



## **Curl Manitoba**

### **Manitoba Winter Games 2026**

#### **Development Plan**

##### **U15** **Mixed Doubles**

**LTAD STAGES – Active Start**  
**FUNDamentals**  
**Learn to Train**  
**Train to Train**  
**Train to Win**

### General Philosophy of CurlManitoba's Development Plan

The philosophy of CurlManitoba Development Plan is to assist athletes to progress through our sport's Long Term Athlete Development Model (LTADM) from the Fundamental category to the Learning to Train category to the Training to Train category and then eventually to the Training to Win category. By working with these athletes and incorporating methods used in our high performance program we expect to increase their interest in the sport as well as developing their skills.

## **2024-2025 – Identification and Training and Developing**

### **Phase 1 - U15**

The Manitoba Winter Games identification process begins four years prior to the Manitoba Games at the developmental level of our sport. CurlManitoba offers camps and training opportunities throughout the season. CurlManitoba also, in cooperation with curling clubs assists in offering U15 bonspiels throughout the season so athletes can learn the game.

There are 105 participants that are in our High Performance program for the 24-25 season.

Coaches will have the opportunity to obtain practical experience under the supervision and instruction of CurlManitoba's Trained coaches at all our programs.

Athletes throughout Manitoba will participate in a Regional Qualifier in December 2025 with the winner advancing to the Manitoba Games 2026.

Numerous coaches and athlete are provided with training opportunities depending upon the needs and wants of the athletes and coaches.

8 teams of each gender will compete at the Manitoba Games 2026.

### **Phase 2 - Mixed Doubles U18**

In the 2024-2025 season the World Curling Federation, Curling Canada and CurlManitoba introduced the U21 Mixed Doubles as a world, a national and a provincial Event.

In the spring of 2024 CurlManitoba ran a trial event with 16 entries proving that this new stream of curling is popular.

CurlManitoba will offer training camps for any athletes interested in Mixed Doubles. Athletes throughout Manitoba will participate in a Regional Qualifier in December 2025 with the winner advancing to the Manitoba Games 2026.

## **Team Selection and Preparation**

CurlManitoba will work with athletes in the High Performance Program, which runs weekly throughout the season.

Elaine Owen (Development Manager) Erika Radosevic (Development Coordinator) and Jill Officer (CurlManitoba High Performance Director) will administer the Manitoba Games training program. They will also draw upon various other individuals for support as needed, including the Executive Director, CurlManitoba Board Members, and various certified curling coaches, sport medicine, sport psychologists, nutritionists, and certified fitness professionals. CurlManitoba believes that with a four-year plan and the resources available the sport can develop a program that will assist young athletes to progress through the LTAD Model for the sport of curling.

It is expected that the majority of these athletes will continue their growth in the sport, create a strong power base for the future, and hopefully become the next generation of National, World and Olympic Curling Champions.