



**PRESENTS
THE Fifth ANNUAL**

CURLING TO THE EXTREME 2-DAY SPRING BREAK CURLING CAMP

**Open to junior curlers 18 years and under
Required: at least 2 year's experience**

1. Curling in a regular league (min 1 time/week)

WHEN: Monday, March 30th and Tuesday, March 31st, 2020

TIME: 10:00 a.m. to 4:00 p.m. both days

WHERE: TBD

FEE: \$125/person + GST

DEADLINE: March 25th, 2020

This is a fun and positive 2-day camp for young athletes to play, have fun, learn, and improve in the sport of curling. This camp will consist of individual and team instruction. It will provide a chance for athletes to work on all of the fundamental skills of curling. See below for some of the sessions offered:

DELIVERY ANALYSIS – Athletes will receive an in depth analysis of their set up and delivery.

STRENGTH & CONDITIONING TRAINING – Athletes will have the opportunity to take part in a one-hour curling specific strength and conditioning session lead by a trained professional. The session will provide the athletes with an introduction to sport specific training techniques. Athletes will also be given information on proper nutrition.

SWEEPING TRAINING – An introduction to sweeping, the proper way to sweep, how to be effective and directional sweeping.

MIXED DOUBLES TRAINING – Athletes will be introduced to the game of Mixed Doubles which were included at the 2018 Olympic Games. Rules will be covered, and everyone will have a chance to play the game.

SKILLS COMPETITIONS – Everyone will get a chance to participate in fun, competitive activities during the two days.

For more information, please email Rob Gordon at rgordon@curlmanitoba.org