

## **CurlManitoba LTAD Programs**

### Awareness/First Involvement

Winnipeg Newcomers

### Fundamentals (U9)

Rocks and Rings  
Hit Draw Tap  
Lessons  
Clinics  
Learn to Curl Leagues  
Camp  
Girls Rock  
Little Rock Junior Programs

### Learn to Train (U12)

Hit Draw Tap  
Train the Trainer  
Junior Programs  
Wheelchair  
Lessons  
Clinics  
Rockfest (U15 singles)

### Train to Train (U15)

Junior Assistance Programs  
Camp  
Junior Programs  
Rockfest (U15 singles)  
Youth Spiel  
U15 Bonspiels  
Manitoba Games

### Train to Compete (U21)

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

### Train To Win

Regional Qualifiers  
Berth Bonspiel  
Provincial Championship

### Compete For Life

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

### Curl for Life

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