

2018-19



ASHAM U18

Provincial Championship

Athlete Guideline

Swan River Curling Club

March 7-10, 2019

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CHECKLIST

Things to Do:

- | | | |
|---|--------------------------------|----------------------------|
| 1. Book Accommodations | DUE | Feb 7 th , 2018 |
| 2. Complete and submit the seeding form | DUE | February 15 |
| 3. Complete and Submit the Cresting Agreement | N/A | for U-18 |
| 4. Review the Rule Book | | |
| 5. Submit Team Photo (email to watnl@xplornet.ca) | February 8th | NOON |
- a. TEAM PHOTO – We request each team to supply a Horizontal photo of four players from the waist up in curling attire. Skip on the LEFT, third, second, lead on RIGHT.

Congratulations! You have achieved a major accomplishment in the sport of curling by becoming a provincial competitor.

Please read all the following information in preparation for the Championship Competition.

Event Contact Information

Swan River Curling Club: 1010 1 St N
Swan River, MB
R0L 1Z0
204-734-3055
www.swanrivercurling.ca

Event Chairperson(s): Louise Watkins
watnl@xplornet.ca

CurlManitoba Contact: Connor Njegovan
cnjegovan@curlmanitoba.org
204-925-5723

Please note the dates:

Registration, the pre-competition practice, and the team meeting will be held on March 7, 2019.

If you have any questions or problems prior to your arrival, please contact the CurlManitoba office.

The Board of Directors of CurlManitoba wishes you and your team good curling and good fellowship at your championship.

Things to Do Prior to the Championship

1. Review the Rulebook
All games will be played using the CurlManitoba rulebook (www.curlmanitoba.org under Competitions/Rules)
2. Complete the Seeding form (Do **NOT** seed your own team)
Seeding refers to a ranking of the teams so that they may be placed in the standard CurlManitoba draw. A form will be emailed to all teams after the all teams are known. Remember, this is your opportunity to participate in making the draw so please ensure your team's input by promptly responding. In doing their team rankings, teams are reminded that this is neither a popularity contest nor an attempt to predict the winner. It is a ranking of teams based on your personal experience and knowledge of the teams' ability. It is each team's responsibility to make an unbiased assessment of every team including themselves. This ensures that the final draw groupings at the provincial championship are the fairest possible for all teams.

Local Arrangements

Accommodations: Book using "Asham U18 Curling Provincials"

Super 8 - 204-734-7888

Teams only

\$134.88 plus taxes - 2 queen beds

Westwood Inn - 204-734-4548

\$114.75 plus taxes - 2 queens or 2 doubles /all rooms the same price

Communication:

Event results will be published on the CurlManitoba website at www.curlmanitoba.org under live results

Lockers:

One locker per team and dressing rooms are available. Please bring your own lock.

Medical:

Athlete Medical Information -

Swan Valley Hospital 1011 Main Street, Swan River, MB
(204) 734-3441

Chiropractor: Swan Valley Chiropractic Centre
Dr. Neal Watkins, Chiropractor
705 Main Street, Swan River, MB
wk: (204) 734-3013 hm: (204) 734-5675

Massage Therapist: Laurel McCleary Massage Therapy wk: (204) 734-5062
Sandy Ellingson, CMT hm: (204) 734-2707

Dentist: Aspire Dental Clinic
1488 3rd St. N., Swan River, MB
(204) 734-9901

On Site at Facility: AED Defibrillator, First Aid Kit

Umpires:

Head Umpires: Lynn Coleman

Supervising Umpires: Greg Maywood

NOTE: Connor Njegovan is the event representative

Laurie McDonnell from CurlManitoba will be available for the women's draws only to assist the umpires

Competition Procedures

Registration:

Teams will register at the Swan River Curling Club on Thursday March 7, 2019 between the hours of 12:00pm – 4:00pm.

Rings:

The result of the rings will be posted on the change room doors.

