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Curl San Diego

WWW.CURLSANDIEGO.ORG

Curling Newsletter

January 2011 Issue

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Where We Curl



[Escondido Iceoplex](#)

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30% off for
Curl San Diego Members

Dear Francesca,

Happy New Year! We hope you're having a wonderful holiday season.

2011 is going to be a fantastic year for Curl San Diego. The new board is working diligently to strengthen and improve the club on many different levels and will continue to bring you all the latest news through this newsletter.

Good Curling,
Curl San Diego

Curling Schedule for January

Sunday, January 2nd -- Pick-up Curling, 10:00am to 12:30pm. New and experienced curlers welcome.

Saturday, January 8th -- Pick-up Curling, 7:30pm to 9:30pm. New and experienced curlers welcome.

Saturday, January 22nd -- Learn-to-Curl Clinic, 6:00pm to 8:30pm. New curlers only.

Saturday, January 29th -- Pick-up Curling, 9:30pm to 11:30pm. New and experienced curlers welcome.

Click [here](#) to sign up for any of these events!

Fall League Finals

Saturday, December 11th -- We'd like to thank everyone who came out to help us celebrate the close of our Fall 2010 season. What a great night of curling!



North County Scots



Weddings Made Splendid

La Vida Creations
Photography

Quick Links...

[Curl San Diego](#)[USA Curling](#)[MoPac](#)[Join Our Mailing List!](#)

Congratulations to the 2010 Curl San Diego Club Champions, Tim Leen, Doug Evans, Ken Micklash and Andy Meyer (Meyer Rink) and to Owen McLachlan for being named 2010 Curl San Diego Member of the Year!

We'd also like to publicly thank our special guests for the evening, Cheryl Bernard and Terry Meeks, for their time and kindness. If you haven't read it already, click [here](#) to view Cheryl's *Between The Sheets* blog entry about her visit with us.

Lastly, we'd like to thank the companies that donated products and services to our silent auction. With their generosity, we raised over \$700 for Curl San Diego!

[Dakota Curling Supplies](#), [Goldline Curling Supplies](#), [Olson Curling Supplies](#), [RockIt Gurl](#), [Spa Velia](#) and [Solid Rock Gym](#).

Private Curling Event

Thursday, January 13th -- Curl San Diego is hosting a private curling event for San Diego State University's Aztec Recreation Center Staff from 1:00pm to 3:30pm.

Private events are a great way to introduce people to our club and the sport of curling. Events are typically 2 to 3 hours long and are structured like a modified learn-to-curl.

Email curl@curlsandiego.org if you'd like to help out as an instructor at this or any future events. We always need more help!

Curl San Diego Gets a Certified Instructor

Congratulations to club member Mark Dossett for earning his USCA Level 1 Instructor Certification. Mark is the first Curl San Diego member to earn this accolade!

Email curl@curlsandiego.org if you would like to learn more about certification.

Curling Team Shirts Now Available

Does your curling team want matching shirts this year?

Good news! Curl San Diego club member Tom Stanton has extended his t-shirt screen printing services to us.

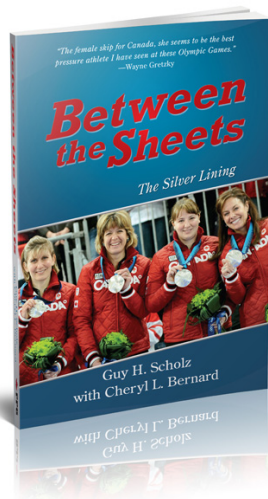
The shirts are top quality Gilten 100% heavy weight cotton and the

price is \$20 each with \$5 per shirt going to Curl San Diego. How cool is that? You'll look great out on the ice and help Curl San Diego at the same time!

Contact Tom directly with any questions or to place an order.

TS Screen Printing
(760) 433-4472
SURFKING1@aol.com

Recommended Reading

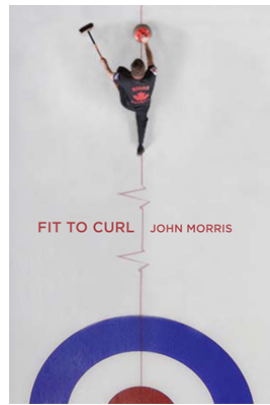


Between The Sheets: The Silver Lining by Cheryl Bernard
Available for purchase at www.teambernard.com

Description: After taking home a silver medal in her home country at the 2010 Winter Olympics in Vancouver, BC, Cheryl L. Bernard is proud to present her latest sports psychology book titled *Between the Sheets: The Silver Lining* (updated from the first edition titled *Between the Sheets: Creating Curling Champions*, published in 2005).

The newest edition of this inspirational book combines poignant stories and pictures from Team Bernard's emotional experience at both the Trials and the Olympics with valuable information about the mental, technical, and motivational aspects of this compelling team sport.

Written by Bestselling Author Guy H. Scholz, Published by Canada's Polished Publishing Group (PPG), Including Special Commentary from Wayne Gretzky.



Fit To Curl by John Norris

Available for purchase at www.fittocurl.com

Description: Written by John Morris, Third for Team Kevin Martin and a fixture among Canada's elite curlers since skipping teams to world junior titles in 1998 and 1999, *Fit to Curl* is the first sport-specific guide to training for the world's greatest game. John has seen the game evolve and uses his experiences in the sport and his background in kinesiology and personal training to provide specific training that will make a difference on the ice.

No matter what your aspirations might be, whether it's making a few more shots on League Night or winning national titles, you'll find programs in this book that will help you improve as a curler and be healthier as a person. Filled with great photos of some of the world's top players on the ice and in the gym, *Fit to Curl* also offers insights into nutrition, team dynamics and the mental side of the game. It's a great book for players of all levels.

USCA Pin Donation Program

Help support our national curling governing body, USA Curling, by purchasing a pin today. Your donation is a tax deductible, charitable contribution and much appreciated. Click on the logo for more information.



Stay Connected

There are lots of ways to keep up with Curl San Diego.

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**Save
10%**

Curl San Diego club members receive 10% off all products and events sold through the [curlsandiego.org](#) eShop.

Click [here](#) to read more about the benefits of membership.

Email curl@curlsandiego.org if you've misplaced your code.

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