

## **CurlManitoba LTAD Programs**

### Awareness/First Involvement

Open Your Doors  
Winnipeg Newcomers

### Fundamentals (U9)

Rocks and Rings  
Hit Draw Tap  
Lessons  
Clinics  
Learn to Curl Leagues

### Learn to Train (U12)

Hit Draw Tap  
Train the Trainer  
Little Rock Junior Programs/Junior Programs  
Skill Development Clinics  
Fall Kick Off  
Wheelchair  
Lessons  
Clinics

### Train to Train (U15)

Junior Development Curling Program  
League in a Box  
Curling Academy  
Camp  
Junior Programs  
Rockfest (U15 singles)  
Youth Winter Spiel  
Manitoba Games

### Learn to Compete (U18)

Junior High Performance Curling Program  
Manitoba Games  
Regional Qualifiers  
Berth Bonspiel  
Provincial Championship

### Train to Compete (U21)

Regional Qualifiers  
Berth Bonspiel  
Provincial Championship

### Compete For Life

Men, Women and Mixed Doubles regional qualifers, berth bonspiel and Championships

U25 Learn to Excel-NExGen Program  
Train to Excel-National Team Program

Curl for Life

Manitoba Open (HALFspiel and U5)  
Regional Qualifiers for Seniors, Masters, Curling Club  
Berth Bonspiels for Seniors and Masters  
Provincial Championships for Seniors, Masters, Curling Club and Mixed  
Curling Club Leagues and Competitions  
Learn to Curl League