



**Prince Edward Island Curling Association (PEICA)
 Junior Skills Development/Talent ID and High Performance Camp
 Saturday 20 October 7 & Sunday October 21, 2012
 Charlottetown Curling Club**

Sat, October 20		
Time	Session/Presentation	Presenter/Coordinator
8:30 – 8:45 am	Arrival, Camp Packages, Welcome (Upstairs Lounge)	Gayle Johnston
8:45 -- 9:00 am	Introductions, Schedule Overview	Gayle
9:00 – 9:30 am	Group A & Group B Importance of Warm Up & Cool Downs (Upstairs) (Group B warm up upstairs) (Group A) warm ups downstairs)	AJ Campbell & Bill Hope
9:30 --10:30 am	Group A: Session 1 Stance, Balanced Slide, Pull Back & Forward Slide, Sequential Movement (Timing) On Ice	Brian Rice, Bill Hope & all coaches
9:30 – 10:30 am	Group B: Basic Mental Prep (Focus, Concentration, Relaxation,) Upstairs	AJ Campbell
10:30 – 10:45 am	Nutrition Break	
10:45 – 11:00 am	Group B: Change Up & Warm Up (Downstairs)	
10:45 -- 11:45 am	Group A: Mental Preparation (Upstairs)	AJ Campbell
11:00 – 11:45 am	Group B: On Ice, Session 1 Stance, Balanced Slide, Pull Back Forward Slide, Sequential Movement (Timing)	Bill, Brian, all coaches
11:45 – 12:15	Groups A & B Canada Games/ U 18 International Optimist/ Podium Project Updates	Gayle
12:15 -- 1:00 pm	Lunch Break	
1:00 -- 1:10 pm	Group A: Change Up & Warm Up (Downstairs)	
1:10 – 2:10 pm	Group A: Session 2 Line of Delivery, Grip, Turns & Releases (On Ice)	Brian, Bill, & Coaches
1:00 – 1:30 pm	Group B: Basic Strategy	AJ
1:30 – 2:00	Group B: Practice & Season Planning	AJ
2:00 – 2:10 pm	Group B: Change Up & Warm Up (Downstairs)	
2:10 -- 2:50 pm	Group A: Team Dynamics, Communication, Roles/ Responsibilities	TBA
2:10 – 2:50 pm	Group B: Session 2 Line of Delivery, Grips, Turns & Releases	Brian & Bill & Coaches
2: 50 -- 3:00 pm	Nutrition Break	

3:00 -- 4:00 pm	Group A: Classroom, Strategy & Tactics Group B: Brushing ice 2, Skills stations Ice 3,4 Groups rotate through stations 1 – 8	Upstairs Lounge video analysis ice 1 & 5	TBA Brian, AJ all coaches & instructors
4:10 -- 5:15 pm	Group A: Brushing on ice 1, Skills stations ice 2,3 Group B: Classroom, Team Dynamics/Roles/Responsibilities/Communication	video analysis ice 1 & 5	Brian, AJ & /coaches Ron
4:15 – 5:00 pm			TBA

Sunday, October 21

Time	Session/Presentation	Location	Presenter/Coordinator
8:30 am	Announcements, Questions & Answers	Upstairs Lounge	Gayle
8:45 – 9:00 am	Change Up		
9:00 – 9:30 am	Group A: Nutrition – “Food For Thought” (Parents Welcomed) (downstairs Lounge)		Bethany Vessey
9:00 – 9:30	Group B: Fitness/ Physical Prep/Fitness Testing Intro (Upstairs Lounge)		Kris MacPhee Fitness Specialist
9:30 – 10:00	Group A: Fitness/ Physical Prep/Fitness testing Intro (Upstairs Lounge)		Kris MacPhee
9:30 – 10:00	Group B: Nutrition – “Food for Thought” (Parents Welcomed) (downstairs Lounge)		Bethany Vessey Personal Trainer & Registered Dietitian
10:15 – 10:30 am	Group B: Nutrition Break Change Up & Warm Up (Upstairs Lounge)		
10:30 – 11:45 am	Group A: Classroom & On Ice, Shot Selection & How to Play Them, Angles, Drag Effect, Where to hit & weight, Communication, Sweeping Tips Group B: Skills Directed Fun Activity (short end game, coaches game, hog in game) On Ice 15 minutes each		Brian, Bill AJ & Pat
11:45 – 12:15 am	Groups A & B Rules, Etiquette		Cliff Poirier
12:15 – 1:00	Lunch Break		
1:00 – 1:45	Group A Skills Testing		Brian
1:00 – 1:45	Group B Classroom Activity TBA		Bill
1:30 – 2:15	Group B Skills Testing		Brian
1;30 – 2:15	Group A Classroom Activity TBA		AJ
2:15 -- 2:30 pm	Group A & Group B: Nutrition Break		
2:30 – 3:30 pm	Group A & Group B: The Great Shoot Out!!		Pat Q, Bill, Aleya
3:30 – 3:45 pm	Group A & Group B: Cool Down		Aleya &
3:30 -- 3:45 pm	Wrap Up & Camp Evaluation		Gayle