



PEI CURLING ASSOCIATION
Skills Development & High Performance
JUNIOR CURLING CAMP

On 9 & 10 October 2011 the PEICA will be holding a weekend **Junior 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/coaches** who want to take their game to a higher level – to fine tune their curling skills, enhance their mental and physical abilities, plan & practice effectively and generally expand their curling skills and knowledge and train to compete.

Group B will focus on the **novice to intermediate junior teams/individuals/ who have at least 2 years experience primarily 12-15 years of age** with the main focus on Skill Development, Fun and General Curling Knowledge and provide an opportunity for Talent ID. The sessions will follow the Train to Train model in accordance with LATD (Long Term Athlete Development)

Groups A & B will alternate between on ice and classroom sessions.

CAMP LOCATION: Charlottetown Curling Club

CAMP TIMES:

Sunday, 9 October	8:30 a.m. – 9:00 am	Check in & Change up
	9:00 a.m. – 5:00 p.m.	Camp – on ice & classroom sessions
Monday, 10 October	8:30 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 to 32 per group** and selection will be on a first come first paid basis. Morning & afternoon nutrition breaks will be provided by the Camp each day. Facilities are available for those wishing to bring their lunch.

DEADLINE FOR APPLICATION:

Cheque (payable to PEI Curling Association) & registration must be received before **Thurs. 29 September, 2011.**

CAMP CONTENT: The On Ice & Classroom Sessions for both groups is presently being developed and will be finalized in the very near future. A complete agenda/schedule of sessions and activities will be posted on the PEICA Curling Website and sent to all Clubs and Coaches

Some of the on ice sessions will include: Pre-shot routines, Technical Drills (balance, line of delivery, grip, release, rotation, team consistency); Sweeping & Judging Weight; Video Analysis; Communication; Weight Control (draws & big weight) angles, situational play, rock placement.

Some of the classroom sessions will include: Technical Review; Rules Update & Etiquette; Training & Practice; Season Planning & Goal Setting; Mental & Physical Prep and Nutrition

Camp Instructors: We are presently working on confirming the various Instructors, Facilitators and Special Resource Personnel. Some of the staff for the Camp will include: **Brian Rice**, Master Learning Facilitator NB, Curl Atlantic High Performance Team, **AJ Campbell**, **Dr. Don Vickerson**, **Peter Gallant**, **Bill Hope**, **Marilyn Sutherland**, **Pat Quilty**, **Kevin Smith**, **Dario Zannier** and others to be confirmed in the very near future. Resource Personell include: **Dr. Dany MacDonald** Sport Psychologist, **Nancy Fong** Sport Nutritionist & **Kris MacPhee** Fitness & Strength Training Specialist.

Mail camp registration form & 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
9 & 10 October, 2011
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: _____ Age: _____

Third: _____ Age: _____

Second: _____ Age: _____

Lead: _____ Age: _____

Team Performance 2010-11 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 2011-12 (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: Thursday 29 September, 2011

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

Office Use Only

Payment Received: _____

Comments: _____