



ONTARIO CURLING ASSOCIATION

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ONTARIO HIGH PERFORMANCE CAMP - 2010

Each year, The Ontario Curling Association in conjunction with the CCA offer a High Performance camp in Southern Ontario. The camp will be held in Guelph again this summer on August 20th, 21st and 22nd, 2009.

The camp involves one-on-one coaching with each participating team being linked for the weekend with one of the top coaches in Canada. We are heavily involved with goal setting and how to follow through on early season plans, fault analysis of your deliveries, mental toughness training, communication, strategy, practice sessions and practice drills. We do video analysis, game plan formulations and give you an opportunity to meet with the coaches over dinner to talk about your team, its goals and concerns.

Top teams from across Canada have been involved with this program since its inception twelve years ago. Sandra Schmirler, Kelly Law, Colleen Jones, Greg McAulay, Anne Merklinger, Allison Goring, Marilyn Bodogh, Brad Gushue, Suzanne Gaudet, have all come to these camps that were originally offered in different parts of the country. Now the same camps are being done on a provincial basis but we are using many of the same coaches here in Ontario that did the camps across the country. In the past couple of years, Anne Dunne's Canadian and World Seniors Champions, Julie Reddick, Stephanie Gray and Rachel Homan's Ontario Junior Champions, Wayne Tuck's Ontario Mixed team, Axel Larsen's senior men's team and numerous other aspiring teams have experienced the camps and gone on to significant successes. Ask any of them about the camp!

The camp runs Friday night from 7:00 to 10:30 pm (6:45 for registration), all day Saturday from 9:00 am to 5:00 pm, and Sunday from 9:00 am to 1:00 pm. On Saturday night, we all go out for dinner where the coaches will mix around at your tables and give you an opportunity to ask questions specific to your team. You can ask advice, or have the coaches help you plan for the Sunday morning program. This is a "wide-open, ask anything" type of information session.

You are responsible for your own accommodations and your meals. The \$800 / team cost includes the four players, your coach if you have one and your fifth if you have one of those. The total budget for one of these camps is \$7000 and the remaining costs are covered by the OCA High Performance program.

To register, you must send a 1-2 page document that includes the following:

- team members and ages
- history of this team
- bios of team members stating past accomplishments
- coach information
- goals for the coming year
- area of competition (mixed, junior, men, women, seniors)
- what you want to accomplish at this camp
- what you want us to address to help you improve your team
- a contact person with all the needed contact information

This can be sent by mail or email attachment to the address below. You must also send a cheque for \$800 made out to Ontario Curling Association to the address below. We must have your cheque along with the resume, for your team to be considered. There are usually well in excess of the ten teams that we can accommodate, who send in registrations for the camp. The selected teams will be notified immediately after the May 30 deadline for entries. A committee of coaches will select the participating teams.

We are looking for B+ and A- teams in any category, who want to bring their performance up a notch and compete for a Provincial and/or National Title. For newly formed teams of quality individual players, this is an excellent way to start your season. Junior teams who apply should be in their last year or two of Juniors and should be among the better Junior teams in the province.

We are confident that this program can help your team IF you come with an open mind, IF you are ready to consider moving your personal and team yardsticks, IF you are prepared to consider changes to how you throw, to how your team communicates, and IF you are prepared to follow through on what you learn. You will not be forced to make wholesale changes to your delivery but you will be asked to consider how you and your team might alter certain aspects of what you do now in order to improve your personal and team consistency.

Remember: "If you want to achieve something you have never achieved before, you have to do some things you have never done before."

Your registration and cheque (\$800 made out to Ontario Curling Association) should be sent to:

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