

# CURLING ALBERTA'S EXCEL PROGRAM (U18) 2018-2019



**WHO?** Curling Alberta's Excel Program is aimed at U18, U21, and U25 teams with demonstrated potential to compete at the provincial level and perhaps beyond. In the U18 age category, 8 male and 8 female teams will qualify based on a point system that reflects each curler's 2017-2018 results in Regionals, Provincials, Nationals, and AJCT Bonspiels. To find out more about this point system please **click here**.



**WHAT?** Curling Alberta has established the Excel Program to provide our top young teams with expert coaching and sport science support with the goal of enhancing both current performance and future potential. This season identified U18 teams will attend 2 weekend Training Camps and will receive 6 additional hours team-specific support. To find out more about these benefits, and the cost/team, please **click here**.



**WHERE?** In order to make the Excel Program as accessible as possible Training Camps will be offered in the following locations: Calgary Winter Club (South), Saville Community Sports Centre (North), and Grande Prairie Curling Club (West). Regardless of location, all Training Camps will use a common format and will be run by a senior member of our coaching staff. To find out more about our coaching staff please **click here**.



**WHEN?** The dates for this season's U18 Training Camps are as follows: South – September 22-23 and January 19-20; North – September 15-16 and January 12-13; and West - October 13-14 and January 19-20. Team-specific training (i.e., game observations, technical and tactical practices, and sport science sessions) will be arranged on dates that are agreeable to everyone concerned.



**WHY?** Alberta has a proud curling history, but our past accomplishments will not guarantee future success. Curling Alberta has created the Excel Program to ensure that we remain Canada's dominant curling province for many years to come. By enhancing the skills of our top U18, U21, and U25 athletes and coaches, we are simultaneously investing in Alberta's men's and women's champions of the future.

For More information please contact  
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