Line-up Cards:

Prior to your first game you will need to complete a line-up card. The line-up card will be available at your pre-competition practice when you get your uniforms checked. This line-up card will be your default line-up. IF you are changing any players or positions, you must complete another line-up card for each game that has a change from your default line-up card and give it to the umpire prior to the game. The umpires will have extra line-up cards at all times.

Pre-Competition Practice:

Pre-competition practice will take place on Thursday March 7, 2019 between the hours of 1:00pm and 4:00pm.

Team equipment and uniforms will be checked prior to your team's pre-event practice. Any other clothing you wish to wear must be pre-approved to be acceptable during a game. It is mandatory to wear the title and presenting sponsor crests at all times, including on your shirts.

Mandatory Team Meeting:

The Team Meeting will be held March 7, 2019 upstairs in the Curling Club. There is no banquet for the U18 Championship

Opening Ceremonies: Thursday, March 7, 2019 at 7:30.

Special Events

- **In the Kitchen...Daily Specials**
- **Friday – Complimentary Team Platters**

SPECIALS FROM THE KITCHEN...*** Gluten free options available.

Thursday -

Supper Hot chicken sandwich with mashed potatoes/vegetable/GF gravy

Friday -

Breakfast – Fruit pizza and muffin

Lunch Soup and Sandwich OR Chicken Ceasar Salad

Supper Chili with wild/brown rice

Saturday -

Breakfast Bacon Egger on English muffin(GF available)

Cinnamon bun with grapes/fruit

Lunch Soup & Sandwich OR Taco Salad

Supper Chicken stew

Sunday -

Lunch Vanilla yogurt & mixed fruit

Club Sandwich with Veges & dip

Available Daily – homemade baking, fruit, muffins, yogurt, grilled items

*** Gluten free options available.

Game Procedures

Broom Moratorium:

The broom moratorium is in effect. The complete moratorium can be found at www.curlmanitoba.org – Competitions – Rules

Coin Toss: **Note: there will be a designated area for the coin toss**

A minimum of 35 minutes before the draw time, the teams shall toss a coin to determine the order of practice and stone colour. The winner of the toss shall have choice of first/second practice or stone colour. A specific location will be marked for the coin toss; failure to be in attendance will be considered to have lost the toss. The team that practices first will throw the clockwise turn for the Last Stone Advantage (LSD).

Pre-Game Practice:

First practice will start 15 minutes prior to the game time. You may stand on the ice and cool your slider, but please do not slide until the umpire signals "practice may begin". Practice will be 5 minutes followed by the draw for last stone advantage in the first end.

Last Stone Advantage (LSD):

1. The team with first practice will **always** deliver the clockwise rotation while the team with second practice will **always** deliver the counter-clockwise rotation.
2. Each player must deliver a minimum of one (1) stones during the round robin.
3. Both teams will name two (2) different players delivering the stones before start of the first practice.
4. After pre-game practice, the two different players will each deliver one (1) stone to the button; both stones will be measured and totaled.
5. If the second team registers the same two-stone distance as the team with first practice, the teams will alternate delivering one (1) stone with their designated rotation until the tie is broken. Any player on the team can deliver the third and any subsequent stones including the players who delivered the first two stones.
6. Only the combined distance of the first two stones delivered will be registered for the accumulated distance.
7. A stone not delivered within the time allotted by the umpire will be assigned a distance of 185.40 cm (the stone must reach the near tee-line before the one-minute time expires).
8. Stones moved by the delivery team before being measured will be assigned the distance of the next defined circle away from the button.
 - On or touching the button = 15.24 cm (when a one (1) foot button)
 - In or touching the four foot = 60.96 cm
 - In or touching the eight foot = 121.92 cm
 - In or touching the twelve foot = 182.88 cm
9. If a member of the non-delivering team or an external force moves a stationary stone or causes it to be moved before the Umpire completes the measurement, the stone is replaced to its original position by the delivering team.
10. If the team with second practice then registers the same first stone distance as the team with first practice, a second player from the team with second practice will deliver a stone, which will be measured.
11. If the distances are still tied, the teams will alternate delivering one (1) stone with their designated rotation until the tie is broken. Any player on the team can deliver the third and any subsequent stone including the players who delivered the first two stones.
12. At the conclusion of the round robin, the single highest recorded distance will be discarded to establish the final accumulated distance.

