



**PEI CURLING ASSOCIATION**  
**Skills Development & High Performance**  
**Adult Camp**  
**Summerside Silver Fox Curling Club**

**On 9 & 10 December 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 **from the Summerside, O'Leary, Alberton & Crapaud Curling Clubs**

**Please Note:** **Group A** will be for newer to intermediate curlers and **Group B** for the more advanced experienced curler.

**CAMP LOCATION: Silver Fox Curling Club**

Fri, 9 Dec	6:00 pm. – 10:00 pm	Class room & on ice sessions
Sat. 10 Dec	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 to 48** 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 REGISTRATION:**

Cheque (**payable to PEI Curling Association**) & registration must be received by **Monday 5 December, 2011**.

**CAMP CONTENT:**

• **On-Ice topics may include:**

- 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,.
- Video analysis

• **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, Injury Prevention

**Camp Instructors:** Some of the Instructors for the Camp will include: Pat Aylward, Dr. Don Vickerson, Marilyn Sutherland, Kathy O'Rourke, AJ Campbell and others to be confirmed. **Tara Costello - Sport Psychologist will be doing a presentation on Mental Preparation and Fitness & Strength Specialist Kris McPhee will also be doing a lively fitness presentation.** A full camp agenda/schedule will be posted on the PEICA Website & emailed to all interested persons by the end of Nov. Please check the PEICA website banner headlines and the Technical Link for further updates.

**Mail camp registration/cheque to: Michelle Weaver, 179 Hanover St., S'side, PE C1N 1E7**

**For further information please contact Gayle Johnston at 368-1071 or email: [gaylej@eastlink.ca](mailto:gaylej@eastlink.ca) or Michelle Weaver at 436-1036 or email [m.weaver@live.ca](mailto:m.weaver@live.ca)**

**PEICA**  
**Skills Development & High Performance**  
**Curling Camp**  
**9 & 10 Dec, 2011**  
**Silver Fox Curling Club**

**Registration Form**

Team: \_\_\_\_\_ or Individual \_\_\_\_\_

Group Preference: (Newer to Intermediate Curler) Group A \_\_\_\_\_ or Intermediate to Advanced: Group B \_\_\_\_\_

Contact Name: Coach or Skip: \_\_\_\_\_ Phone # \_\_\_\_\_

Email: \_\_\_\_\_

**Team Members:**

Skip:	Phone #	Email
Third:	Phone #	Email
Second:	Phone #	Email
Lead:	Phone #	Email

**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 Registration: Monday 5 December, 2011**

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Office Use Only

Payment Received: \_\_\_\_\_

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