



# Practice Plan

Date: March 4, 2026

Time: 1 pm

Location: St. Vital Curling Club

Coach: Fred Spiring

Team Members: Fred Spiring

Britta Spiring

Context (check):

Early Season

Mid-Season

Late Season

**Additional material attached/provided:**

**EAP**

**Waiver Forms**

**Athlete Information Forms (ERIK)**

**Goals/Objectives:**

To reinforce and practice a 5 Minute drill in preparation for the LSFE 5 minute practice session for the Canadian Stick Curling Association's Championships. Prepare Britta Spiring/Fred Spiring for game time clock management.

**Equipment/resources needed:**

Regular individual curling equipment including sliding device, brush, curling shoes, stopwatches.  
Visible timer with audible sound.  
First Aid Kit.

**Potential Practice Risk Factors:**

Usual curling factors including slipping and falling.

**Athletes' Assessment of Practice/Debrief:**

**Notes for Next Practice:**



Pre-Practice Activity	Complete EAP & Facility Safety Checklist		
Time Allotted	Activities	Segments	Key Factors
4 Minutes	Gather individuals together for introductions and to outline practice.  Emphasize safety first.	Introduction	Introduce teams to each other. Highlight the objectives of the practice. Have a safe practice.
6 minutes	Stretching.  Cool slider.  Practice slides/walk out.	Warm up	Back board stretch protocol.  Slide/walk out without rock.
5 Minutes <i>First Practice</i>	<b>See Figure 1 for throwing strategy.</b> Team members to time hog-to-hog.  Discussion/debrief – 5 minutes  <b>See Figure 1 for throwing strategy.</b>	Main Part	Identify LSFE thrower.  Prepare the ice for draw to the button.  Identify appropriate times.  Identify any odd runs in the ice.
5 Minutes <i>Second Practice</i>	Team members to time tee hog-to-hog.  Discussion/debrief – 5 minutes		Identify LSFE thrower.  Prepare the ice for draw to the button.  Identify appropriate times.  Identify any odd runs in the ice.
5 minutes	Off ice stretching and cool down	Cool-down	Individual stretching to avoid future injury.



10 minutes	Discuss LSFE strategy. Make possible revisions. Arrange next practice session.	Conclusion/Debrief	
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Figure 1.

