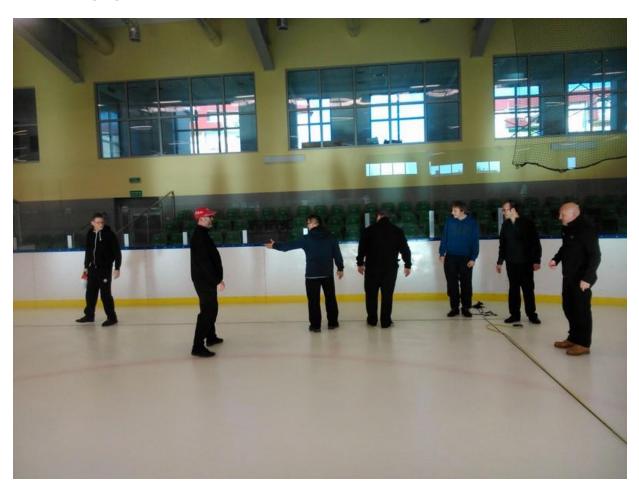


Giżycko,6-14th September 2014

#### **FINAL REPORT**

**The 3<sup>rd</sup> Mazury Curling Festival** was held between 6.09 and 14.09.2014 in Giżycko, Poland. After successful LDZ Camp 2011 and Mazury Curling Fest. 2012 and 2013 it was the fourth edition of summer curling events by Academic Sport Association in Poland and curling section of Polish Sport Organziation. Giżycko and Wilkasy had the highest amount of 150 curlers from 10 polish clubs as well as plenty of foreign teams (Russia, Latvia, Belarus, Canada).

**Unofficial ice master course** was organized during the ice preparation for the tournament. The course was led by George Munro (Scotland). The course program covered every aspect necessary to prepare the ice rink for curling play including: flooding, marking the field of play, painting the lines and houses, leveling, ice scraping, pebbling and issues related to stones and equipment maintenance. 8 people from Belchatow, Sopot, Warsaw and Lodz were deeply trained and prepared for club work.





























Giżycko,6-14th September 2014

**Polish Universities Championships** took place on the 6<sup>th</sup>-7<sup>th</sup> September, only for 4 teams. POS Lodz Zlotowki (skip Dominika Muskus) and Cracow Curling Club (skip Karol Nowakowski) won the competition.























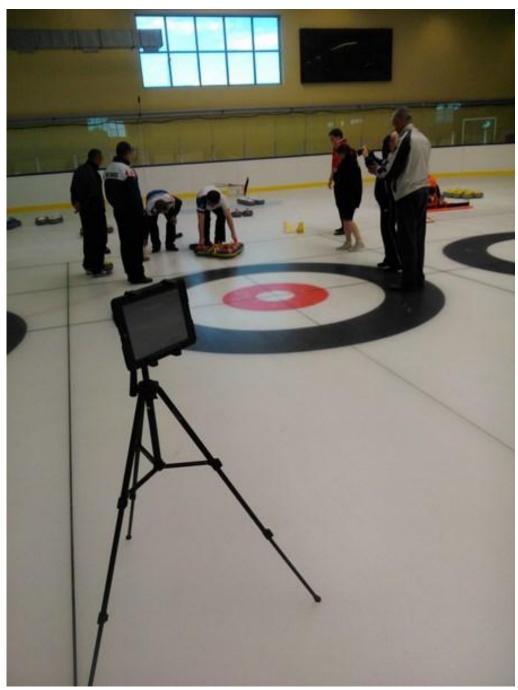






Giżycko,6-14th September 2014

**Coaches Clinic** took place on the 7<sup>th</sup> of Sept. and was led by Stewart Sturrock. The object of the course was to prepare participants to identify and correct any errors and improve the students overall curling performance using advanced methods like curling software, lasers, time splitters. 11 Polish and Russian coaches attended the clinic.





























Giżycko,6-14th September 2014

Special training in curling statistics and time keeping, 16 curlers attended on the  $12^{th}$  of September.





























