

Curling Alberta's Excel Program Benefits and Cost (U18)

Item	Description	Value
Training Camp 1	12 Hours of Group Training Expert Coaches and Sport Science Practitioners	\$1,500
Training Camp 2	12 Hours of Group Training Expert Coaches and Sport Science Practitioners	\$1,500
Team Sessions	6 Hours of Team Training with Expert Coaches and Sport Science Practitioners	\$1,500
	Total Value	\$4,500

The team fee for the U18 Excel Program is **\$500**, which equates to a net gain of **\$4,000**