



**APRIL  
2011**



**Notes from the General Manager**

Our season is now behind us and everyone is looking forward to possibly moving on to a warm weather sport (or sit in a room and re-live some of your inturns!)

The Medicine Hat Curling Club has certainly gone through a lot in the past year and come out of it in great shape. We were an excellent host to the Canada Cup and hosted the schools on well over 40 occasions from 5 different schools and we still have our first elementary school coming on April 4.

Our excellent Staff Team has worked through all sorts of difficulties and kept going in a way that has made me very proud of them. They are definitely a large part of what makes this Club such an excellent place to spend some time on the ice and then visiting with teammates, opponents and other friends in the Lounge. This season was very challenging as a new Manager as I was also the Head Ice Technician but with the hard work of our lead Ice Tech Alvin and the rest of the group – Myles, the Blairs, Cory, Don and Tim (the one in shorts!) we were able to not only put in quality ice (kudos to Jamie Bourassa working with us) but also maintain the ice for the season. In addition, we were able to get everyone back on the ice faster than in previous years due to new information.

Our Kitchen and Lounge operations also ran very smoothly and provided great service to our Members and guests – thanks to Linda and the ladies in the kitchen as well as Jas and her serving staff for making the Club a great place to meet and get in a few games of Curling. I would be remiss if I did not mention the organizational skills and vast knowledge of the Club that resides with Tanya. She has a level of insight that comes from years serving our Members and has helped me work through this year and keep the office going. I cannot say enough about how this has made 2010/2011 a successful year.

Reading this newsletter is made possible by one of my favorite people at the Medicine Hat Curling Club – Andrea Wilson. Andrea has spent countless hours publishing the news that is sent to her and making it presentable in ways that our Members have enjoyed for years. Thanks Andrea.

To all of our Members, I wish you a dry summer filled with your activities of choice.

Sincerely,  
**Ken MacDonald**  
General Manager



**2010-2011  
Board of Directors:**

- Ray Aman
- Leroy Angle
- Jeff Bodin
- Bob Hagel
- Steven Kemp
- Brenda Kobley
- Cliff Landseidel
- Garry Mauch
- Millie Moch
- Warren Schafer
- Art Scott
- Fred Schmidt
- Vicki Sjolie
- Andy Stroh
- Susan Woycechowsky

If you have any concerns or new ideas for our club please do not hesitate to talk to anyone on the board.

The board meets once a month to keep our club running smoothly and would be happy to hear what you have to say!

**Thank you to our board members for their hard work this season!**

**BOARD MEMBERS NEEDED!!**

There will be some vacant spots on the board for next season - come to our semi-annual meeting in the fall and volunteer your help! The board meets once a month to keep the club running smoothly.

# Seniors Daytime Bonspiel

The Seniors held their Bonspiel from February 14 to 16 and it was very well attended. The Masters Division was won by the team of Roger King, Gary Meidinger, Don Haggard and Stan Rath. Masters indicates that all members of the team are over 60 years of age. This is clear proof that Curling is a life sport as it is not uncommon for Masters Curlers to compete into their 90's.

In the Seniors Division we had several event winners:

A Event Team Ruckaber	Frank Ruckaber, Al Geib, Merv Hamblin and Stan Bohnet
B Event Team Bohnet	Fred Bohnet, Jerry Clark, Harvey Geigle, Garth Seitz
C Event Team Heller	Lloyd Heller, John Elton, Lloyd Robinson, Harold Fieldberg
D1 Event Team Scott	Art Scott, Ken MacDonald, Stu Thomas, Will Wikjord
D2 Event Team Elder	Vance Elder, Gerry Munro, Roger Bouchard, Larry Wentland



## Junior Bonspiel/Program

The Junior Bonspiel was held this year on January 8th and was successful in spite of some very nasty weather. We had 8 teams with one from Lethbridge and one from Hazelet, Saskatchewan. Everyone received prizes for the event and a good time was had by all.

A large amount of volunteer time was put in by Don Borrowman and his wife Yvonne – and we are truly thankful to them for this effort. A big thanks to all of our Junior volunteers, these kids are the club's future!

