



RCC Master Class

27 January 2008

Lanarkshire Ice Rink

Logan Gray

R.C.C.C Area Curling Development Officer

Stirling's Area Curling Development Officer, Logan, skipped the Scottish Junior Championship winning teams in 2005, 2006 and 2007.

Sheila Swan

R.C.C.C National Disability Officer

2002 World Champion, Sheila has many coaching achievements including being team coach of the 2007 World Junior Champions.

Claire Milne

R.C.C.C Area Curling Development Officer

Claire currently covers Atholl, Perth and Dundee Ice rinks in her role as ACDO. Claire skips a team in the R.C.C.C Gold League.

Lynn Cameron

Scottish Institute of Sport Athlete

Lynn competed in the 2006 Olympics and currently curls for Claire Milne. She is also a coach for the Tayside & Fife Institute of Sport.



Timetable

- 9.00am Arrival of local coaches
- 9.15am **On-ice session—video analysis**
On-ice session—split timing
On-ice session—handles
- 10.00am **On-ice session—video analysis**
On-ice session—split timing
On-ice session—handles
- 10.45am Tea / Coffee
- 11.00am **On-ice session—video analysis**
On-ice session—split timing
On-ice session—handles
- 11.00am Arrival of curlers
- 11.45am Lunch
- 12.30pm **On-ice session—video analysis / handles ***
On-ice session - split timing / angles *
- 1.45pm **On-ice session - split timing / angles ***
On-ice session - video analysis / handles *
- * Groups should swap accordingly
- 3.00pm Coffee and Cake / Q & A with Lockhart Steele
- 3.45pm Tactics
- 4.30pm Finish!

)

Your Coaches for the Day

Nancy Murdoch

R.C.C.C National Performance Coach

Nancy is responsible for the R.C.C.C Regional & National Academy programmes through which she assists athletes and teams to achieve their optimum performance.

Lockhart Steele

Current World Senior Curling Champion

Lanarkshire Ice Rink's Manager is a current member of the R.C.C.C Board of Directors and has a wealth of curling experience and knowledge.

Lynne Robertson

RCCC National Coaching Officer

Previously an Area Curling Development Officer, Lynne's current role as National Coaching Officer includes developing the R.C.C.C Coaching Structure, and improving the R.C.C.C Coach Pathway.