



OPTIMIST JUNIOR INTERCLUB CURLING PERFORMANCE CAMP

Date: Saturday, September 16, 2017
Time: 9:00 a.m. to 4:00 p.m.
Location: Hockey Performance Centre
Canlan Ice Sports North Shore
2411 Mount Seymour Parkway, North Vancouver, BC

This workshop is targeted to advanced calibre curling teams looking for a jump start in preparation for their curling seasons. This is an off-ice workshop that includes psycho-physical training, physiological testing (fitness assessment), stretching for curling, curling psychology, and the creating of a conditioning program for athletes aspiring to high performance curling.

The staff at the Hockey Performance Centre specializes in working with high performance hockey players in both on- and off-ice training. They also specialize in working with athletes in other sports in the area of conditioning, sports psychology and other aspects of preparing for competition.

Registration: email rjyam@shaw.ca and include names of team members, name of Coach and contact phone number. We will confirm your registration.

Questions: email akersey@telus.net or contact Al Kersey at 778-988-4337 or Richard Yam at 604-836-6188.

COST:

For teams who are playing in Optimist Junior Interclub Curling League, the cost is **\$40** per Curler. (Coaches are free).

Other teams are welcome to attend; the cost will be **\$85** per Curler. Coaches attend for free.