



## A PANE IN THE GLASS

"A Pane in the Glass" is a series of coaching essays that will appear in your e-mail "inbox" on a regular basis from Curl BC. Each is designed to give you helpful strategies as you guide athletes to perform better both as individuals and as a team.

I will be the author of a majority of the essays/articles. I'm a retired professional educator from Ontario where most of my career was spent teaching Physical & Health Education. A lot of pebble water has fallen on ice surfaces since Mort Cooper of the Ontario Curling Federation asked me if I might be interested in becoming a Prospective Course Conductor. So if you want to place blame on someone, Mort's the one! I took him up on his offer. While the O.C.F. morphed into Curl Ontario, I rose through the ranks to become its Master Course Conductor.

In the latter years of that career I coached the varsity curling teams at the University of Waterloo for nine years. In addition, for approximately that same length of time, I instructed at national high performance camps across Canada and the United States.

Upon my retirement from the Region of Waterloo District Board of Education, I moved from Kitchener-Waterloo to Calgary to assume the position of National Development Coach at the National Training Center for the C.C.A. During that time span, I was fortunate to become involved with the national teams of the U.S., Australia, and New Zealand. Presently I'm the Provincial Coach for Curl BC residing in Sidney-by-the-Sea, BC.

One volunteer position that I enjoyed in my Kitchener-Waterloo days was a volunteer staff writer for a curling publication now known as "SWEEP". When it became obvious that I had "too many balls in the air" to continue with my "SWEEP" responsibilities, my friend from la belle province, Andre Ferland, ably took over the column.

To satisfy my urge to share what I had discovered in the curling world, I created a web site for the National Training Center as a vehicle to publish my thoughts on a variety of coaching/instructing

topics. Even though I'm no longer the National Development Coach, I continue to add articles to that web site and will refer to them from time to time. The web site can be found at [www.curling.ca](http://www.curling.ca).

I want to recognize and congratulate you on your willingness to coach athletes in our sport, many who will be in their formative years. I know there are many intrinsic reasons for coaching and instructing and few extrinsic ones.

I'm preaching to the choir when I say there's something very special about athletes that curl, especially in the junior ranks. Their level of respect, intellect, talent and determination to improve sets them apart from many of their peers in other endeavors. I'm sure you have noticed the same! For those of you who coach adults, it's a somewhat different experience than your junior coaching colleagues. You coach athletes who must balance family and career responsibilities with their curling hopes and aspirations.

You are receiving this document, the first of several for which I hope you can find a permanent spot on your computer's hard drive or memory stick, as your name was registered with Curl BC as an active coach. If you choose not to receive them, reply to me and I'll remove your name. If you know of other coaches who might be interested in the series, feel free to forward them or have them e-mail me and I'll add their name so they are able to receive them directly. The essays are also available on the Curl BC web site ([www.curlbc.ca](http://www.curlbc.ca)) if you wish to access them on-line.

Although I have many topics with which I want to deal, these short coaching essays are for you, not me, so please let me know if there are coaching or instructing issues that you would like to see dealt with in this series. I'd be delighted to research them and provide the results along with my own views on the matter.

The topic for the next one will be "**Confidence & Expectations Are Not Synonyms**".

Enjoy working with your athletes and we'll see you soon behind "A Pane in the Glass"!

Bill Tschirhart