



# Coaching Newsletter

April 2024



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## On Top of the World!

It was just a few days ago, Paul Flemming and his NS team made an angle runback to win the Senior Men's World Championship! They had an outstanding performance all week winning every single game.

Congratulations! Nova Scotians are on top of the world podium and we'll strive to put more there! What a way to finish off the season!

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## Student-Athlete Curling Scholarships

Are you coaching a team with student athletes? Check out these [two opportunities](#) for a total of twenty scholarships worth \$2,500 each. The two opportunities include, For the Love of Curling Scholarship and the Fran Todd All Heart Scholarship. The deadline is June 9, 2024.

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# 24/25 NS Curling Calendar

We're excited to share that the [NS Curling Championship calendar](#) is out! Planning starts now coaches.

**Age update** - You'll notice under Tier 4 that we have combined the U11 & U13 Jamboree to have a U12 Jamboree. This age aligns with [Curling Canada's Long Term Curler Development](#). U12 curlers must be aged 11 or younger as of December 31st, 2024.

This age adjustment also aligns with the adjustment that Curling Canada will be making for the [Hit Draw Tap](#) program.

Check out [Youth Curling](#) to find more ideas to share with your teams or junior program.



**2024-2025 PROVINCIAL CHAMPIONSHIP CALENDAR**

Event	Dates	Location
<b>Tier 1 (Leads to a World Championship)</b>		
Men's and Women's Open Qualifier	December 12-15, 2024	Amherst CC
Men's and Women's Provincial	January 15-19, 2025	Halifax CC
Mixed Doubles	Jan 30 - Feb 2, 2025	Liverpool CC
Under 21 (Men and Women)	February 5-9, 2025	Truro CC
Seniors (Men and Women)	March 12-16, 2025	Digby CC
Mixed 4-Player	March 26-30, 2025	Shelburne CC
<b>Tier 2 (Leads to a National Championship)</b>		
Under 18 (Boys and Girls)	December 27-31, 2024	Lakeshore CC
Wheelchair	December 29-31, 2024	Lakeshore CC
Masters (Men and Women)	Feb 26 - Mar 2, 2025	Amherst CC
Club Championship (Men)	March 5-9, 2025	Lakeshore CC
Club Championship (Women)	March 19-23, 2025	Digby CC
<b>Tier 3 (NSCA Championship)</b>		
Junior Mixed Doubles (U16, U21)	January 9-12, 2025	Berwick CC
Club Series Mixed	January 23-26, 2025	Amherst CC
Under 15 (Boys and Girls)	Jan 31 - Feb 2, 2025	Mayflower CC
Club Series (Men and Women)	February 20-23, 2025	Windsor CC
Junior Mixed 4-Player (U16, U21)	March 14-16, 2025	TBD
<b>Tier 4 (Participation Bonspiel)</b>		
Under 12 Jamboree	February 15-17, 2025	Bridgewater CC
Note: February 17 is a Holiday		
<b>Associate Organization</b>		
Stick Association Mixed	January 17-19, 2025	Bridgewater CC
Stick Association (Men and Women)	February 13-16, 2025	Lakeshore CC
Grandmasters (Men and Women)	April 1-3, 2025	Mayflower CC

Event dates consider the usual number of teams, minimizes time off school and work, and maximizes club availability. NS Curling will be able to confirm the exact number of days required once the registrations have closed, which is normally 45 days prior to the event.

## Attention U18 Coaches The Total Athlete Program

The Total Athlete is a 4 month mental performance program for U18 curlers. [Emily Riley](#) is a Certified Mental Performance Consultant and a professional member of the Canadian Sport Psychology Association. Emily is also a competitive curler herself competing at the World Mixed championship and the last 4 Scotties Tournament of Hearts!



[Connect with Emily](#) to find out more about this program and other services.

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## 2025 True Sport Athlete Ambassador



True Sport Athlete Ambassador nominations are open for 2025! Forms can be found on the [True Sport Nova Scotia](#) instagram page. Nomination links are in the bio. To nominate an athlete you must be a VIP Coach. If you're not, reach out to [commcoach@csiatlantic.ca](mailto:commcoach@csiatlantic.ca) to find out how to become one so you can nominate an athlete!

2024 Athlete Ambassador Alison Umlah (2x Canadian Jr Curling Champion) had this to say about the program, "Being a True Sport Athlete Ambassador this year has been an amazing opportunity. It has allowed me to share how the True Sport values impact my sports experience and show others how they can integrate these principles into their experiences too. The ambassador program has connected me with so many athletes and coaches, and it's been really inspiring to see the joy that sport brings to their lives."

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## Coaches' Roundtable Series - Digby

Calling all Valley coaches! Join Canadian Sport Institute Atlantic and Sport Nova Scotia for a [regional roundtable in Digby](#). This is a chance to socialize and share, bring your successes, challenges and best practices to the table. This is a free event and all coaches are welcome. There will be snacks!

The event is being held on May 6th at 4pm at the [Digby Curling Club](#).

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## Coach Initiation in Sport

This [NCCP course](#) is for new and experienced coaches. The course covers; long term athlete development, ethics, coaching motivation, and athletes safety and wellness. There is a fee of \$15 and takes about 1 hour to complete.

Who is this course good for?

- Parents who are new to coaching
- New coaches
- Experienced coaches new to NCCP
- Athletes transitioning to coaching
- Experienced NCCP coaches in need of PD points or a refresher course on the principles of NCCP
- Fundamental principles to the NCCP



This is a great time of year to take a look at what NCCP courses are available for you to continue to grow as a coach.

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## True Sport Web Series

Registration for part 2 of the [True Sport webinar series](#) is open. It will be hosted by the Canadian Centre for Ethics in Sport (CCES) and Sport Law.

Learn from sport leaders across Canada who have created successful strategies to activate True Sport within their organizations. You'll be motivated by tangible examples of how to activate True Sport in your sport or community.

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### Session 2

- Activating True Sport at the National, Provincial/Territorial, and Community Levels
- May 9th, 1pm - 2pm

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