

Spud Isle Junior Camp
Skills Development & High Performance
JUNIOR CURLING CAMP
25-26 October 2014

On 25 & 26 October 2014 a Junior Skills Development/High Performance Camp for competitive junior men and women teams/individuals as well as for novice to intermediate level Juniors will be held at the Crapaud Curling Club

Please Note: Group A will consist of **advanced competitive teams/individuals** and Group B will focus on the **novice to intermediate Junior teams/individuals who have at least 1 year experience** primarily 10-14 years of age with the main focus on Skill Development. Groups will alternate between on ice and classroom sessions.

CAMP LOCATION: Crapaud Curling Club

CAMP TIMES:

Saturday, 25 October	8:45 a.m. – 9:00 am	Check in
	9:15 a.m. – 4:30 p.m.	Camp – on ice & classroom sessions
Sunday, 26 October	10:00 a.m. – 3:30 p.m.	Camp – on ice & classroom sessions

COST:

The cost is **\$120.00 per team including coach or \$30.00 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 Spud Isle Junior Curling Camp) & registration must be received by no later than Friday October 10, 2014. This will allow the organizers time to fine tune the camp and make it relevant to the attendees. Thank you for your cooperation.

CAMP CONTENT:

• **On-Ice topics may include:**

- Technical drills (balance, timing, line of delivery, grip, release, rotation, team consistency)
- Sweeping and judging weight
- Skills Testing
- Weight control (draws and big weight), angles, situational play, rock placement
- Pre-shot routines
- Communications
- Shot selection (defensive vs. offensive), ice reading
- Video Analysis

• **Off-Ice topics may include:**

- Technical Review,
- Rules update & etiquette
- Season Planning and Goal Setting,
- Team Dynamics, Training and Practice,
- Fitness
- Strategy/Tactics/Game Plan/End Plan,
- Mental Toughness,
- Physical Prep/Nutrition,

Camp Instructors: Several well certified Provincial Instructors/Facilitators will be on staff for various sessions. A full camp agenda/schedule will be emailed to all interested persons by early October.

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

**Skills Development & High Performance
Curling Camp
25 & 26 October, 2014
CrapaudCurling Club**

Registration Form

Team Name: _____ 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 2013-14 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 2014-15 (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 10 October, 2014 Cheques payable to Spud Isle Junior Camp

Mail camp registration/cheque to: Gayle Johnston

46 Kirkdale Rd,

Box 3 Site 10

Charlottetown, PE C1E 1N6

Office Use Only

☐ Payment Received: _____

☐ Comments: _____