Giżycko,6-14th September 2014

**Mazury Curling Camp** – 7<sup>th</sup>-12<sup>th</sup> September, the camp covered 5 days of training with a minimum of 4 hours of on-ice time and 2 hours off the ice in classes or on the sport activities (using facilities of Centralny Ośrodek Sportu Akademickiego in Wilkasy).





























Giżycko,6-14th September 2014

The participants were divided into two groups, not depending on their experience. Additionally, individual and team consultations were held.





























Giżycko,6-14th September 2014

The classes were led by:

- Stewart Sturrock (Scotland, Inverness, Accrediting Technical Coach of the Royal Caledonian Curling Club)
- Lars Berg (Sweden, Polish National Team coach)
- Cameron Clark (Scotland, Greenock, Accrediting Technical Coach of the Royal Caledonian Curling Club)
- Vitaliy Karpinsky (Russia, National Deaf Team Coach)
- Top polish coaches





























Giżycko,6-14th September 2014

Each day there were 4 obligatory sessions (1.45h) and one afternoon session dedicated to club internal training and practice games. Evening hours were utilized for video analysis and theoretical classes (2 days), sport activities – volleyball and football (2 days), social meeting (1 day) and regeneration at health spa (1 day). In the free time the participants had a possibility to use sport facilities at the Wilkasy centre (tennis courts, sport fields and sports hall, yachts and windsurfing, kayaks and paddle boats), health spa treatments and cryogenic chamber.





























Giżycko,6-14th September 2014

While the festival lasted, three official open trainings were held for the citizens of Giżycko city and surrounding regions. The trainings brought attention of more than 40 people.





























Giżycko,6-14th September 2014

110 people from 11 polish and Russian curling clubs (RKC Curlik Ruda Śląska, ŚKC Katowice, AZS University of Warsaw, Axel Toruń, POS Łódź, MCC Warszawa, Culani Warszawa, BKC Bełchatów, Stoczniowiec Gdańsk, Wakuta Sopot, Czelabinsk, Tatarstan, Kaliningrad) participated in the camp.





























Giżycko,6-14th September 2014

The camp gathered parts of National Teams (seniors and juniors), a dozen of players covered by ACSS (University Team) training program, Polish Wheelchair National Team and some novice curlers. For the first time there were over 20 deaf curlers.





























Giżycko,6-14th September 2014

All participants were accommodated at COSA AZS Wilkasy. The participants were provided with full board. A bus was hired to transport the participants from the accommodation place to the ice rink and back.





























Giżycko,6-14th September 2014

#### 3<sup>rd</sup> Mazury Curling Cup - 12-14 September

The final stage of the Festival was a curling bonspiel with 34 teams playing 6-end games. For the first time in Poland the five rock rule was applied.





























Giżycko,6-14th September 2014

#### Final ranking:

lр	team	points	Ends diffrence	Stones difference	ends	stones
1	Czelabińsk Deaf Men (Russia)	8	9	21	16	29
2	Zabójczy Kwartet MKS Axel Toruń	8	4	15	13	26
3	Karpinskiy & Co (Russia)	6	7	19	15	29
4	Pola B MCC Warszawa	6	7	16	14	27
5	Team Kanada	6	5	9	14	24
6	POS Łódź Grzelka	6	4	9	11	20
7	Amber Deaf (Russia)	6	3	6	13	27
8	Senior (Latvia)	6	0	0	11	19
9	Mistral + KKC Kraków	6	-1	2	11	23
10	SCC Supel Cool Comando Wakuta Sopot	5	5	8	13	27
11	PZC MKS Axel Toruń	5	4	7	14	23
12	International AllStars	5	3	11	11	23
13	Kaliningrad III (Russia)	5	2	0	13	18
14	Czelabińsk Deaf Mixed (Russia)	4	5	8	13	21
15	MCC Warszawa Wicik	4	3	7	13	26
16	Ruki Vverch (Руки вверх) Sopot Curling Team	4	1	-3	12	17
17	Tatarstan Women (Russia)	4	-1	-5	9	13
18	First Aid KKC Kraków	4	-2	-1	9	18
19	Kaliningrad I (Russia)	4	-4	-4	7	12
20	Culani Warszawa	4	-7	-3	8	19
21	PKC Poznań	3	2	3	12	18
22	PZD Bełchatów	3	0	0	11	16
23	Tricity Wakuta Sopot	3	-2	-9	9	14
24	The Gentelmen BKC Bełchatów	3	-5	-4	7	18
25	Kaliningrad IV	3	-6	-14	7	12
	, ,	2	1	-2	12	18
27	Paszeknowaksubik	2	-1	-13	9	10
28		2	-2	-4	10	17
29	Team Bramane (Latvia)	2	-4	-17	10	13
30		2	-7	-14	6	12
31	Optima(Ini) BKC Bełchatów	2	-8	-5	8	16
32	Bison Mińsk (Belarus)	1	-4	-13	9	13
33		0	-4	-11	9	13
34	Kalinigrad II (Russia)	0	-7	-23	5	11



