Donors for the event were the Medicine Hat Elks, Krassman Farms, Terry Witzke and Harold Fieldberg.

## Technical Support

by Ken MacDonald

At this time of the year, many elite athletes are doing just the opposite of what most Club Curlers are doing. While Club Curlers are winding down in their Leagues and Bonspiel season, Elite Curlers are often reinventing themselves and making use of the time away from competitions to tweak their games so that and minor changes will have had time to set over the summer.

Keeping that in mind, we had several Technical Clinics at the MHCC to end the year. Three out of Four of these clinics were oversubscribed – which indicates a healthy interest in this Club for technical support. Topics were Sliding and Line of Delivery as well as Sweeping and Weight Judging.

We used lasers and video tape as well as some peer support in order to provide everyone with some insight into their current skills and aid in helping to set goals in regards to hoped for improvements.

The current plan is to offer these kinds of clinics on several occasions next season so keep your eyes open for signage in the club – or you can get e-mail news directly to your inbox by sending an e-mail to [manager@mhcurling.com](mailto:manager@mhcurling.com) and requesting to be added to the e-mail list.

Technical Kudos go out to: Tim Krassman for his completion of the Competition Coach review in his quest to become certified, Dennis Koch for his completion of the Competition Coach Course with review to follow, and Mike Bordun for his completion of the Club Coach Course. You will be seeing Mike around the Club more next year as he is one of the leaders from the Medicine Hat Special Olympics and will be using his course to support the Special O athletes in the city.

## TECH TALK #5

## AG BONSPIEL REPORT



Our 18 League Teams were very good about attending each Thursday, in spite of the Winter conditions, with very few games cancelled.

We again had 44 teams entering our Bonspiel, which went very well. Lloyd Heller was the big winner!

Our wind-up meal of Cabbage Rolls and Ham was very good. The Jake Stolk team won the League for this season.

We would like to hold our Bonspiel next year from January 19-22 2012.



**Congratulations  
to Team  
Ganden!!  
Mixed Alberta  
Senior Games  
Champions!!**





# CASINO BY VANSHAW SUPER LEAGUE OF CURLING

The Casino by Vanshaw Superleague for the 2010-2011 season consisted of 8 teams. This season it was once again an open league with any combination eligible to play. Terry Devalter continued to skip the Bowyer boys (Juniors) so they could also gain some valuable experience. A round robin was played from the middle of October until the end of December. The playoffs followed for three weeks in January 2011. All teams made the playoff with the winners advancing to the A side and losers playing in a B side. This way all teams were guaranteed to play at least two more games. The draw was seeded so that the teams with the best round robin record would play against the teams that finished lowest in the standings. The fee remained this season at \$500.00 just to cover ice expenses and have a little money for playoffs only. It was decided that most teams just wanted an extra night to play and aren't too concerned with the money. The junior team was half price at \$250.00.

## Round Robin standings

Leon Moch  
Lloyd Heller (MH New Holland)  
Tim Krassman  
Kevin Aberle  
Vicki Sjolie  
Arlene Keck (MNP)  
Terry Devalter  
Dwight Pahl (Maxxam Analytics)

## Playoff Money

6 - 1 \$150.00 3rd/4th A Side  
5 - 1 dnp 1 \$150.00 3rd/4th A Side  
5 - 2 \$300.00 2nd A Side  
3 - 4 \$500.00 1st A Side CHAMPION  
3 - 4 \$100.00 2nd B Side  
2 - 5 none  
1 - 4 dnp 2 \$200.00 1st B Side  
1 - 5 dnp 1 none



In the first round of playoffs Moch defeated Pahl, Aberle defeated Sjolie, Heller defeated Devalter and Krassman defeated Keck. The A Side semi-finals saw Aberle knocking off defending champion Moch and Krassman over Heller. In the final Kevin Aberle defeated Tim Krassman to become the new champions. Playing with Kevin Aberle were Donny Zahn, Holly Stroh and Lee Porter.

The semi-finals of the B Side saw Sjolie defeat Pahl and Devalter defeat Keck. Devalter won over Sjolie in the B Final.

