



Welcome

Changes to the coaching structure are now well under way. At the end of this newsletter are listed all those who have participated and who now form part of the revised coaching framework. It is pleasing to see that so many are actively involved in tutoring others on the art of curling. Please encourage others to become involved. Courses continue to be run on a regular basis and new blood is always welcome.

The Coaching Committee helps in the organisation and delivery of the RCCC Coach Education programme. Do you have an opinion on the direction in which the coaching programme should be headed? Feedback from coaches is always welcome. Please let your views be known to any current committee member, who will ensure your voice is heard.

The Olympic Games have helped to put our sport in the headlights this month. Let's capitalise on this media attention and help introduce more people to playing the game. Details of how and when to go about this in your area are highlighted under our feature on trycurling.co.uk.

Richard Gray
RCCC Coaching Committee Convenor

RCCC Coaches' Clothing

Stand out from the crowd with official coaching clothing.



Further to demand, the RCCC coaches' clothing range has been extended. Polo shirts, sweatshirts, rugby shirts and track tops are now available in addition to the traditional jacket.

The clothing identifies you as a RCCC qualified coach and the styles have been chosen with the demands of coaching in mind. All clothing bears a curling stone logo with the clear inscription "RCCC Coach" on the back. Your preferred first name can be embroidered on the front left opposite the RCCC logo.

Download a price list, size chart and order form from the Coaching Updates page on the RCCC website.

Child Protection

Child protection is everyone's responsibility.

Are YOU who we are looking for?
The RCCC is recruiting two volunteer Rink Child Protection Officers in your Ice Rink.

Do you have:

- Freedom to focus on encouraging children to develop to their abilities in your rink.
- Experience of working in an interdependent position?
- Knowledge of Child Protection working in the RCCC Child Protection Policy and Procedures?

The successful applicants will be:

- Trained and supported by the RCCC's Lead Child Protection Officer
- Working to implement and promote RCCC Child Protection Policy and Procedures.
- The main contact in your rink for the protection of children.
- Part of a National Team of Rink Protection Officers.

Successful applicants will play a significant role in ensuring the wellbeing of children in their Ice Rink.

For more information go to the RCCC website: www.rccc.co.uk/childprotection/

For an application pack contact:
RCCC
Office Hours
Highland Development
Headquarters, Millennium
Centre, Glasgow
G1 6AG
Tel: 0113 333 3003

The Royal Caledonian Curling Club is looking to recruit two volunteer Child Protection Officers per ice rink. Posters advertising these positions are viewable in participating ice rinks. Please give some thought and encourage potential candidates in your area (they do not necessarily need to be a coach).

A copy of the updated RCCC Child protection policy is available to download, in full and in sections from the RCCC website.

More details are available on the RCCC website under coaching / Child Protection.

Coaches Bonspiel

Unfortunately with such a busy season this year, we were unable to find a rink to host the RCCC coaches bonspiel this year. However we are starting to make plans for a new and exciting bonspiel with a difference at the start of next season. Watch this space...

Anti doping



Pseudoephedrine is an ingredient in many cough and cold remedies. As of Jan 1st 2010 this substance has been banned and listed on the anti-doping prohibited substance list. All team coaches please ensure that your players are aware of this recent change. To check the status of any substance or medication please use the online drug information database - www.globaldro.com



On the back of the awareness created by the Olympics, a range of try curling sessions have been arranged throughout the country. Check the list below for events at your local rink and get involved.

