

# SPCC 2023-24 NEWSLETTER

August 1, 2023



Sherwood Park Curling Club

780-467-9412

[admin@sherwoodparkcurling.com](mailto:admin@sherwoodparkcurling.com)

[www.sherwoodparkcurling.com](http://www.sherwoodparkcurling.com)

@shpkcurlingclub

## Welcome in our new 2023/24 SPCC President!



I love curling! Everything about it: the competition, physical activity, camaraderie on the ice, and socializing in the lounge afterwards. I started curling in my early 20's, had some time away from the ice and then came back to the game six or seven years ago. It's cliché to say but curling truly is a sport for all ages and all abilities. We've seen reports in the news of the country's aging population, the demographics in our curling club are no different; did you know that almost 60% of our members are over the age of 50? We continue to encourage the next generations and grow interest in groups that don't traditionally think of curling as a sport for them. A big thanks to Heather, her team, and our wonderful volunteers for their efforts last year with the junior program, Curling 4 Families, Learn to Curl, and their work with the schools; I am excited about the plans to develop these programs further this year, and continue to grow our membership. We have an exciting event early in our season: some of the world's best are coming to Sherwood Park October 5 - 8 to compete in the Mixed Doubles Super Series, mark your calendars and get involved! I hope you are enjoying your summer, and I look forward to being your president this season and seeing you back at the club in September.

*Gerry Salm*

Curls Tuesday & Thursday Men's Leagues

## Register NOW!

**The SPCC Registration Deadline is  
August 15, 2023**

All SPCC members have until the end of the day on August 15th to complete their registration for the 2023-24 season. This deadline applies to all SPCC leagues and Seniors as well as Junior programs.

**If you would like some in person registration support, Cara will be in the SPCC Office on August 3rd from 10am to 2pm.**

### Openings in SPCC Leagues

As of August 1, we have spaces open in the following leagues/programs:

#### Evenings:

- Monday Doubles (1)
- Tuesday Mens (1)
- Wednesday Ladies (2)
- Thursday Mens (2)
- Friday Night Mixed (4)
- Sunday Rookie (4)

#### Daytime:

- Sunday Open (4)
- Thursday Ladies (2)
- Senior Mixed (M pm, W, F)
- Juniors U12 Mon
- U15/U18 Wed

If you know someone looking for a new league send them our way!



**JDK** | HEATING  
& COOLING



**Allstate**  
You're in good hands.

Tony George



**FIRST CALL**  
HEATING & AIR CONDITIONING



# Manager's Message

Many of our SPCC members are golfers and I am sure you are enjoying the wonderful weather along with the lush greens and fairways.



Many of you are lakers and are enjoying the time on the water whether it be fishing, surfing, swimming, wakeboarding or skiing.

Whatever your off season training pleasures are getting outside and taking in the great outdoors while soaking up some vitamin D is a good thing! All of these and more are great ways to keep your body physically ready for another active curling season.

Pro tip is to add some yoga and curling specific stretching to your weekly routine. By conditioning your body with curling like motions throughout the summer will increase your flexibility and balance needed to smoothly and safely transition back onto the ice. Add some extra zip to sweeping the kitchen floor to the routine and this too will help increase the cardio you want to have as a sweeper.

By making an effort to think curling mechanics in the summertime, your muscles will thank you and it should help decrease the number of falls we have during the first few weeks returning to curl.

Until then namaste and breathe in the sunshine! *Heather*



## SPCC Calendar



- **Aug 15:** Registration Deadline
- **Aug 20:** SPCC Board Meeting
- **Aug 28:** Terry returns and ice Install begins
- **Sep 18:** Practice Ice opens (tentative)
- **Sep 22:** First league games (Fri Mixed Only)
- **Sep 24 - Oct 2:** Week of Welcome : All Leagues begin
- **Oct 3 - 8:** Mixed Doubles Super Series (no league games)
- **Oct 9:** Thanksgiving - No curling
- **Oct 10:** Return to regularly scheduled curling!

## Senior Mixed League News

Our Senior Mixed League is on the hunt for Leads! We have ice available to add more teams to our Monday afternoon and Wednesday & Friday morning leagues but we need a few more players, especially Leads! If you are over 50 and want to curl, please email [seniors@sherwoodparkcurling.com](mailto:seniors@sherwoodparkcurling.com)

The Monday Afternoon league is also looking for a new Spare Captain for the upcoming season. If you curl in the league and would like to volunteer, please let us know.

Keep your eyes open for new banners being added to our banner wall and a few changes on the ice. A little birdie told me that we will be getting some new house designs this season!



Thanks to everyone who completed the 2022-23 Survey. We appreciate your feedback and are working to make changes based on it.



A L A I R

LIVING BETTER STARTS HERE™



## MIXED DOUBLES SUPER SERIES

As we announced in May, the SPCC will host 30 of the best mixed doubles teams in Canada and the world at the [Mixed Doubles Super Series](#) from October 5-8, 2023.

To make this event a success, we will need volunteers. And because we will not have games from October 3-9, you might have some free time to help out. We are looking for:

- Game Timers
- Bleacher set up/takedown/transport
- Ticketing/50-50 Sales
- Hosts

If you are interested in volunteering, please register here : [MDSS Volunteer Registration](#)

Congratulations to Lucas Sawiak(L) and Terren Algot(R). They received [Strathcona County Awards of Excellence](#) in the Youth category in June.



## The Latest in SPCC Gear

Looking for a new way to show you SPCC Pride off the ice? Check out this blue plaid shirt, modelled by our manager Heather.



If hoodies aren't your thing, we think this would be a great look for volunteering at SPCC events. Cost will be \$70 + gst and we will be adding an SPCC logo.

We have set up up a pre-order form here: [Plaid Shirt Order Form](#). Get your orders in by September 1 so we can have them here in time for the Mixed Doubles event.

## Our 20th Anniversary celebrations continue!



There are still SPCC Crests (with and without TakeOut Tonic) available for purchase.

Did you know that TakeOut Tonic works as Birdie Juice too? The Pro shop is open Thursday Aug 3, 10am-2pm if you want to pick some up.



## Summer Photos!

We love to see what our members are up to!



Matt Vass and Dorothy Sutton (R) curled in the Kelowna Summer Spiel with Will Sutton(L) and Marilyn Sutton. They were one of 60 teams in the event.



Team Plett has been enjoying the summer after a very busy and successful 2022-23 season. They also celebrated being named Team of Year by Curling Alberta in June.

## Sponsors

We love our sponsors and we encourage all our members to support them during the off season!

Is your business is looking for sponsorship opportunities?  
We are looking for a Double Board Sponsor for the Tuesday Mens League.  
Email Heather [manager@sherwoodparkcurling.com](mailto:manager@sherwoodparkcurling.com) for details.



Tuesday  
Ladies



Tuesday  
Men's



Senior  
Mixed



Wednesday  
Ladies



Friday  
Mixed



Monday  
Mixed



Thursday  
Men's



Thursday  
Men's



Thursday  
Ladies