



THE KINROSS ROAR

NEWS FROM YOUR FAVOURITE
CURLING RINK

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Your Newsletter

This newsletter is for members of Kinross Curling and user clubs to share news about our great sport. The views are those of contributors and are not necessarily shared by Kinross Curling Trust Ltd.

This is a monthly newsletter and will be circulated to all members and clubs.

Please send any contributions to our new email address.

newsletter@kinrosscurling.co.uk

The next edition will be issued in April

Deadline for contributions for the end of season edition

Friday 3rd April



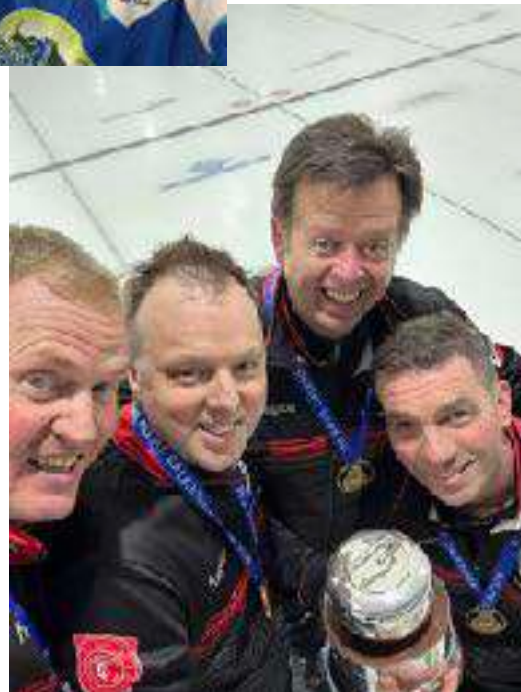
Congratulations to our Two Scottish Champions

Katie McMillan
(Team Henderson)

&

Robbie Stevenson
(Team Brewster)

more info inside



Stop Press: GREAT NEWS ..Forret, one of two rinks representing Kinross are the Rink Championship winners. Picture on page two - so another trophy from our curlers.

Well done Team Henderson - many of our readers were watching you make your mark again at the Nationals. ... we are really disappointed you have not been given the chance to represent Scotland at the Worlds. Your chance must have to come at some point.



another great picture from Dumfries.

Meanwhile Robbie and Team Brewster set off to Frederickton for the World's Seniors in April



RINK CHAMPIONSHIP

You might have already heard that Forret won the rink Championship at the weekend in Perth. Ross (McCleary) with Craig Lindsay, Gregor Bousie and Cameron Lindsay had a great tournament. They dominated the final v Edzell with a 7 - 1 win after 6 ends.

We will have more info in the next issue.

It is worth noting that only four clubs entered the event to reprint Kinross Curling this season ... so why not get your club to enter next season...

We were thrilled to get time to find out more about Katie and her curling

Q1 - When did you start curling? I started curling through the 'Curling's Cool' Programme at Stranraer Ice Rink when I was 10 (2011!)

Q2 - Who were your early influences/favourite curlers? I loved watching Eve Muirhead's team when I first started curling and playing in the u17/u21 slams! We were lucky enough to be coached by her last season (full circle moment!) + win our first Scottish Ladies Title with her on our bench. Jen Jones team was also one I looked up to as a Junior, especially Kaitlyn Lawes since she is also small haha!

Q3 Any words to describe being in Team Henderson? I feel very grateful to compete alongside these talented, hardworking women. We all strive to be the best version of ourselves on and off the ice whilst getting the best out of each other and it shows with the progress we have made this season. Clancy Grandy our coach has been a great addition to our team and has been fundamental to our success.

Q4 - Where is your favourite place to curl? I love to compete in any arena event, but my favourite place to compete has to be Kisacallio in Finland where we won our World Junior-B Gold in 2019.

Q5 - What is your week like as a British Curling Athlete? My Monday to Friday are fairly routine with 1x Gym session at the University of Stirling & 2x on ice technical/team sessions per day at the National Curling Academy in Stirling. Once per week we have a team meeting to review our training for the week and make sure we know what we need to work on for the week after, especially if we have a big event coming up it is great to ensure we are doing everything we can to perform at our best when it counts. You'll most likely find me coaching at The Peak or working at Kinross in the evenings and weekends.

Q6 - How does being in the ice team at Kinross fit in your schedule? Everyone at Kinross have been so accommodating to my training and competition schedule, sometimes during the season I can work more than others but Ross and the team always understand when I need to take a step back during busy competition periods.

Q7 - Do you have any suspicions when Curling? At any big event I always like to warm up in the same place each game, but apart from that I am not that superstitious! Although I have teammates that wear the same pair of socks for the full event..

Q8 - Do you have any interests/hobbies other than curling? I qualified as a Personal Trainer when I was 21 and love to train in the Gym! I also love to read and grab coffee with friends.

Q9 - What advice/Support would you offer to anyone thinking about trying curling? Get involved in your local Try Curling sessions and give it a go. This sport has given me so much since I started playing when I was 10 and it is a sport that everyone can give it a try and love!



Kinross & District Ladies Branch (KDLB) Centre Points held at Kinross Curling on Thursday 6th February 2025.

