



EXCEL TRAINING CENTRES 2019-2020

Updated June 24, 2019

Excel Training Centre - Okotoks Curling Club

Pre-Season Excel Team Training Days: Sep. 21 or 22, 2019

All U18 and U21 Excel teams assigned to this centre will receive 6 hours of sport-specific training with Regional Coach, Atina Ford Johnston on one of these two days.

Weekly Excel Team Training Sessions: Thursdays 5:00 to 6:30 pm

Local U18 and U21 Excel teams will receive 8 x 90 minute practices with Regional Coach, Atina Ford Johnston, and can run their own practices on the other Thursdays.

In-Season Excel Team Training Days: Oct. 5 & 6, 2019; Nov. 2 & 3; Feb. 8 & 9, 2020

Non-Local U18 and U21 Excel teams will receive a combined 12 hours of sport-specific training with Regional Coach, Atina Ford Johnston on some or all of these days.

Excel U15/U18 Skills Camps: Nov 2 or 3, 2019; Feb. 8 or 9, 2020

These new one-day camps are aimed at interested U15 and U18 teams and individuals who are not part of the Excel Team Program.

Excel U21 Cup: Nov. 29 to Dec. 1, 2019

This new event features the top-4 male and top-4 female U21 teams on the Excel Points Race, along with 1 team in each category from British Columbia and Saskatchewan.

Excel Training Centre - Saville Community Sports Centre

Pre-Season Excel Team Training Days: Sep. 21 or 22, 2019

All U18 and U21 Excel teams assigned to this centre will receive 6 hours of sport-specific training with Regional Coach, Jeff Hoffart on one of these two days.

Weekly Excel Team Training Sessions: Wednesdays 4:15 to 5:45 pm

Local U18 and U21 Excel teams will receive 8 x 90 minute practices with Regional Coach, Jeff Hoffart, and can run their own practices on the other Wednesdays.

In-Season Excel Team Training Days: Oct. 5 & 6, 2019; Oct 26 & 27; Feb. 8 & 9, 2020

Non-Local U18 and U21 Excel teams will receive a combined 12 hours of sport-specific training with Regional Coach, Jeff Hoffart on some or all of these days.

Excel U15/U18 Skills Camps: Oct 5 or 6, 2019; Feb. 8 or 9, 2020

These new one-day camps are aimed at interested U15 and U18 teams and individuals who are not part of the Excel Team Program.

Excel U18 Cup: Nov. 29 to Dec. 1, 2019

This new event features the top-4 male and top-4 female U18 teams on the Excel Points Race, along with 1 team in each category from British Columbia and Saskatchewan.

Excel Training Centre - Grande Prairie Curling Centre

Pre-Season Excel Team Training Days: Sep. 21 and 22, 2019*

All U18 and U21 Excel teams assigned to this centre will receive 6 hours of sport-specific training at Excel Centre in Edmonton on one of these two days.

Weekly Excel Team Training Sessions: Tuesdays 4:15 to 5:45 pm

Local U18 and U21 Excel teams will receive 8 x 90 minute practices with Regional Coach, Renee Sonnenberg and can run their own practices on the other Tuesdays.

In-Season Excel Team Training Days: Oct. 19 & 20, 2019; Feb. 8 & 9, 2020

Non-Local U18 and U21 Excel teams will receive a combined 12 hours of sport-specific training with Regional Coach, Renee Sonnenberg on some or all of these days.

Excel U15/U18 Skills Camps: Oct 19 or 20, 2019; Feb. 8 or 9, 2020

These new one-day camps are aimed at interested U15 and U18 teams and individuals who are not part of the Excel Team Program.

**Please note that the training schedules for our U26 teams will be determined on a team-by-team basis.*