

EXCEL SKILLS CAMPS: 2019-2020



WHO?

Curling Alberta's Excel Skills Camps are aimed at U15 and U18 curlers with a strong desire to improve their technical and tactical skills. These one-day camps are open to teams (and their coaches) and to individual curlers. Please note that in order to enhance learning, individual curlers will be teamed up over the course of the day. A maximum of 16 curlers will be included in each Excel Skills Camp with registrations accepted on a first-come-first-served basis.

WHAT?

Our Excel Skills Camps are designed to help aspiring competitive curlers build a strong technical and tactical foundation to support their ongoing development. Curling Alberta's will offer two unique Excel Skills Camps in 2019-2020 (i.e., Fall and Winter), with each camp featuring distinct yet complementary content. This approach will allow curlers to register for both camps if they so choose, while still ensuring a fresh and different experience each time.

WHERE?

In an effort to make them accessible to young curlers across the province, our Excel Skills camps will be offered at multiple locations, with each of our Excel Training Centres (i.e., Okotoks Curling Club, Saville Community Sports Centre, and Grande Prairie Curling Centre) hosting two camps this season. All Excel Training Centres features superior playing conditions, are equipped with advanced performance technology, and are staffed by experienced coaches.

WHEN?

Each Excel Skills Camp will run from 9:00 am to 4:00 pm, with a one-hour lunch break from 12:00 to 1:00 pm (lunch not included). Approximately two-thirds of each camp will be on-ice and one-third off-ice. The dates for 2019-2020 are as follows:

Grande Prairie

Fall: Oct 19 & 20

Winter: Feb. 8 & 9

Saville

Fall: Nov. 2 & 3

Winter: Feb. 8 & 9

Okotoks

Fall: Nov. 2 & 3

Winter: Feb. 8 & 9

WHY?

Curling Alberta is strongly committed to developing the champions of the future, and our Excel Skills Camps are an important initial step in that process. The goal of these camps is to help young curlers build the technical and tactical skills necessary to support their ongoing development. These skills not only help to make curling more enjoyable, but also form an important foundation for future success at the provincial level and beyond.

The fee for each Excel Skills Camp is \$75.00/curler.

To register, please [click here](#).



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