This event was sponsored by **Loch Leven's Larder**, Kinross and the prizes were presented by KDLB President Sheona Reid.

Twenty three ladies competed in this event and completed six out of ten disciplines across two sheets of ice.

All of our ladies enjoyed this competitive event which was played in the 'true spirit of curling'.

Liz Glennie
(KDLB Secretary)

Individual Trophy

Winner - **Clare Cassells** - Glenfarg Ladies (17 points) - see photo

Runners-Up - Mari Tomaney - Kinross Ladies and Maggie Saunderson - Orwell Ladies (both scoring 13 points)

Team Trophy

Winners - **Orwell Ladies** - Maggie Saunderson, Caroline Liddle, Angela Wilcox (combined score 37 points) see photo.

Runners-Up - Glenfarg Ladies - Clare Cassells, Lora Burgess, Kirsty Cassells (combined score 36 points)



Rezon onboard as a sponsor. Rezon have been providing a discount for their headbands and around 50 people have purchased one during their promotional period. They have agreed to provide 20 headbands this year, and 5 for the following 2 years, total of 30 headbands, in return for a display board at the end of the rink. We will also promote them in the Roar and on facebook as we do for our other sponsors.



PROTECT YOUR BRAIN FROM INJURY!!

You know it makes sense - it is good to see so many more curlers taking care of their heads!!



Lora Burgess



Laura Boyd

In the last issue we misnamed the Scottish Curling CEO. Apologies to Vincent 'Vinnie' Bryson (and not Bryce). We hope you get back to see us at Kinross Curling soon.



We are the Child Wellbeing & Protection officers for the ice rink and can be contacted via the email below should you have any concerns about a young person within the club. safeguarding@kinrosscurling.co.uk



The Blairhill took place on Thursday 23rd January and was won by Bishopshire, skipped by Libby Kinninmonth. (more news about Libby in this issue ... read on)



Kinross Curling is launching a customer survey very soon get feedback about the rink and ask for any ideas and suggestion from curlers - if you do not get a link to compete it - ask about it at the rink.



Kinross Curling Survey - what do you think about our rink? Please complete the survey

KINROSS CURLING POINTS COMPETITION

LOTS OF PRIZES

or water from the bar

For more information and to enter

All abilities encouraged to take part

Saturday 8th March
register at 5:45
start at 6pm
£10 per player

2 Points
1 Point

A QR code is located on the left side of the poster.

All Kinross Curlers are invited to take part in a rink points competition. All abilities are welcome and there are a range of prizes to be won. Register on the website to take part, https://kinrosscurling.co.uk/.../kinros.../pages/rink_points. On the day, arrive by 5:45 with a start at 6pm. Maybe you could be a first ever winner!



Team Bryce were a bit unlucky not to make the semi finals at the Scottish Championships - hard luck Duncan

and just check out the picture we found displayed on the wall at Forfar Curling!!

QUIZ NIGHT

ALL WELCOME

bring your friends

TEAMS OF UP TO 4 PEOPLE

Saturday 5th April
from 6pm
quiz starts at 7pm

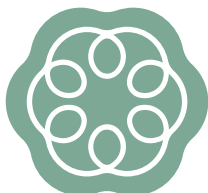
£10 per person including a light supper

A QR code is located on the right side of the poster.

Get your tickets quick - a chance to have another super quizzing night with friends.

Notes about the Kinross leagues - all details can be found on the Kinross Curling Website . thanks to all clubs and curlers taking part.

LOCH LEVEN'S
LARDER



The chase for the title in Division one will be decided in the final match between Dunfermline and Inverkeithing. ICC needs to win to take the title - a peel does it for DCC.

The fight to avoid relation involves a clash between Orwell Men and Orwell Ladies - a win for the ladies seals the fate of the men!

Division 2 title promotion for Inverkeithing 2 is assured. The second place will be decided in the final match between Broomhall and Dunfermline Ladies - winner gets promotion!

Division 3 promotion for both Bishopshire and Kinross Ladies - the title goes to the winner of the final match between these two clubs.

Sunday League - still a lot to play for. Ross (McCleary) has the benefit of two games still to play..

Division 2: Three rinks could take the title - it lies between McNaughton , Silvera and Linton.

Division 3: Ballantine and Fleming are at the top and play each other in the last game. Dalland could come second depending on the results of the last games.



**Wealth
Management**

The over 50's League has provided many great games this season. It looks like the title goes to either Nelson rink for Linton rink



Team Nelson (He is having a great season) is in pole position , with Team Cormack has a game in hand.

The **Ladies League** is far from decided - with Wylie or Brownlie aiming for the title.

Mixed Doubles - it looks as if Team Wilcox have got his sewn up.

Make sure you sign up for the Leagues next season.

Thanks to all our major sponsors.



Coach of the Year 2025 - who will it be?

Many thanks to all our great coaches -speak to Kim if you would like to find out more about being a coach



The prestigious and hotly-competed-for KINROSS SUPERCOACH OF THE YEAR award! Here are the worthy past winners. But who will win it this year? Any guesses?