Giżycko,6-14th September 2014

An official conference with the attendance of Scottish coaches, best Polish players and authorities of Giżycko was held on the 10th of September. Festival brought a vast interest of local media and was shown once on the main national public television - TVP.

#### **Organizers and patrons**

Academic Sport Association of Poland & Academic Sport Center Wilkasy Polish Curling Clubs Federation Curling Section of Polish Sport Organization Lodz British Curling Supplies The City of Giżycko & Municipal Sport Center Giżycko 30 something

The event was supported financially by Warmia-Mazury local government and Ministry of Sport and Tourism (without any contribution from Polish Curling Associacion). We would like to thank Tom Pendreigh and British Curling Supplies for technical support and prize founding.

Thank you!



























#### Giżycko,6-14th September 2014

Example - Mazu	ry Curli		zycko,6-14th Sep Festival- Session	-	·		
Date:			9 <sup>th</sup> September 2014	Venue:	Gizycko Ice Rink		
Time:			1300-1445/1500- 1645	Duration:	1 hour 45 mins		
No. of Players:				Age Range:	Mixed		
Stage of skill development:			Club Curlers/ Polish National Teams	Session No:	4 of 9		
Objectives of Session:			Weight Control	Personal Coaching Goal			
Equipment Required: brushes, shoes, stones, drills, split timers, record sheets							
Activities:	Time:	Wh	at will be coached?	? How will it be coached?		Coach / Helper Allocation	
Warm up	1hr 45mins		ne before on ice sion starts	Use RCA weight control drill to assess player's weight control ability.			
Main Skill:		DC A	A Weight control	Get players to throw 8 stones			

Main Skill: Coaching - specific skill	RCA Weight control drills	Get players to throw 8 stones each on the first round with the times recorded. After throwing 8 stones they move on until all players have thrown 8 stones. Then the player returns, throws another 8 stones and see if there is improvement.
Practice Drills to	RCCC weight control	Whilst the player is waiting to

assist coaching techniques

drills for practice.

throw their second set of 8 stones they move onto another sheet to practice weight control drills until it is there turn to throw again.

Done off ice after

Cool Down: session has finished.

Safety Points:

Coach Debrief

Incidents/Injuries:



























Giżycko,6-14th September 2014

**Sample Coaching Session Review** 

Session No. of	4 of 9		Date	9 <sup>th</sup> September 2014			
Venue:	Gizycko Ice Ri	nk, Poland	Age group:	Mixed			
Number in group:			Standard of group:	Club Curlers/ Polish National Teams			
Session outcome	Weight Contro	ol	Personal coaching goal				
What went well within your session and why?							
What did not go ac	cording to plan	in your session and w	vhy?				
Did you receive any feedback from the players, their parents or your peers? If so, what?							
How could you improve your session for next time?							
Who do I need sup	port from:	All	Who do I need t				
My Commitment L	evel:		low 1 2 3 4 5 6 7 8 9 10 high				
How will I know I have improved?							
Additional notes							
Additional notes							























