



PEI CURLING ASSOCIATION
Skills Development & High Performance
Adult Camp

On 7 & 8 October 2011 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 an advanced level.

CAMP LOCATION: Charlottetown Curling Club

CAMP TIMES:

Fri, 7 October	6:00 pm. – 10:00 pm	Class room & on ice sessions
Sat. 8 October	8:30 a.m. – 4:30 p.m.	Classroom & on ice 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. 29 September, 2011**.

CAMP CONTENT:

• **On-Ice topics may include:**

- Video Analysis with laser,
- Technical drills (balance, timing, line of delivery, grip, release, rotation, team consistency),
- Sweeping (new techniques & technology), communication, judging, timing
- Weight control (draws and big weight), angles, situational play, rock placement,
- Shot selection (defensive vs. offensive), ice reading, speed trap.

• **Off-Ice topics may include:**

- Technical Review
- Team Dynamics, Training and Practice,
- Strategy/Tactics/Game Plan/End Plan,
- Mental Preparation & Toughness,
- Fitness & Strength Training
- Nutrition for general health & competition preparation

Camp Instructors: Head Instructor for the Camp will be **Helen Radford** Level 4 Certified, Manager of High Performance Development for NSCA & Coach in the National Women's Team Program; **Dr. Dany MacDonald, Sport Psychologist, Nancy Fong, Sport Nutritionist & Kris MacPhee Fitness & Strength Specialist** and other Island Instructors to be confirmed. A full camp agenda/schedule will be posted on the PEICA Website & emailed to all interested persons by the middle of Sept. Please check the PEICA website banner headlines and the Technical Link for further updates.

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@eastlink.ca

PEICA
Skills Development & High Performance
Curling Camp
7 & 8 October, 2011
Charlottetown Curling Club

Registration Form

Team: _____ or Individual _____

Contact Name: Coach or Skip: _____ Phone # _____

Email: _____

Team Members:

Skip: _____

Third: _____

Second: _____

Lead: _____

Team Performance 20010-11 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 20010-11 (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:

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Office Use Only

Payment Received: _____

Comments: _____