NOTE: The third from both teams shall watch the measure and confirm the distance recorded.

Game Duration:

Games are 8 ends with a 1h and 50min bell and a 4th end break of 5 minutes. You must play a minimum of 4 ends at which time a team may elect to concede. There will be a 2-minute break before extra ends.

Page Playoff:

The top four teams with the best win/loss and positive records will advance to the playoff round.

First and second place teams will play with the winner advancing to the final and the loser moving to the semi-final.

Third and fourth place teams will play and the winner will advance to the semi-final.

The winner of the semi-final will advance to the final.

If there are two or more teams tied, placement will be based on the team's cumulative LSD.

Coaching

Texting or surfing the net is not allowed at the coaches' bench. If you need to answer an email or make a call, please leave the ice area. All phones must be turned off in the ice area.

Rule Enforcement

Rule enforcement will operate on a complaint based system where the umpires will not get involved unless requested by either of the two competing teams. The hog-line rule is that a stone must be clearly released BEFORE the hog-line. If you consider hog-line violations to exist and wish that it be addressed, an umpire will be assigned to observe all players on the sheet. The umpire will make hog-line calls for both teams and stones will be removed accordingly.

Remember that players from the non-delivering team must be positioned between the courtesy lines (hog-lines) in single file when the opposing team is delivering.

If you are leaving the ice area prior to other games being complete, please do not walk across the backboard while players are delivering their stones.

Unsportsmanlike conduct will not be tolerated. If you swear loudly, bang a broom loudly or do anything to interrupt or interfere with the play on the other sheets you may be ejected from the game and your fifth will NOT be allowed to replace you.

General:

1. It is understood that preliminary rounds, tiebreaker games and all playoff rounds are deemed to be one competition. Teams, having begun the competition, are expected to complete all games in the competition to the standard outlined above.
2. All cell phones or other communication devices MUST be turned off during the games.
3. Please remember to keep your knees and hands off the ice surface after you have thrown a stone.
4. Please place your equipment bags and equipment along the back of the walkway.

CurlManitoba is fortunate to have good media coverage. We would appreciate you taking the time to talk to the media when approached. Remember-there is no such thing as "off the record".

Make sure you are aware of the CurlManitoba Social Media Policy.

Any questions you have please contact Connor Njegovan cnjegovan@curlmanitoba.org prior to the event. Questions arising at the event should be directed to the head umpire.

MEDIA

CurlManitoba is fortunate to have great support from media across the province. Every player is asked to do their part in maintaining that support by cooperating with media when requested. The presence of photographers and cameramen is a fact during a CurlManitoba Championship. While it may seem courteous to you to stop your movement while they take their picture, it is not your responsibility to do so. Your job is to be in position to sweep or make your next shot. If you must move in front of their camera to do so, do not be concerned about it.

Social Media Guidelines for Athletes and Coaches

Definitions

The following term has this meaning in these Guidelines:

“*Social media*”– The catch-all term that is applied broadly to new computer-mediated communication media such as blogs, YouTube, Facebook, and Twitter

Purpose

1. These Guidelines provide athletes and coaches with tips and suggestions for social media use. Athletes and coaches are strongly encouraged to develop their own strategy for social media use (either written down or not) and ensure that their strategy for social media use is acceptable pursuant to CurlManitoba’s *Code of Conduct, Behavioural and Discipline Policies*.
2. Given the nature of social media as a continually developing communication sphere, CurlManitoba trusts its athletes and coaches to use their best judgment when interacting with social media. These Guidelines are not hard and fast rules or behavioural laws; but rather ideas that will inform athletes’ and coaches’ best judgment.

