

OCA

HIGH PERFORMANCE CURLING CAMP

GUELPH C.C.

AUGUST 20-22, 2010

Camp starts Friday August 20 from 7:00 to 10:30, continues Saturday 9:00 am to 8:00 pm and finishes Sunday 9:00 am to 1:00 pm

TEN TEAMS TO BE SELECTED!

This camp is designed for:

Women's, Men's, Mixed, Senior and older Junior teams
new or established trying to reach that next level

The Camp involves each team in:

- on-ice and video analysis of delivery and brushing techniques
- mental toughness for competition and team dynamics
- strategy to improve your calling of the game
- development of a game plan
- fitness and nutrition

Each team will be paired for the weekend with a High Performance Coach from Ontario and Canada's best.

Cost: \$800 for team, coach and fifth player

For information or to apply, contact:

Jim Waite, Provincial Coach, OCA

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