

NOVEMBER, 2024

COACHING

# NEWSLETTER



## Let the Games Begin!

Congratulations to Team Black on winning the Hearing Life Tier 2 Tour Challenge!

Special shout out to coaches **Stuart and Carole Maclean**.

Next up, Team Black will compete at the Grand Slam of Curling's, The National in St. John's NL starting Nov 26th.

## Coaching Roundtable Series

CSIA and Sport NS are going on the road. Join coaches from your community to share best practices, barriers and real-life leanings. All sessions run from 7pm - 8:30pm. If you have any questions please contact [Allison Saunders](#) at CSIA.

- [Dartmouth, ADCKC](#) - Nov 13th
- [Amherst, YMCA](#) - Nov 14th
- [Port Hawkesbury, Civic Centre](#) - Nov 18th
- [Antigonish](#), TBD - Nov 19th

## The Fundamentals of Sports Nutrition

Check out this [webinar](#) with Performance Dietician, Melissa Allen from CSIA. Melissa wants to empower you to navigate the unique nutritional needs of your athletes for optimal training, performance, and recovery. Melissa works with Olympians, National, Provincial and Collegiate athletes at the CSIA.

PODIUM PERFORMANCE SERIES

### THE FUNDAMENTALS OF SPORTS NUTRITION

How to support unique athlete needs

WITH PERFORMANCE DIETICIAN  
**MELISSA ALLEN**

Monday, November 18 - 7pm AST

LIVE WEBINAR

REGISTER NOW AT  
[THELOCKER.COACH.CA](http://THELOCKER.COACH.CA)

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[Live Webinar](#)



## Youth Webinar

Curling Canada still has one more Youth Curling Webinar available!

**Registration** is open!

- Nov 19th @ 9pm - U15 Regional Rockfest Events (singles curling)

[Youth Curling](#)



## True Sport Colouring Pages

Do you work with a youth curling program? This is a great True sport activity to have your curlers work on before, after or even during a practice if they need a break from the cold ice shed!

Check out all of the [free colouring pages](#) that are available and post them in your facility!