



PEI CURLING ASSOCIATION
Skills Development & High Performance
Adult Curling Camp, Friday & Saturday, 8 & 9, October, 2010

On Fri & Sat, October 8 & 9, 2010 the PEICA will be holding a weekend **Adult Skills Development/High Performance Camp**. The Camp is open to all men and women teams, individuals and coaches from an intermediate to more advanced level.

LOCATION: Charlottetown Curling Club

TIMES: Friday 8 October 6:00 pm. – 10:00 pm Class room & on ice sessions
Saturday 9 October 9:00 a.m. – 4:30 p.m. Classroom & on ice sessions

COST: The cost is **\$160.00 per team including coach or \$40.00 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** and registration form must be received before **Thursday, 30 September, 2010**

CAMP CONTENT:

• **On-Ice topics may include:**

- Video Analysis with laser,
- Technical drills (balance, timing, line of delivery, grip, release, rotation, team consistency),
- Sweeping and judging weight,
- 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:**

- Technical Review,
- CCA Rules update
- Season Planning and Goal Setting,
- Team Dynamics,
- Training and Practice,
- Strategy/Tactics/Game Plan/End Plan,
- Mental Toughness,
- Physical Prep/Nutrition.

Camp Instructors: Camp staff includes: **Helen Radford** Level 4 Certified, Manager of High Performance Development for NSCA & Coach in the National Women's Team Program; **Jeff Wilson** Level 3 Certified, White Cap Instructor 3 years, National Training Center, Calgary, Instructor; **Kathie Gallant** Level 3 & 4 time Provincial Men's Champs Coach, Facilitator/Instructor at numerous workshops & camps; **Brett Gallant** 5 time Prov. Champ, Canadian Champ, World Silver Medalist, Whitecap assistant instructor 2 years and **Dr. Kim Davies** Sport Psychologist Phd. Other instructors will be confirmed in the 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

Registration Form

Adults

Skills Development & High Performance Curling Camp Charlottetown Curling Club, 8 & 9 October, 2010

Team Name (Team of 4): _____ or Individual _____

Contact Name: Coach or Skip: _____ Phone # _____

Email: _____

Team Members: 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 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, 4:00 pm

Mail camp registration/cheque to:

Gayle Johnston, 46 Kirkdale Rd, Box 3, Site 10, Ch'town, PE, C1E 1N6

Office Use Only: Payment Received: _____

Comments: _____