Social Media Guidelines for Athletes

The following tips should be used by athletes to form their own strategy for social media use:

1. Set your privacy settings to restrict who can search for you and what private information other people can see
2. Coaches, teammates, officials, or opposing competitors may all add you to Facebook or follow you on Twitter. You are not required to follow anyone or be Facebook friends with anyone
3. If you feel harassed by someone in a social medium, report it to your coach, umpire, or to CurlManitoba
4. Do not feel pressure to join a fan page on Facebook or follow a Twitter feed
5. Content posted on Twitter and Facebook, relative to your privacy settings, is considered public. In most cases, you do not have a reasonable expectation of privacy for any material that you post
6. Avoid posting pictures of, or alluding to, participation in illegal activity such as: speeding, physical assault, harassment, drinking alcohol (if underage), and smoking marijuana
7. Model appropriate behaviour in social media befitting your status as a) an elite athlete, and b) a member of your club and of CurlManitoba. As a Member of CurlManitoba, you have agreed to CurlManitoba’s *Code of Conduct, Behavioural and Discipline Policies* and must follow that Code when you post material and interact with other people through social media
8. Be aware that your public Facebook page or Twitter feed may be monitored by your club, coach, or by CurlManitoba and content or behaviour demonstrated in social media may be subject to sanction under CurlManitoba’s *Code of Conduct, Behavioural and Discipline Policies*

Social Media Guidelines for Coaches

The following tips should be used by coaches to form their own strategy for social media use:

1. Choosing not to engage with social media is an acceptable social media strategy. But you must have good reasons for your choice and be active in other communication media
2. Despite what Facebook says, you are not actually “friends” with athletes. Resist commenting on athletes’ personal activities, status updates, or tweets on Twitter

3. Consider monitoring or being generally aware of athletes' public social media behaviour to ensure compliance with CurlManitoba's *Code of Conduct, Behavioural and Discipline Policies*
4. Coaches may not demand access to an athlete's private posts on Twitter or Facebook
5. Do not "friend" athletes on Facebook unless they request the connection. Never pressure athletes to "friend" you
6. If you accept some "friend" requests, or follow one athlete on Twitter, you should accept all friend requests and follow all the athletes. Be careful not to show favouritism on social media
7. Consider managing your social media so that athletes do not have the option to follow you on Twitter or "friend" you on Facebook
8. Seek permission from athletes before posting pictures or videos of the athletes on publicly available social media like a blog or on YouTube
9. Do not use social media to 'trap' athletes if they say one thing to you in person but their social media activity reveals they were doing something different
10. Keep selection decisions and other official team business off social media
11. Never require athletes to join Facebook, join a Facebook group, subscribe to a Twitter feed, or join a Facebook fan page about your team or organization
12. If you create a fan page on Facebook for your team or athlete, do not make this social media site the exclusive location for important information. Duplicate important information in more official channels (like on a website or via email)
13. Ensure that parents are aware that some coach-athlete interactions may take place on Facebook
14. Exercise appropriate discretion when using social media for your own personal communications (with friends, colleagues, and other athletes) with the knowledge that your behaviour may be used as a model by your athletes
15. Avoid association with Facebook groups or Twitter feeds with explicit sexual contact or viewpoints that might offend or compromise the coach-athlete relationship
16. Never misrepresent yourself by using a fake name or fake profile
17. Be aware that you may acquire information about an athlete that imposes an obligation of disclosure on your part (such as seeing pictures of underage athletes drinking during a trip)
18. Attempt to make communication with athletes in social media as one-sided as possible. Be available for athletes if they initiate contact via social media – athletes may wish to have this easy and quick access to you – but avoid imposing yourself into an athlete's personal social media space unless explicitly requested to do so

WHEN YOU WIN THE PROVINCIAL CHAMPIONSHIP

Before you leave the ice:

1. Media interviews may be required, either on-site or by telephone. The CurlManitoba Event/Development Coordinator &/or Host Committee Chair will coordinate these requests.
2. A Champions Photo will be taken. This will involve the four team members in a pose as required for the National Championship program. Additional poses involving sponsor, trophy presentation, etc will also be required.
3. Immediately after the Championship Final, CurlManitoba and the Host Committee will be hosting a reception for the two finalist teams along with sponsors and other guests. During the reception, team members will be required to complete National Championship documentation and uniform fittings (jackets and shirts). If you have previously participated in this Canadian Championship you may want to supply any previous crests to be added to your jacket. These forms will be sent in (by CurlManitoba's High Performance Director) within 2 hours of you winning the Championship.

