



**PEI CURLING ASSOCIATION**  
**Skills Development & High Performance**  
**Adult Curling Camp, Friday & Saturday, 8 & 9, October, 2010**

On Fri & Sat, October 8 & 9, 2010 the PEICA will be holding a weekend **Adult Skills Development/High Performance Camp**. The Camp is open to all men and women teams, individuals and coaches from an intermediate to more advanced level.

**LOCATION:** Charlottetown Curling Club

**TIMES:** Friday 8 October 6:00 pm. – 10:00 pm Class room & on ice sessions  
Saturday 9 October 9:00 a.m. – 4:30 p.m. Classroom & on ice sessions

**COST:** The cost is **\$160.00 per team including coach or \$40.00 per individual** - **Space is limited** and selection will be on a **first come first paid basis**. Morning & afternoon nutrition breaks will be provided by the Camp each day.

**DEADLINE FOR APPLICATION:** Cheque, **payable to PEI Curling Association** and registration form must be received before **Thursday, 30 September, 2010**

**CAMP CONTENT:**

• **On-Ice topics may include:**

- Video Analysis with laser,
- Technical drills (balance, timing, line of delivery, grip, release, rotation, team consistency),
- Sweeping and judging weight,
- Timing system with stopwatch,
- Weight control (draws and big weight), angles, situational play, rock placement,
- Pre-shot routines,
- Communication,
- Shot selection (defensive vs. offensive), ice reading, speed trap.

• **Off-Ice topics may include:**

- Technical Review,
- CCA Rules update
- Season Planning and Goal Setting,
- Team Dynamics,
- Training and Practice,
- Strategy/Tactics/Game Plan/End Plan,
- Mental Toughness,
- Physical Prep/Nutrition.

**Camp Instructors:** Camp staff includes: **Helen Radford** Level 4 Certified, Manager of High Performance Development for NSCA & Coach in the National Women's Team Program; **Jeff Wilson** Level 3 Certified, White Cap Instructor 3 years, National Training Center, Calgary, Instructor; **Kathie Gallant** Level 3 & 4 time Provincial Men's Champs Coach, Facilitator/Instructor at numerous workshops & camps; **Brett Gallant** 6 time Prov. Junior Champ, Canadian Champ, World Silver Medalist, Whitecap assistant instructor 2 years, and **Dr. Kim Davies** Sport Psychologist. Other instructors will be confirmed in the near future.

**Mail camp registration/cheque to: Gayle Johnston**  
**46 Kirkdale Rd, Box 3 Site 10**  
**Charlottetown, PEI C1E 1N6**

**For further information please contact Gayle Johnston at 368-1071 or email: [gaylej@pei.sympatico.ca](mailto:gaylej@pei.sympatico.ca)**

**Registration Form**

**Adults**

**Skills Development & High Performance Curling Camp  
Charlottetown Curling Club, 8 & 9 October, 2010**

Team Name (Team of 4): \_\_\_\_\_ or Individual \_\_\_\_\_

Contact Name: Coach or Skip: \_\_\_\_\_ Phone # \_\_\_\_\_

Email: \_\_\_\_\_

Team Members: Skip: \_\_\_\_\_ Third: \_\_\_\_\_

Second: \_\_\_\_\_ Lead: \_\_\_\_\_

**Team Performance 2009-10 Season (if majority of team had been together last year):**

Provincials: \_\_\_\_\_

\_\_\_\_\_

Other Events: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Past Performance by Individual Team Members:**

Skip: \_\_\_\_\_

Mate: \_\_\_\_\_

Second: \_\_\_\_\_

Lead: \_\_\_\_\_

**Please give a short outline of your Team's schedule/season plan for the 2010-11 (include bonspiels, play downs, general practice schedule, etc.):**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Has your team or some of your team members attended other camps/special training etc. over the past 2 years.**

**If yes please indicate which camp(s) they attended and when:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DEADLINE FOR APPLICATION: Thurs. 30 September, 2010, 4:00 pm**

**Mail camp registration/cheque to:**

**Gayle Johnston, 46 Kirkdale Rd, Box 3, Site 10, Ch'town, PE, C1E 1N6**

Office Use Only: Payment Received: \_\_\_\_\_

Comments: \_\_\_\_\_