



MAZURY CURLING FESTIVAL

Giżycko, 6-14th September 2014

FINAL REPORT

The 3rd 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 Organization. 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.





MAZURY CURLING FESTIVAL

Giżycko, 6-14th September 2014

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





MAZURY CURLING FESTIVAL

Giżycko, 6-14th September 2014

Coaches Clinic took place on the 7th 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.





MAZURY CURLING FESTIVAL

Giżycko, 6-14th September 2014

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





MAZURY CURLING FESTIVAL

Giżycko, 6-14th September 2014

Mazury Curling Camp – 7th-12th 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).



Ministerstwo
Sportu i Turystyki



BCS
British Curling Supplies



30
SOMETHING



KAYS of SCOTLAND
Manufactured Exclusively from Allis Chalmers Granite
Established 1851



**POLSKA FEDERACJA
KLUBÓW CURLINGOWYCH**



MAZURY CURLING FESTIVAL

Giżycko, 6-14th September 2014

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





MAZURY CURLING FESTIVAL

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





MAZURY CURLING FESTIVAL

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.



 Ministerstwo
Sportu i Turystyki





MAZURY CURLING FESTIVAL

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.





MAZURY CURLING FESTIVAL

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.



Ministerstwo
Sportu i Turystyki



30
SOMETHING





MAZURY CURLING FESTIVAL

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.





MAZURY CURLING FESTIVAL

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.





MAZURY CURLING FESTIVAL

Giżycko, 6-14th September 2014

3rd 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.





MAZURY CURLING FESTIVAL

Giżycko, 6-14th September 2014

Final ranking:

lp	team	points	Ends difference	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
26	Tatarstan Mixed (Russia)	2	1	-2	12	18
27	Paszeknowaksubik	2	-1	-13	9	10
28	30 something POS Łódź	2	-2	-4	10	17
29	Team Bramane (Latvia)	2	-4	-17	10	13
30	Bez Endu MCC Warszawa	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	MCC Warszawa Kubak	0	-4	-11	9	13
34	Kaliningrad II (Russia)	0	-7	-23	5	11





MAZURY CURLING FESTIVAL

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 Association). We would like to thank Tom Pendreigh and British Curling Supplies for technical support and prize founding.

Thank you!





MAZURY CURLING FESTIVAL

Giżycko, 6-14th September 2014

Example - Mazury Curling Festival- Session Plan

Date:	9 th September 2014	Venue:	Giżycko 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:	What will be coached?	How will it be coached?	Coach / Helper Allocation
Warm up Main Skill: Coaching - specific skill Practice Drills to assist coaching techniques Off Ice and put equipment away. Cool Down: Coach Debrief	1hr 45mins	Done before on ice session starts RCA Weight control drills RCCC weight control drills for practice. Done off ice after session has finished.	Use RCA weight control drill to assess player's weight control ability. 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. Whilst the player is waiting to throw their second set of 8 stones they move onto another sheet to practice weight control drills until it is their turn to throw again.	
Safety Points:				
Incidents/Injuries:				





MAZURY CURLING FESTIVAL

Giżycko, 6-14th September 2014

Sample Coaching Session Review

Session No. of	4 of 9	Date	9 th September 2014
Venue:	Giżycko Ice Rink, Poland	Age group:	Mixed
Number in group:		Standard of group:	Club Curlers/ Polish National Teams
Session outcome	Weight Control	Personal coaching goal	
What went well within your session and why?			
What did not go according to plan in your session and why?			
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 support from:	All	Who do I need to tell:	All
My Commitment Level:	low 1 2 3 4 5 6 7 8 9 10 high 		
How will I know I have improved?			
Additional notes			

