



PEI CURLING ASSOCIATION
Skills Development & High Performance
JUNIOR CURLING CAMP

On 10 & 11 October 2010 the PEICA will be holding a weekend **Junior Curling Skills Development/High Performance Camp** for competitive junior men and women teams/individuals as well as for novice to intermediate level Juniors.

Please Note: **Group A** will consist of **more advanced competitive teams/individuals** and **Group B** will focus on the **novice to intermediate Junior teams/individuals who have at least 2 years experience**. Groups will alternate between on ice and classroom sessions.

CAMP LOCATION: Charlottetown Curling Club

CAMP TIMES:

Sunday, 10 October	8:30 a.m. – 9:00 am	Check in & Change up
	9:00 a.m. – 4:30 p.m.	Camp – on ice & classroom sessions
Monday, 11 October	9:00 a.m. – 4:00 p.m.	Camp – on ice & classroom sessions

COST:

The cost is **\$200.00 per team including coach or \$50.00 per individual - Space is limited** and selection will be on a first come first paid basis. Morning & afternoon nutrition breaks will be provided by the Camp each day.

DEADLINE FOR APPLICATION:

Cheque (payable to PEI Curling Association) & registration must be received before **Thurs. 30 September, 2010**.

CAMP CONTENT:

- **On-Ice topics may include:** (modified for specific group)
 - 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 may include:** (modified for specific group)
 - Technical Review,
 - Rules update & etiquette
 - Season Planning and Goal Setting,
 - Team Dynamics,
 - Training and Practice,
 - Strategy/Tactics/Game Plan/End Plan,
 - Mental Toughness,
 - Physical Prep/Nutrition,

Camp Instructors: Some of the staff for the Camp will include: **Brian Rice**, Master Learning Facilitator NB, Curl Atlantic High Performance Team, International Camp Instructor, NCCP Level; 3 **Marilyn Sutherland** Master Learning Facilitator PEI Level 3, **Jeff Wilson** NCCP Level 3, Whitecap Head Instructor; **Kathie Gallant** Level 3 & 4 time Provincial Men's Champs Coach; **Erin Carmody** 3 time Jr. Provincial Women's Champ & Scotties Silver Medalist, **Brett Gallant** 5 time Prov. Champ, Canadian Champ, World Silver Medalist; **Sarah Fullerton** Level 2 Certified & Provincial Jr. Women's Champ & Canada Games. Several others instructors will be confirmed within the very near future.

Mail camp registration/cheque 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

**PEICA
Skills Development & High Performance
Curling Camp
10 & 11 October, 2010
Charlottetown Curling Club**

Registration Form

Team: _____ or Individual _____ Age _____

****Please indicate which group you prefer to participate in: Group A _____ or Group B _____**

Contact Name: Coach or Skip: _____ Phone # _____

Email: _____

Team Members: (Please include age)

Skip: _____

Third: _____

Second: _____

Lead: _____

Team Performance 2009-10 Season (if majority of team had been together last year)

Provincials: _____

Other Events: _____

Past Performance by Individual Team Members:

Skip: _____

Mate: _____

Second: _____

Lead: _____

Please give a short outline of some of your Team's schedule/ season plan for the 2010-11 (include bonspiels, play downs, general practice schedule, etc.):

Has your team or some of your team members attended other camps/special training etc. over the past 2 years, if yes please indicate which camp(s) they attended and when:

DEADLINE FOR APPLICATION: Thurs. 30 September, 2010

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46 Kirkdale Rd,
Box 3 Site 10
Charlottetown, PEI C1E 1N6

Office Use Only

Payment Received: _____

Comments: _____