

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: _____

Other Events: _____

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.):

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 14 October, 2016 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:** _____