Playoff prize money was as follows: A SIDE 1st - \$500.00, 2nd - \$300.00, 3rd & 4th - \$150.00 and 5th & 6th \$100.00. B SIDE 1st - \$200.00, 2nd - \$100.00

This league provides the teams with a chance to play a more competitive game once a week and sharpen their skills. Thank you to all who participated.



*If your rock lands on the 102.1 FM logo you are eligible to enter the monthly draw for a \$100 gift certificate from Parker's Countrywide Furniture, then at the end of March ALL names go back into the entry box and one grand prize winner of a La-z-Boy lounge from Parker's Countrywide will be drawn! Good luck to everyone this year ... and thank you to 102.1 FM The Lounge & Parkers Countrywide for their participation!*

**Hit a Lounge Button & you could**

**WIN**

**a Lounger ...**



*The monthly winner for March was Tammy Foster and the yearly Grand Prize winner of the Lounge chair was **Cindy La Rochelle!***

*Congratulations to all of our winners and  
THANK YOU TO 102.1 CJCY for their fantastic exposure of our club and sport!*

# MEN'S BONSPIEL RESULTS ...

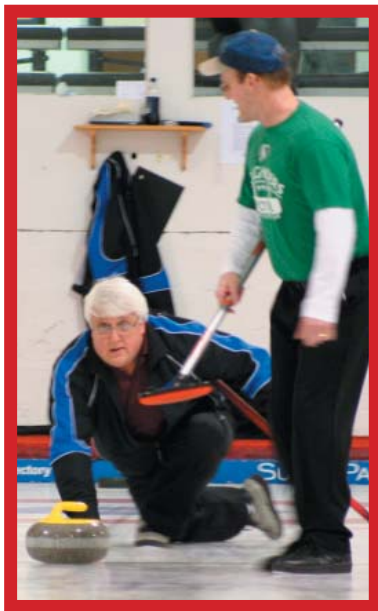
In the A Event, Team Wilson defeated Team Rollick. Team Rollick from Lethbridge was the only non Medicine Hat team to reach a final at the event.

In the B Event, Team Moch (Leon) defeated Team Corona #4. To reach the final, Team Moch (Leon) had to take out the defending champ - Team Moch (Harvey)

In the C Event, Team BB's were able to control the game over Team Elder - a team which had Vance Elder Senior and Junior playing together.

The D Event was a match-up between Team No Drug Training.com and MNP with Team MNP's experience ultimately taking the win.

Dave Panabaker took on the Juniors skipped by Denton Koch with Team Koch winning the event.





# Ladies Bonspiel

The results from the MHCC Ladies Bonspiel are as follows:

In the Golden Acre Garden Centre A Division, Teams Lerner and Bell battled for the undefeated champion position in the Bonspiel with the final edge going to Team Bell.

The Skin Technologies B Event saw Team Martin playing against Team Marsall. The Skip for Team Martin - Mavis Martin (who is also the President of the Redcliff Curling Club) played with the help of a delivery stick - one of the modification in equipment that allow athletes to continue to participate in Curling for as long as they choose. The result of this game was Team Martin taking the title.

In the Silcan Contracting C Event, Prime Printing took on Team Parahoniak with a scoreboard that showed the intensity of both teams. Prime Printing scored a 5 ender followed by the Parahoniak response of a 4 ender. Ultimately Team Prime Printing was able to win the battle of the scoreboard.

The Medicine Hat Lodge D Event was played by Team Aadland and Team Keck. The result of this game was Team Keck taking the title.

This years event had 32 teams and the theme was Slumber Party. Many teams were seen dressed in a variety of sleepwear - both on and off of the ice.



## FLUIDS FOR ATHLETES

### Fluids Are Important For All Athletes! Why?

- ▶ To replace water lost during exercise.
- ▶ To avoid decreases in performance due to dehydration.
- ▶ To help maintain core body temperature within acceptable limits.
- ▶ To deliver carbohydrate during prolonged exercise (e.g., sport drink).
- ▶ To provide electrolytes (sodium and potassium) lost through sweat (e.g., sport drink).

