



**OAKVILLE
CURLING CLUB**

Day Women Welcome Guide

Welcome to our Day Women Section. It includes the Monday Ladder Competitive series and a Tuesday/Thursday Recreational series. You can sign up to play in the league(s) of your choice.

Day Women Monday Ladder League

If you're looking for competition, you can join the DW Monday Ladder League. Here the teams compete together in a round-robin ladder format throughout the curling season.

Entries are by team (four persons). Standings are based on Win/Loss points accumulated over the entire season. The league champion is determined by the final round-robin results.

You can sign up as a team. Or if you're a single player looking for a team, contact the convenor listed under the [Monday Ladder League Info tab](#) to see if they can place you on a team.

Day Women Tuesday/Thursday League

Tuesday and Thursday Day Women is a recreational league where you sign up as an individual for a series of games on Tuesday and/or Thursday. New teams are created each series by the Games Convenors based on a player's preferred position to play. It's a great opportunity to play with all levels of curlers, try different positions and curl with on new teams every 4-5 weeks.

Important: Once you sign up for the Day Women Tuesday/Thursday League you still need to sign up for each series.

Here's how:

- Click the [Game Centre tab](#)
- Select your league: [Day Women Tuesday/Thursday](#)

 Day Women - Tuesday / Thursday - Info

LEAGUES SPARES FREE AGENTS SERIES SIGNUP MY GAMES TODAY'S ICE

INFO RULES

Sign up as individuals for our Tuesday and/or Thursday series of games. Random selections of team members are made before each of our 4 series based on players' advance position(s) requests and Games Convener discretion if necessary.

Game Time: 9:00am

League Convenors: [Marg Kufłowski](#) and [Linda Arnold](#)

You'll see in the settings where you can sign up for a series, find a spare, check game times, and read the rules.

Oakville Curling Club website: Your source for all things curling

Be sure to check out the [Oakville Curling Club Website](#). You'll find lots of great information including:

- Game dates and times for each series
- Upcoming clinics and bonspiels
- Booking practice ice and hiring an instructor
- Helpful curling tips, videos and articles under the Resources Tab: [Skill Development](#)

The [Curling Canada website](#) is also a great source of curling information.

Stay up to date with The Friday Flash

As a member of Day Women, you'll receive our weekly Friday Flash eNewsletter. It provides important information about what's happening in the club, upcoming events, series signup dates, helpful tips, and more. Be sure to watch for it!

Ladies Locker Room Bulletins

Important bulletins, information and sign up sheets are also posted in the locker room.

Sign up for a locker

If you want to keep your curling gear at the club, [sign up for a locker](#) and get on the waitlist. You may also find someone to share a locker with in the meantime.

Day Women Fun Events

1. The Greens – January 17, 2024

New curlers are invited to sign up for this fun spiel designed just for them! Enjoy a delicious hot breakfast and then play friendly, one-on-one competitions to end up with an overall champion. This event is open to all first year and new to the sport curlers. To qualify, all first-year curlers must have come out of a Learn to Curl program; All second-year curlers must have played their first year in a league.

Look for The Greens sign up sheet in the Ladies Locker Room.

2. New curlers welcome lunch

Each year, our DW player development convenors host a welcome lunch. This is a great opportunity for you to meet fellow "new" curlers, ask questions and make new friends. Emails are sent out with the event date and time.

Gear up for curling

You can purchase the curling items you need from popular curling suppliers [Goldline](#) and [HardLine](#), and from the Oakville Curling Club.

Pants: Curling pants are made from a stretch material that allows for easy movement during the delivery. The important thing is to wear warm and comfortable clothes that allow ease of movement.

Footwear: Proper curling shoes are essential to deliver a stone correctly. You should only wear your curling shoes on the ice. Be sure to put a rubber gripper over your slider to prevent damage to it when walking around off the ice.

Gloves: Gloves keep your hands warm and protected during sweeping or brushing.

Broom: Oakville Curling Club provides brooms for your use which you can find on the ice. You can also purchase your own broom from the Curling Club or local curling suppliers.

Headgear: Helmets are not mandatory on the ice, but they are a great way to protect your head. There are also headbands and hats in various styles that you can purchase as well.

Ready, set, curl

Now that you're equipped and ready to go, here are a few housekeeping tips:

- After dressing in the locker room, please enter the upstairs curling rink through the stairs off the lounge. Don't go up the entrance way stairs as you'll get dirt and debris on your shoes that you could track onto the ice.
- Be sure to wipe your feet on the plastic mats just inside the rink. Always remain on the ice as sweepers on sheets 1 and 8 (don't step up onto or walk along the carpeted sideboards.)
- Ice sheet assignment for each game will be listed in the ladies locker room.
- If you're unable to make a game, please use the website to find a spare. Notify your skip about who your spare is. If you can't find a spare, notify your skip asap. If you wake up on a curling day unwell, please call the office so your skip can be informed.
- Keep the pace of play by being prepared to get in the hack when it's your turn to throw.

Practice makes perfect

There are several ways to improve your performance on the ice:

Learn to Curl: While Learn to curl is not mandatory it is highly recommended. The Oakville Curling Club offers clinics for all levels throughout the year. Check the club website for information and signups.

Hire an instructor: Some Oakville Curling Club members are certified instructors. They can provide personalized on-ice training. You'll find bios of all the instructors as well as instructions under the Resources: [Hire an Instructor](#) tab.

Practice ice: Oakville Curling Club offers practice ice. Practice alone, bring your team or practice with friends at the club. You can book ice under the [Book Practice Ice](#) tab.

Join Mini Majors: Mini Majors is an interclub fun league designed for new curlers (with 5 years or less curling experience). As a new curler, it's a great opportunity for you to play on a team and get to travel to different clubs. You also get to rotate through all four positions on your team. Watch for sign-up sheets in the locker room. To find out more about Mini Majors, contact Marg Kufłowski at margkufłowski@sympatico.ca

Have fun and good curling