



**PEI CURLING ASSOCIATION**  
**Skills Development & High Performance**  
**JUNIOR CURLING CAMP**  
**20-21 October 2012**

On 20 & 21 October 2012 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** and **Group B** will focus on the **novice to intermediate Junior teams/individuals who have at least 2 years experience** primarily 10-14 years of age with the main focus on Skill Development, Talent ID, Fun and following the Train to Train model in accordance with LTAD (Long Term Athlete Development) Groups will alternate between on ice and classroom sessions.

**CAMP LOCATION: Charlottetown Curling Club**

**CAMP TIMES:**

Saturday, 20 October	8:30 a.m. – 9:00 am	Check in & Change up
	9:00 a.m. – 4:30 p.m.	Camp – on ice & classroom sessions
Sunday, 21 October	9:00 a.m. – 4:30 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** 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 12 October, 2012.**

**CAMP CONTENT:**

- **On-Ice topics may include: (modified for specific group)**
  - Technical drills (balance, timing, line of delivery, grip, release, rotation, team consistency),
  - Sweeping and judging,
  - Skills Testing
  - 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: (modified for specific group)**
  - Technical Review,
  - Rules update & etiquette
  - Season Planning and Goal Setting,
  - Team Dynamics, Training and Practice,
  - Fitness & Skills Testing
  - 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 Oct

**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](mailto:gaylej@eastlink.ca)**

**PEICA  
Skills Development & High Performance  
Curling Camp  
20 & 21 October, 2012  
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: \_\_\_\_\_

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: Fri 12 October, 2012**

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Office Use Only

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

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