The following items will require your attention in preparation for leaving for the Canadian Championship.

1. Each Team member and coach will be provided with a National Competitor's Guide, which contains forms that must be completed and signed.
2. Within 24 hours you must complete and return all forms (including your coach information) and biography information.
3. You will be provided with an online link to complete biography information. This must be completed immediately to ensure your information is shown in the Extra End Magazine and Media Guide.
4. The CurlManitoba High Performance Director is available to work with the team prior to leaving for the championship. As Manitoba's Representative your team is required to be available for a meeting with the High Performance Director
5. Teams are allowed to name their own fifth player at the teams expense. There will be no spare pool.
6. CurlManitoba will provide pin cards, which will include a team picture plus CurlManitoba and event pins. The team will be required to supply a predetermined number of club pins for this card.
7. Each team member (4) and coach will be provided with two Manitoba shirts and one Manitoba jacket. Additional shirts and jackets may be purchased. You may add previous provincial crests to your jacket but these crests MUST be at the office within 24 hours.
8. In the past, teams have often purchased a team jacket for presentation to their team driver at the championship.
9. Normally the home club of the provincial championship winning team hosts a team social evening.
10. You may be required to participate in some media events prior to leaving for the championship.

**Canadian U18 Championship will be played
April 2-7, 2019 at the Glen Allan Rec Complex in
Sherwood Park, Alta**

Below is the 2018 National Championship Funding Policy

Team Travel Policy for the U18 National Championships (effective December 1, 2017)

Travel

- All team travel will be the responsibility of Curling Canada.
 - o Mixed – four (4) athletes
 - o Juniors – four (4) athletes + one (1) coach for the men's event & four (4) athletes + one (1) coach for the women's event
 - o **Seniors – four (4) athletes for the men's event & four (4) athletes for the women's event**
 - o Wheelchair – four (4) athletes + one (1) coach per gender
 - o Under-18 – four (4) athletes + one (1) coach for the men's event & four (4) athletes + one (1) coach for the women's event (note beginning in 2019).
- Curling Canada will manage the bookings via their travel agent(s) and Curling Canada will be responsible for full payment. Without exception, all travel will be pre-approved by Curling Canada.**

Accommodation

- For the four named events beginning in 2017-18, Curling Canada will pay 67% of any team's hotel bill to a maximum of:
 - o Two (2) rooms for a maximum eight (8) days for the **2019** Mixed (site TBA)
 - o Three (3) rooms for a maximum eleven (11) days for the Juniors (Shawinigan)
 - o Two (2) rooms for a maximum eight (8) days for the Seniors (Stratford)
 - o Three (3) rooms for a maximum eight (8) days for the Wheelchair (Leduc)
 - o No hotel subsidy for the Under-18

As example, assume the rates for the juniors are \$100 per night including all taxes. The team is on site for 11 days and books three rooms. The total cost is 3 x 11 x \$100 or \$3300. Curling Canada would refund \$2211. The team's portion would be \$1089.
- Teams **will book and pay for their own rooms** and then will submit their hotel invoices for re-imburement after the event. We will reimburse any team **within one week** of receiving the invoice.

Stay-To-Play:

- This accommodation subsidy is based on a **Stay-To-Play** policy which means teams are eligible for the 67% refund **only if they stay** in the Curling Canada designated Host Hotel. Curling Canada will make best efforts to book at a minimum, 3-star+ hotels with appropriate amenities and reasonable prices.

November 2017

Thank you to the Sponsors of the CurlManitoba Provincial Championships

