that the university requires athletic attendance and these will be outlined to the successful players. These include (but are not limited to) handling one or two concessions sessions during the year, the athletic department's “Team Up” program and the Awards Banquet in late March.

Once selected as a varsity curler, the athletes will be required to attend as many scheduled practices as possible and participate **in all** scheduled competition and exhibition events. Selection period for 2014-2015 varsity curling will begin September 11h and end no later than October 15th. No other selection time(s) or format will be considered.

ALL PLAYERS: Are required to attend MANDATORY ORIENTATION and CCES training as directed by the Athletics Department. Information will be provided to the team(s) once selected.

Practice / Training Expectations

As scholastic athletes, it is expected that a balance be maintained between academic responsibilities and athletic involvement. Due to the timing of the curling season, exams in the fall term take priority. OUA competition dates in January and February must take priority for the athlete. On average there will be two on-ice or off-ice practice sessions per week each will last approximately two hours. In addition to team practices, all athletes will be encouraged to work on personal training including physical and mental conditioning.

Travel Conduct

The host curling club's dress code will dictate the attire that is appropriate for the various events through the course of the season. All Varsity athletes are expected to adhere to the drug policies of the University of Waterloo, the CIS and the OUA. The right is reserved by the CIS and the OUA to randomly check for drug use. Alcohol will not be consumed in the hours during and between games. Moderate consumption, for those of legal age at the conclusion of a day's event, will be tolerated providing the athlete's performance the following day is not affected. Being unable to perform at any scheduled event due to the consumption of alcohol will be grounds for immediate loss of varsity standing.

At no time will "initiation", "first night" or "hazing" be allowed. Athletes found in violation of this rule will be removed from the program, lose varsity standing and be subject to university wide policies.

Uniforms, Equipment, and Training Services

The athlete is responsible for his / her own basic equipment. All on campus health / medical / training and rehabilitation services are available on a needs basis and information will be provided to all athletes.

Roster and Scheduling

From the personal profiles of the successful athletes a team data sheet will be derived for use during the season. Complete scheduling of all practice dates / times and competitions will be provided to each athlete once compiled. Curling's web site is maintained by the University on the Athletics website (www.athletics.uwaterloo.ca).

Transportation / Accommodations

Transportation is provided to all competitions not held in the Kitchener-Waterloo area. Athletes are requested to use this transportation unless arrangements are made, in advance, with the coaches. University policy discourages use of personal transportation. Accommodation will be covered by the University – meal allowance is NOT paid other than meals included as a part of an event.

Expectations

Athletes will be treated as adults and it is expected that all athletes will conduct themselves in a manner appropriate as ambassadors representing their sport and the University of Waterloo at competitive events. The varsity curling program requires a commitment to the success of the athletic experience and to representing our sport in an appropriate manner. This program is committed to ensuring the continued success of the OUA and CIS championships and the sport as a fully recognized national and international competition.

Appeal Procedure

In the event that a student feels that he / she has received unfair treatment during the team selection process, the University has a clearly defined "appeal procedure" for such grievance(s) that the athlete is encouraged to pursue. (See Athletics Department website)

Waterloo Varsity Curling Information / Registration 2014-2015 Season
CLEARLY PRINT ALL INFORMATION REQUESTED

NAME: _____ Male () Female ()

LOCAL ADDRESS: _____

PHONE: _____

E-MAIL: _____

HEIGHT: _____ DOB (DD/MM/YYYY): _____

STUDENT NUMBER: _____ ACADEMIC YEAR: _____

COURSE / PROGRAM: _____

PLEASE INDICATE IF YOU WILL BE IN A CO-OP TERM THIS YEAR: Term: 1st _____ 2nd _____

NUMBER OF YEARS OF CURLING/COMPETITIVLY: _____/_____

CURRENT COMPETITIVE TEAM (IF ANY): _____

DO YOU CURL IN ANY LEAGUES? _____

WILL YOU BE CURLING IN ANY TOUR EVENTS? _____

PREFERRED PLAYING POSITION: _____

ARE YOU WILLING TO PLAY A POSITION OTHER THAN YOUR PREFERRED POSITION? YES / NO

NOTABLE INFORMATION / CURLING EXPERIENCES *(do NOT include Waterloo varsity curling experience).*

PREFERRED PRACTICE DAYS: _____

Final determination of the number and make-up of the teams will be made after all tryouts have been completed. Decision on positions and team rotation will be discussed with the players once the teams have been selected. Please note that the alternate player(s) will not be guaranteed to play regularly.

I am available / plan to attend the following initial try-outs:

| | YES | NO |
|-----------------|-------|-------|
| First try-out: | _____ | _____ |
| Second try-out: | _____ | _____ |
| Third try-out: | _____ | _____ |
| Fourth try-out: | _____ | _____ |

I HAVE READ AND UNDERSTOOD THE POLICY GUIDELINES FOR THE 2014-2015 CURLING SEASON.

SIGNED: _____

DATE: _____ 2014

| | | |
|--------------------------------------|------------------------|--------------------|
| <i>Individual Curling Evaluation</i> | <i>Start of Season</i> | <i>2014 – 2015</i> |
|--------------------------------------|------------------------|--------------------|

You are requested to rate each category based on your view of yourself as a curler. You should base your rating from 1 to 10 with 1 being poor, 10 being excellent and 5 as the average competitive curler. This questionnaire is not only used to give the coaches a better idea of your strengths and weaknesses as a curler, but as a teaching and measurement tool throughout the season. Players selected for the Varsity teams may be requested to fill out a similar questionnaire at the conclusion of the season as part of a year-end “debriefing.”

| | | |
|----|-----------------------------|--|
| 1 | Brushing ability | |
| 2 | Draw weight | |
| 3 | Hit weight | |
| 4 | Confidence | |
| 5 | Placing of the brush | |
| 6 | Delivery Mechanics | |
| 7 | Goal Setting | |
| 8 | Communication | |
| 9 | Mental toughness | |
| 10 | Physical fitness | |
| 11 | Passion | |
| 12 | Patience | |
| 13 | Ice reading | |
| 14 | Strategy | |

Please indicate your comfort at playing the following positions:

| | | |
|----|---------------|--|
| 15 | Lead | |
| 16 | Second | |
| 17 | Vice | |
| 18 | Skip | |

A player contributes most to their team when they:

Describe a situation in which you helped your team overcome an undesired outcome to a game/shot/competition:

Please provide a non-curling goal for yourself for this year:

Thank you very much for your contribution to the Varsity Curling program at the University of Waterloo.