



EXCEL TEAM PROGRAM BENEFITS 2019-2020

Updated June 12, 2019

U18: 3 Male & 3 Female Teams will receive the following:

- Off-season fitness program designed specifically for U18 curlers
- Up to 18 hours of on-ice practice sessions with an Excel coach
- Up to 6 hours of classroom sessions focused on strategy or sport science
- Priority practice bookings at the Excel Training Centre in their region
- 2 x game observations conducted by an Excel coach
- Access to Curling Alberta's microphone systems when available
- Team coach gets ongoing professional development and support
- Each team members receives a free Excel Program hoodie
- Free entry into Mixed Doubles Playdowns when Excel curlers team up

Value: **\$6,500**

Cost: **\$650**

U21: 3 Male & 3 Female Teams will receive the following:

- Off-season fitness program designed specifically for U21 curlers
- Up to 18 hours of on-ice practice sessions with an Excel coach
- Up to 6 hours of classroom sessions focused on strategy or sport science
- Priority practice bookings at the Excel Training Centre in their region
- WCT budget of \$1,000 towards toward Alberta based events
- 2 x game observations conducted by an Excel coach
- Access to Curling Alberta's microphone systems when available
- Team coach gets ongoing Professional Development and Support
- Each team members receives a free Excel Program hoodie
- Free entry into Mixed Doubles playdowns when Excel curlers team up

Value: **\$7,500**

Cost: **\$750**

U26*: 1 Male, 1 Female, & 1 Mixed Doubles Team receive the following:

- Off-season fitness program designed specifically for U26 curlers
- Up to 18 hours of on-ice practice sessions with an Excel coach
- Priority practice bookings at the Excel Training Centre in their region
- Coaching/sport science budget of \$2,000 (Fours) or \$1,000 (Doubles)
- Advanced statistical support from the Excel Program's analytics lead
- WCT budget of \$3,000 (Fours) or \$1,500 (Doubles) towards Major Events.
- 2 x 3-hour game observations conducted by an Excel coach
- Priority access to Curling Alberta's microphone systems when available
- Team coach gets ongoing professional development and support
- Each team members receives a free Excel Program hoodie
- Free entry into Mixed Doubles Playdowns when Excel curlers team up

Value: **\$10,000 (Fours), \$5,000 (Doubles)**

Cost: **\$1,000 (Fours), \$500 (Doubles)**

Please note that all prices are subject to GST.

**U26 teams must have an average age of 25 years or less.*