

CURLING ALBERTA'S EXCEL PROGRAM (U21) 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 U21 age category, 3 male and 3 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 Alberta's top young teams with expert coaching and sport science support with the goal of enhancing both current performance and future potential. In 2018-2019 identified U21 teams will attend a Training Camp, will receive 9 additional hours of team-specific support, and will qualify for \$750 in targeted event funding. 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 U21 Training Camps are as follows: South – September 22-23; North – September 15-16; and West - October 13-14. Team-specific training (i.e., game observations, technical and tactical practices, and sport science sessions) dates that are agreeable to everyone concerned. Targeted event funding can be used for any Alberta based WCT event that fits into the team's schedule.



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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