

# CURLING ALBERTA'S EXCEL PROGRAM (U25) 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 U25 age category, the Top-2 Male and Top-2 Female teams will qualify as long as they are among the Top-50 Canadian Teams in the pre-season World Team Rankings (see: [www.worldcurl.com](http://www.worldcurl.com)). Please note that in order to qualify teams must also have an aggregate age under 100 as of July 1, 2018.



**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 our U25 teams will receive 12 hours of team-specific support and will qualify for \$1,000 in targeted event funding. To find out more about these benefits please **click here**.



**WHERE?** In order to give them the support and attention that they need, each of our U25 teams will be assigned a High Performance Coach who will join them at mutually agreeable locations (e.g., home club, specific cashspiel, etc.). To find out more about our coaching staff please **click here**. Sport science practitioners (i.e., physical trainers, mental trainers, and/or nutritionists) may require that you meet them at their locations.



**WHEN?** Technical or tactical practices and sport science sessions will be arranged when it works for everyone concerned. Game observations could take place at various Alberta-based WCT on the team's schedule. Targeted event funding can be used for any out-of-province WCT event that fits into the team's schedule. Please note that it is unlikely that your assigned High Performance Coach will be able to join you at this event.



**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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