MANY THANKS TO THE READER WHO POINTED OUT THIS ARTICLE

The Sport Of Curling The Ultimate Activity For Increasing Your Life And Health Span?

How does participating in the sport of curling increase your life and health spans? here is the third article to back up this claim

Volunteering

Curling clubs are often run fully or partially by volunteers. Reports clearly show that lowered levels of stress hormones have been documented in those who volunteer, versus those who don't. Social benefits include a new network of friends with shared interests and a sense of purpose. At the same time, volunteers learn new skills." Volunteering has shown to improve mental and physical health in one study of adults over 60. In another study, volunteers reported better physical health and life satisfaction. They perceived volunteering as a catalyst to positive changes in their health." In addition, "A longitudinal study of aging found those who volunteer their time to have longer life spans. Participants also experienced a decrease in pain from chronic illness."

Being a volunteer has many aspects that can increase your life and health spans. It can bring meaning and purpose to your life, while increasing your self-esteem and wellbeing. Volunteering can also relieve stress, and alleviate symptoms of depression. Volunteering can improve your personal relationships as well as having a positive impact on your community.

No matter what skill set you possess, there are many opportunities to volunteer at a curling club. Just a few would include building maintenance, ice creation & preparation, league organization, learn to curl events, corporate events, running bonspiels, marketing and communications. Your participation could not only help with the success of your club and rink, but could also benefit your health and personal longevity.

Conclusion

Hope you have enjoyed this series of articles. Kinross does have a great team of volunteers, Board members, Coaching staff and many who organise tenets at the rink.

The writer of the article concludes with the following statement - how true!

"As is common etiquette in the sport, I wish you all 'good curling.' This is how each game begins and ends along with a handshake with your fellow players. Imagine if we carried this spirit of respect into all aspects of our lives. This is the type of world I want to live in and believe would lead to a longer and healthier life for all."



Big celebrations in the Kinninmonth household this week as Libby achieved her level 1 coaching qualification whilst dad Steve achieved level 2. Congratulations to you both. Although Libby has only just turned 17 she has been a big asset to the coaching team for the last three years. Well done Libby, you're an absolute star.

TAKE NOTE: If you like to article below - you should think about signing up for the Kinross Curling Mixed Doubles League next season.



“Another fantastic afternoon of mixed curling between ICC and Orwell ladies started with a brief recap of the rules by Angela. Once on the ice everyone settled in and the competition started, with all 8 teams keeping good pace. Colin & Jeanne, Alastair & Caroline both took 3s on their last ends to finish top with 4 points. Things got even tighter as they also finished on the same ends and the same shots up, however Colin & Jeanne were called the winners on shots scored. Jeanne’s tap back for a full house of 6 in their first game being the deciding factor.” Derek Doyle



STOP PRESS

KINROSS will host the Henderson Bishop final in 2026!

Many thanks to coaches **David Ramsay** and **Harry Gow** for running a very informative and worthwhile workshop on sweeping and tactics. Great to see a mixture of experienced and newer curlers come together.



Kinross Ladies were well represented at the Henderson Bishop last week in Dumfries.

Kinross 1 skipped by Angela Wilcox (with Eileen Thomas, Caroline Liddle & Julia Cormack) had a tough start against the eventual group winners Lockerbie. They recovered well and had 3 excellent wins to finish second and reach the semis. They met the Stirling rink who had beaten Kinross 2 and it was clearly a tough match.

Kinross 2 skipped by Jane Drysdale (with Jen Finlay, Morag Erskine & Hester Niven) had a tough section and came up against strong rinks from Stirling, Greenacres and Forfar. They peeled their match with the Borders.

MAXWELL TROPHY: We are in the final!

Last season Kinross Curling won the Maxwell trophy for the first time. The first match took place on 29th November at Curl Edinburgh with 3 wins.

We had a tougher match v Stirling winning 1 of the 3. Ross played a tremendous last double take out and lie to win 5 - 4. Craig had a tough match v Lee McCleary after losing a 5 in the fourth end. He clawed back to 6 - 10, 4 ends each. Duncan stepped in for Robbie Stevenson and had strong opponents losing 2 -7. NB Robbie was in Aberdeen getting ready for the seniors - a worthwhile trip!

We had a clean sweep v Borders

Craig Lindsay 13 - 2

Robbie Stevenson 7 - 3

Ross McCleary 9 - 3

Our final match was on 20th February at Forfar and we had a very successful day with three wins, leaving no doubt that we topped the section.

Robbie (sen champion) had a 4 - 2 win after 8 ends.

Craig had a more comfortable win 8 - 2 after 6 ends.

Ross and his rink also enjoyed a good win 10 - 5.

The three wins meant Forfar slipped behind to third allowing Stirling to join Kinross in the final. Ayr have qualified in the other section, and the final place will be between Greenacres and Stranraer.

The final is on Tuesday 11th March at Hamilton.

PLEASE CONSIDER SENDING IN
NEWS FROM YOUR CLUB AND
ANYTHING INTERESTING ABOUT
CURLING ...

Send in information to:

newsletter@kinrosscurling.co.uk

or curlingphil@icloud.com



We would really like to hear your views and ideas for the rink. Please complete the survey.