**Spud Isle Junior Camp**

**Skills Development & High Performance**

**JUNIOR CURLING CAMP**

**29-30 October 2016**

On 29-30 October 2016 a Junior Skills Development for junior girl’s and boy’s teams and individuals for novice to intermediate level curlers will be held at the Cornwall Curling Club

Please Note: This camp will focus on the novice to intermediate Junior teams/individuals who have at least 1 year experience, primarily 10-15 years of age with the main focus on Skill Development.

# CAMP LOCATION: Cornwall Curling Club

Saturday, 28 October 9:00 a.m. – 9:30 am Check in, Welcome & Camp Overview

9:30 a.m. – 4:30 p.m. Camp – on ice & classroom sessions

Sunday, 29 October 9:30 a.m. – 3:00 p.m. Camp – on ice & classroom sessions

# COST:

The cost is $120.00 per team including coach or $30.00 per individual - Space will be limited to approximately 32 juniors 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 14 October 2016. (Cheques may be post dated to 14 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 17th

Mail camp registration form & 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 egayle.johnston@gmail.com**

## **Skills Development**

**Junior Curling Camp**

**29 & 30 October, 2016**

**Cornwall Curling Club**

### Registration Form

#### **Team** **Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

#### **Individual** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_

#### 

**Contact Name: (Parent or Coach): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Team Members: (Please include ages)**

**Skip**:

**Third:**

**Second:**

**Lead:**

**Team Performance 2015-16 Season (if majority of team had been together last year)**

**Provincials: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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# Other Events: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Please give a short outline of some of your Team’s schedule/ season plan for the 2016-17 (include bonspiels, play downs, general practice schedule, etc.):**

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**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:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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###### DEADLINE FOR APPLICATION: Fri 14 October, 2016 Cheques payable to Spud Isle Junior Camp

Mail camp registration/cheque to: Gayle Johnston

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Office Use Only

* Payment Received:
* Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Skill Dev & High Performance Camp Oct 2016 Flyer.doc**