

MCC IN THE HOUSE

The Manotick Curling Center Newsletter



November, 2023

WE ACCEPT:   

NOVEMBER



Put the rake away
and pick up that curling broom.

YOUTH HIGH PERFORMANCE TRAINING PROGRAM

Over the span of 10 weeks, the Manotick Curling Centre was fortunate to host an opportunity for Ottawa-area U18 (under eighteen) athletes who actively compete and wish to take their game to the next level. This is a program created for competitive U18 curling athletes. It offered coaching and instruction in a dynamic and fun training environment.

Led by Lisa Weagle, alongside a team of certified coaches, elite athletes, and professionals in the Ottawa area, this program is designed to equip U18 curling athletes with the knowledge, skills, and tools to elevate their curling IQ. Through a blend of classroom sessions and on-ice training, participants gained invaluable insights and techniques to enhance their performance.

Training over the 10 weeks, included:

- Delivery analysis using video and laser
- Sweeping analysis using video and Smart Broom
- Strategy and tactics
- Mental performance including performance under pressure
- Fitness and nutrition
- Practice drills and technology
- Communication and team dynamics
- Mixed Doubles 101

A LITTLE ABOUT LISA

Lisa Weagle is a three-time Scotties Tournament of Hearts champion and won gold, silver, and bronze at the World Women's Curling Championships. Lisa represented Canada in the 2022 and 2018 Olympic Winter Games and currently competes as part of one of Canada's top-ranked mixed doubles curling teams.

She is a certified coach and works as a coaching consultant with Curling Canada's NextGen and National Wheelchair Curling Programs. A lifelong Ottawa resident, Lisa has nearly 20 years of communications experience in agency, not-for-profit, and public sector settings. She is an RBC Olympian and volunteers on the Board of Directors of the Sandra Schmirler Foundation.



Graham Sinclair's Team Heading to B.C.

Graham Sinclair is on a Men's Senior team of local curlers who won the Provincial Senior Championship in Ingersoll last March. They will be on their way to Vernon B.C. on December 3 - 9 to represent Ontario in the 2023 Everest Canadian Senior Curling Championships. This event will be live-streamed on Curling Canada+ (<https://plus.curling.ca>) So we can watch it! Best of luck to Team Ontario, representing the Russell CC.

Left to Right:

Bryan Cochrane (Skip, from Russell CC), Ian MacAulay (Third, from RCMP club), Graham Sinclair (Second, from Manotick CC), and Ken Sullivan (Lead, from Brockville CC).



Missing Two Good Friends

Merv McBride and Dave Rogers are no doubt missing teammates Ron Barker and Don Monfette. The team is shown here in 2019 at the Utica, Mitchell Spiel in New York.



Did you know that....

Sonny Lapointe either

1. helicopter skied in the Rockies?
2. rescued a skier who was lost for 3 days?

OR

3. skied the Davos Resort in the Swiss Alps?



Check the back page for the correct answer.



CurlON Newsletter

The season is in full swing now at clubs across the province with skills clinics, coaching courses, leagues and bonspiels all happening in the past month. Provincial competitions have started and we've already named two champions. Catch up on what's going on this month - in this issue you'll find information about:

- Welcome New Staff
- U15 RockFest East Webinar
- Register your Club for Hit Draw Tap
- Find or Post a Bonspiel
- First Provincial Competitions Crowned
- Taking your team to the next level
- Team Ontario wins Bronze

To see the newsletter, click this link: <https://mailchi.mp/ontcurl/back-line-news-sep2023-13570583?e=b499d97e0c>



MANOTICK CURLING CLUB



NEW YEARS PARTY

2024



ICE, ICE, BABY

A NEW YEAR'S EVE CURLING AFFAIR!

Lace up your curling shoes, grab your broom, and join us for a New Year's celebration filled with thrilling matches, great company, and the chance to win fantastic prizes. Your journey on the ice isn't just about the games; it's about creating lasting memories and winning in more ways than one!"

- DATE:** December 31st @ 7pm
- HIGHLIGHTS:**
- Black & White** party theme!
 - 6 ended curling game! Points spiel with teams created by organizers!
 - Karaoke** and fun **Party games!**
Includes snacks, and prizes!
 - Collect ballots throughout the evening for even more chances at **Prizes!**
- REGISTER:** **Registration OPENS Nov.25th (closes Dec 23rd)**
<https://manotickcurling.com>
 \$40 per person, \$25 for non-curlers



Turkey Spiel Report

by Dave Hannah, Special Events



The Turkey Spiel was held at MCC Nov. 23-25. Members were treated to a variety of delicious foods including a turkey dinner on Saturday night.



There were some close matches all across the 3 groups and some great shot making in the 8 turkey shoot-outs. In a turkey shoot-out, the rock closest to the turkey wins it for the thrower. See the winners on the bar monitor (if it's working!). Live music and dancing on Saturday night capped the event.

Special thanks to Cindy & George Bradley, Krista Kelly, Tony and Lisa Stockton, Kathy Beaudette, Mary Byford, Lana MacKenzie, Bonnie Bowles, Sarah & Nancy Fletcher, also the ice crew & the bar staff.

Group A winners - Team Sinclair

Alex Sinclair
Neil Sinclair
Amanda Klowak
Sarah Fletcher
Jamie Sinclair
Duncan McRobert



**Group B winners -
Team MacKenzie**

Lana MacKenzie
Tony Frost
Mary Byford
Kelli Mirau



**Group D Winners:
Team Ashworth**

Glen Ashworth (not pictured)
Sharon Parker
Richard Nash
Suzanne Hepburn





Great prizes

Can you see the turkey?



Correct Answer to “Did You Know That...” Number 3

Sonny Lapointe is quite an accomplished skier. He and Lori were on a week's ski trip in 1983 to the Flumserberg Ski Resort in Switzerland, organized by the Bell Ski Club. They decided to extend their trip by adding a week, to ski at the Davos Resort in the Swiss Alps. He says it was a fantastic experience.

Quiz Part 2: Who is the skier pictured here? Sonny or Lori?