Ice Rink	Date	Time	Contact
Ayr	Sun 28th Feb	12.00pm	Colin Naismith - 01292 263 883 cnaismith@fsmail.net
Borders Ice Rink, Kelso	Sat 6 March	3.30pm & 5.30pm	Jim Buchanan - 07765 203 985 jim@royalcaledoniancurlingclub.org
	Sat 13 March	9.30am	
	Sat 20 March	9.30am	
Braehead	Fri 5 March	8.20-10.30pm	David Horne - 0141 885 4611 David-horne@capshop.co.uk
	Sat 6 March	2.20-4.30pm	
Curl Aberdeen	Sat 6 March	10am - 12pm	Laura Morris - 01224 810 369 development@curl-aberdeen.co.uk
Deeside Leisure Centre, North Wales	Mon 1 March	5.00pm 6.00pm 7.00pm	Lesley Carol - 01978 860 159 lesleycarol@gmail.com
Dumfries	Wed 3 March	5.30- 6.30pm (Juniors) 6.30pm - 8.30pm (Adults)	Graham Sloan - 07921 057 138 graham@royalcaledoniancurlingclub.org
Dundee	Mon 1 March	6pm	Claire Milne - 07789646672 Claire@royalcaledoniancurlingclub.org
Durham Ice Rink	Contact for details of dates & sessions		Debbie Hutcheon or Christine Eskildsen 07940 188 586 curling.nee@googlemail.com
East Kilbride	Mondays during season	6.30-8.20pm	Jim Morrison - 01355244065 jmprop@btinternet.com
Elgin	Tue 2 March	5pm & 7pm	Les Morgan - morgan.les@btinternet.com bill.nicol@lineone.net 01309 672 023
Forfar	Sat 6 March	12.45pm	Forfar Indoor Sports - 01307 468 668 curling@forfarindoorsports.co.uk
Greenacres	Sat 6 March	10.30am	Gordon McIntyre - 01505 850 633 GordonM@royalcaledoniancurlingclub.org
Greenock (Waterfront Leisure Centre)	Sun 7 March	5.40pm and 8pm	Stewart Sutherland - 07525 238 293 Stewart@royalcaledoniancurlingclub.org
Inverness	Tues Oct-March	5.30 - 7.15pm	Jim Brown jimbrown@royalcaledoniancurlingclub.org Inverness Ice Centre - 01463 235 711
	Friday 5 March	5.30 - 7.30pm	
Kinross	Thurs 4 March	6.30pm	Ena Stevenson - 07974 826 563 enastevenson@aol.com Ice Rink - 01577 863 467
Kirkcaldy	Mon 1 March	5.30 - 7.30pm	Ice Arena - 01592 595 100 Bill Creevy - 07740 374 458 bill.creevy@btinternet.com
Lanarkshire	Thursdays during season	10am - 12pm	Jim Morrison - 01698 282 448 jmprop@btinternet.com
	Sun 14 March	12pm	
Lockerbie	Fri 5 March	6pm - 10pm	Marion Murdoch - 01576 202 197 icerink@btconnect.com
	Sat 6 March	10am - 1pm	
Murrayfield, Edinburgh	Sat 27 Feb	5pm - 7.15pm	Debbie Kerr - 0131 337 4242 info@murrayfieldcurling.co.uk
Perth	Wed 24 Feb	6pm	Claire Milne - 07789 646 672 Claire@royalcaledoniancurlingclub.org
Stirling	Mon 1 March	6.15pm	Logan Gray - 01786 273 555 grayl@activestirling.org.uk
	Thu 4 March	10am	
Stranraer	Sat 6 March	6pm - 8pm	Gail Munro - 01776 704 413 gailmunro@northwestcastle.co.uk



Coaches update

Thank you to all the organisers, assessors, lead coaches, rinks and tutors who contributed to the success of the many coach education courses which have been run this season.

Please recognise and support the following people who have attended the following courses since January 2009

Trainee Assistant Coaches

Craig Anderson	Forfar	David Heal	Dumfries	Nancy McLure	Dumfries
Howard Anstruther	Elgin	John Heron	Greenock	Robin Park	Kinross
Jim Barron	Elgin	Christopher Higgins	England	Eric Peters	Inverness
Gordon Boswell	Greenacres	Ryan Hogarth	Kelso	Lorna Rennie	Kinross
Dani Boyd	Stranraer	Nigel Holl	Stirling	Sandra Ritchie	Dumfries
Tom Brydone	Perth	Debbie Hutcheon	England	Megan Runciman	Kelso
Piers Butler	Stranraer	Tom Jarvis	Edinburgh	Daryl Russell	Stirling
Norman Campbell	Greenock	David Jenkins	Edinburgh	Maggie Saunderson	Kinross
Peggy Campbell	Greenock	Rhona Johnston	Perth	Susan Scougal	Kinross
John Carson	Hamilton	Alan Johnston	Aberdeen	David Scougal	Kinross
Georges Charles	Greenacres	Alan Joiner	Forfar	Jennifer Shaftoe	Aberdeen
Susan Cooksley	Elgin	Neil Joss	Greenacres	David Shephard	Forfar
Paul Cormack	Aberdeen	Jak Kane	Stranraer	Hayley Smith	Forfar
Julia Cormack	Kinross	Robin Kilpatrick	Hamilton	Peter Stark	Perth
Ann-Maree Davidson	Perth	Andy Lock	Stranraer	Una Stark	Kinross
Judith Dixon	Kelso	Cron Mackay	Edinburgh	Jack Steven	Greenacres
John Duff	Forfar	Kyle Mackenzie	Elgin	Ian Stevenson	Stranraer
Liz Ewart	Dumfries	Donnie Macleod	Stirling	Cathy Stevenson	Stranraer
Katriona Fairweather	Perth	Rori Macpherson	Stranraer	Mike Stubbs	Edinburgh
Gordon Fettes	Kelso	Alison McAteer	Edinburgh	Jamie Super	Hamilton
Kenny Findlay	Edinburgh	John McCall	Greenacres	Bob Tait	Kinross
Helen Forbes	Kelso	David McColm	Stranraer	Ruaraidh Whyte	Dumfries
Keith Gates	Aberdeen	Hamish McGeoch	Stranraer	Peter Wilson	Stranraer
Bill Gibson	Hamilton	Fraser McGlaghan	Hamilton	David Wilson	Stranraer
David Gladstone	Stranraer	Eric McIlhinney	Dumfries	Janine Wilson	Forfar
John Good	Edinburgh	Babs McIntyre	Stranraer	Mark Winto	Hamilton
Richard Gray	Hamilton	John McIntyre	Stranraer	Margaret Wutherspoon	Greenacres
Andrew Grieve	Greenacres	Roger McIntyre	Stranraer	Alison Wylie	Forfar
Fiona Hamilton	Aberdeen	Neil McLain	Kelso		
Julie Harrison	Stranraer	Daniel McLean	Hamilton		