### MONITOR YOUR FLUID LOSSES:

- Ample, light coloured urine means well hydrated
- Dark, scant urine signals a need for more fluid
- Weigh yourself before and immediately after exercise – see "Fluids after exercise" below.

### Fluids before exercise:

Drink plenty of fluid daily to maintain weight and adequate urine output.

- Drink 400 – 600 mL of fluid 2 to 3 hours before exercise.
- Drink 150 – 350 mL about 15 minutes before exercise.

### Try this in training to find how much fluid is comfortable.

LIMIT beverages that contain caffeine and alcohol.

### Fluids during exercise:

Drink enough fluid to maintain fluid balance.

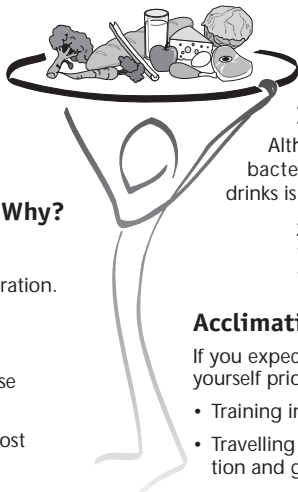
- Drink 150 – 350 mL every 15 to 20 minutes.
- Test how much you can tolerate without discomfort.

Athletes rarely consume enough to maximize the absorption rate of the digestive system.

### Fluids after exercise:

- Replace fluid loss by 150% (about 1.5 L per kg weight loss). For example, if 2 kg weight loss, drink 1.5 L x 2 (3 L or 3,000 mL) fluid.
- Include sodium with or in fluids consumed after exercise.

Sodium helps maintain plasma electrolyte balance and the desire to drink.



### IMPORTANT – AWAY FROM HOME

Although tap water may be "safe" to drink, variations in the bacteria may cause gastro-intestinal upset. Adding ice to drinks is the same as adding tap water.

250 mL = 1 cup = 8 fluid ounces  
1 L = 4 cups = 32 fluid ounces  
1 kg = 2.2 lbs.

### Acclimatize:

If you expect to compete in a very hot environment, acclimatize yourself prior to competition by:

- Training in a similar environment prior to departure
- Travelling to the competition site at least a week prior to competition and gradually increasing your training in those conditions.

If you are not acclimatized and you are exercising in hot, humid conditions, make sure your fluid replacement drink contains sodium, lightly salt the pre-competition meal or choose foods containing salt (tomato or vegetable juice, salted crackers, low fat cheese).

### FACTORS THAT ENCOURAGE FLUID CONSUMPTION:

- Easy access to the beverage
- Chilled drinks (about 10 degrees C)
- Flavoured fluids
- Sodium added (0.5 – 0.7 g/L to enhance flavour).

### CARBOHYDRATE – ENERGY FOR ENDURANCE:

If exercising more than 1 hour, consume carbohydrate with your fluids.

- Commercial sport drinks containing 4% to 8% carbohydrate (40 – 80 g/L) are a suitable choice.

### Test sport drinks in training, not in competition.

You can make a fluid replacement drink by mixing:

500 mL unsweetened orange juice  
500 mL water  
1.25 – 1.75 mL salt

One litre = 54 g (5.4%) carbohydrate and 0.5 – 0.7 g sodium.

### Avoid salt pills:

Salt pills are too concentrated, need a lot of water for adequate dilution, and can lead to vomiting and diarrhea.

### Recovery after exercise:

- Drink 1.5 L of fluid for every kilogram of weight lost during exercise.
- Consume high carbohydrate foods and drinks.
- Consume foods containing sodium (tomato or vegetable juice, pretzels, commercial soup, low fat cheese, salted nuts) and foods containing potassium (vegetables, fruit, milk, legumes, or meat) to replace electrolytes.

**DRINK BEYOND THIRST – exercise dulls the thirst mechanism.**

**SNAC** Sport Nutrition Advisory Committee  
Comité consultatif sur la nutrition sportive

Coaching Association of Canada  
(613) 235-5000

