



PEI CURLING ASSOCIATION
Skills Development & High Performance
Adult Camp

On 5 & 6 October 2012 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, 5 October	6:00 pm. – 10:00 pm	Class room & on ice sessions
Sat. 6 October	9:00 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 **Fri 28 Sept September, 2012**.

CAMP CONTENT:

• **On-Ice topics may include:**

- Technical drills (balance, timing, line of delivery, grip, release, rotation, team consistency),
- Sweeping (update on new technique)
- Timing system with and without stopwatch,
- Weight control (draws and big weight), angles, situational play, rock placement,
- Pre-shot routines,
- Communication,
- Shot selection (defensive vs. offensive), ice reading,
- Video Analysis with laser,

• **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. Several well certified Provincial Instructors/Facilitators will be on staff as well as Professional Resource Personnel for various sessions.

A full camp agenda/schedule will be posted on the PEICA Website & emailed to all interested persons by mid Sept.

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
5 & 6 October, 2012
Charlottetown Curling Club**

Registration Form

Team: _____ or Individual _____

Contact Name: Coach or Skip: _____ Phone # _____

Email: _____

Team Members:

Skip: _____

Third: _____

Second: _____

Lead: _____

Team Performance 2011-12 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 2012-13 (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 Friday 28 September, 2012

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

Office Use Only

Payment Received: _____

Comments: _____