



## CURL ATLANTIC JUNIOR CURLING CAMP

On October 4 & 5 2008, Curl Atlantic in conjunction with the PEICA is holding a weekend **Junior Curling High Performance Camp** for competitive junior men and women teams (primarily 20 & under & 17 & under) from across Prince Edward Island.

**CAMP LOCATION: Charlottetown Curling Club**

**CAMP TIMES:**

Saturday, October 4, 2008 -	8:30 a.m.	Registration
	9:00 a.m. – 5:00 p.m.	Camp
Sunday, October 5, 2006 -	9:00 a.m. – 3:00 p.m.	Camp

**COST:**

The cost of the camp is **\$250.00 per team** Space is limited to 10 teams and selection will be on a first come first paid basis.

**DEADLINE FOR APPLICATION:**

Application and cheque (**payable to CURL ATLANTIC**) must be received before **September 24, 2008**.

**CAMP CONTENT:**

- **On-Ice topics** will include:
  - Video Analysis with laser,
  - Technical drills (balance, timing, line of delivery, grip, release, rotation, team consistency),
  - Sweeping and judging,
  - Timing system with stopwatch,
  - Weight control (draws and big weight), angles, situational play, rock placement,
  - Pre-shot routines,
  - Communication,
  - Shot selection (defensive vs. offensive), ice reading, speed trap.
- **Off-Ice topics** will include:
  - Technical Review,
  - Season Planning and Goal Setting,
  - Team Dynamics,
  - Training and Practice,
  - Strategy/Tactics/Game Plan/End Plan,
  - Mental Toughness,
  - Physical Prep/Nutrition,
  - Rocks and Ice.

The Camp will be under the direction of **Helen Radford** Level 4 NCCP Certification, Manager of High Performance Development for NSCA & Coach in the National Women's Team Program; **Daryell Nowlan** National Coach and part of Atlantic High Performance Coaching Team, National Coach/Team Leader 2006 World Junior Men's Championships, Level 3 NCCP Certification; **Charlie Sullivan** -National Coach and part of the Atlantic High Performance Coaching Team, World Junior Curling Gold Medalist, Level 3 Certification; **Jeff Wilson** Level 3 NCCP Certification, Team leader for Ont. men's & women's at Cdn. Jrs. 2007; **Stefanie Clark** – World Junior Gold Medalist 2001, Multi-time Provincial Women's Champion & several years Whitecap Camp Instructor

**\* A mini workshop for coaches will be held on Friday 3 Oct. from approximately 6:30 – 9:00 and will be open to all Island Curling Coaches. Further details will be available in the very near future.**

**Mail camp registration to: Gayle Johnston  
46 Kirkdale Rd, Box 3 Site 10  
Charlottetown, PEI C1E 1N6**

**For further information please contact Gayle Johnston at 368-1071 or email: [gaylej@pei.sympatico.ca](mailto:gaylej@pei.sympatico.ca)**

**CURL ATLANTIC JUNIOR CURLING CAMP**  
**October 4 & 5, 2008**  
**Charlottetown Curling Club**

**Registration Form**

**Team:** \_\_\_\_\_

**Contact Name: Coach or Skip): Phone # and Email:** \_\_\_\_\_

**Team Members:**

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**Team Performance 2007-08 Season: (if majority of team had been together last year)**

**Provincials:** \_\_\_\_\_

**Other Events:** \_\_\_\_\_

\_\_\_\_\_

**Past Performance by Individual Team Members:**

**Skip:** \_\_\_\_\_

**Mate:** \_\_\_\_\_

**Second:** \_\_\_\_\_

**Lead:** \_\_\_\_\_

**Team Schedule for the 2008-09 season (include bonspiels, play downs, general practice schedule, etc.):**

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**DEADLINE FOR APPLICATION: September 24, 2008**

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Office Use Only

- Payment Received
- Application Accepted

Comments: \_\_\_\_\_