

Spud Isle Junior Camp
Skills Development & High Performance
JUNIOR CURLING CAMP
24-25 October 2015

On 24 & 25 October 2015 a Junior Skills Development/High Performance Camp for junior girl's and boy's teams **and individuals** for novice to intermediate level curlers as well as for the more advanced teams and individuals, will be held at the Cornwall Curling Club

Please Note: **Group A** 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. **Group B** will consist of more **advanced competitive teams/individuals** and Groups will alternate between on ice and classroom sessions.

CAMP LOCATION: Cornwall Curling Club

CAMP TIMES:

Saturday, 24 October	8:45 a.m. – 9:00 am	Check in
	9:15 a.m. – 4:30 p.m.	Camp – on ice & classroom sessions
Sunday, 25 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 & lunch will be provided by the Camp each day.

DEADLINE FOR APPLICATION:

Cheque (payable to Spud Isle Junior Curling Camp) & registration form must be received by no later than Friday 9 October 2015. (Cheques may be post dated to 9 Oct.) 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 (**Coaches & Parents encouraged to attend**)
- Season Planning and Goal Setting, (**Coaches & Parents encouraged to attend**)
- 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 October 10th

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
24 & 25 October, 2015
Cornwall Curling Club**

Registration Form

Team Name: _____

Individual _____ **Age** _____

****Please indicate which group you prefer to participate in: Group A _____ or Group B _____**

Contact Name: (Parent or Coach): _____ **Phone #** _____

Email: _____

Team Members: (Please include age)

Skip: _____

Third: _____

Second: _____

Lead: _____

Team Performance 2014-15 Season (if majority of team had been together last year)

Provincials: _____

Other Events: _____

Please give a short outline of some of your Team's schedule/ season plan for the 2015-16 (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)/training they attended and when:

DEADLINE FOR APPLICATION: Fri 9 October, 2015 Cheques payable to Spud Isle Junior Camp

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46 Kirkdale Rd,

Box 3 Site 10

Charlottetown, PE C1E 1N6

Office Use Only

☐ **Payment Received:** _____

☐ **Comments:** _____