



Presents the first annual Winter Camp

WHEN: December 19—20, 2020

TIME: (Dec. 19) 9:00am – 6:00pm, (Dec. 20) 2:00pm – 6:00pm

WHERE: Pembina Curling Club

FEE: \$125/person + GST

DEADLINE: TBD

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.