Accrediting Technical Coaches

Alison Alexander	Ayr	James Keillor	Elgin	Gail Munro	Stranraer
Norman Anderson	Elgin	Ian Keron	Edinburgh	Campbell Ross	Elgin
Arthur Beattie	Aberdeen	Sarah Lean	Hamilton	Michael Shaw	Ayr
Jim Brown	Inverness	Jim Lochridge	Waterfront	Ormond Smith	Inverness
Kay Gibb	Aberdeen	Jane Marshall	Greenacres	Brenda Urquart	Aberdeen
Graeme Giles	Stirling	Kenneth McCall	Braehead	James Watt	Elgin
Irene Hird	Stirling	Gordon McIntyre	Greenacres	David Westall	Stirling
Kirsten Holman	East Kilbride	Les Morgan	Elgin		
Jan Howard	Ayr	Laura Morris	Aberdeen		

Thank you to the following coaches who took the time to upgrade their level A qualification to become

Assistant Coach

Kate Adams	Stranraer	Dan Lean	Edinburgh	Helen Pate	Aberdeen
Catherine Beattie	Aberdeen	Margaret	Hamilton	Elaine Spain	Edinburgh
Colin Beesley	Edinburgh	Jim Menzies	Forfar	Alison Taylor	Hamilton
Alan Campbell	Elgin	George Munro	Greenock	Hugh Templeton	Stranraer

Congratulations to the following who qualified,

Assistant Coach

Andrew Barr	Edinburgh	Norman Laird	Braehead	Gordon Scott	Elgin
Diane Bell	Kinross	Sandra MacIver	Elgin	Robert Shand	Aberdeen
Jim Brydie	Kirkcaldy	John McGowan	Waterfront	Lesley Shearer	Waterfront
Gary Cannel	Braehead	Michael McInnes	Inverness	Richard Stevenson	Stranraer
Dorothy Duncan	Elgin	Marlyn McKenzie	Elgin	Stewart Sturrock	Inverness
Hazel Gauld Duffus	Aberdeen	John Milne	Hamilton	Norman Whitfield	Hamilton
Avril Glencross	Edinburgh	David Morgan	Hamilton	Angela Wilcox	Kinross
Rebecca Graham	Dumfries	Jennifer Paul	Braehead	Jacqueline Wood	Edinburgh
Linda Hardie	Elgin	Lorna Rennie	Kinross	Brian Yeats	Aberdeen
Angela Higson	Hamilton	Sandra Ritchie	Inverness	Derek Young	Stirling
Brian Horne	Hamilton	Campbell Ross	Elgin		
Drew Howie	Braehead	Maggie Saunderson	Kinross		

Level A Coach

Susan Kesley	Edinburgh	David McFarlane	Stirling	Mary Fitz Randolph	Greenacres
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The Technical Coach course replaced the Level B course, however the following gained the Level B qualification this year which will not expire until end of season 2012.

Level B Coach

James Buchanan	Kelso	Helen Mathieson	Kelso	Morag Wellman	Kinross
Alan Campbell	Kelso	Lorraine Stevenson	Aberdeen	Leslie Wilson	Kinross
Barbara King	Elgin	John Stevenson	Kelso		
Christine Lucas	Kelso	David Taylor	Aberdeen		