

North Hill Curling Club Advanced U18 Program for Teams

The North Hill Curling Club is starting a pilot program with the goal of further developing junior teams and their coaches.



Target Teams

The program is aimed at U18 teams representing the North Hill Community Curling Club in play downs. The program is limited to six teams, however if space is available, consideration will be given to the junior and U15 teams. To apply, each team must complete the required application form and submit it to the committee by August 10, 2017. Once the applications have been received, the committee will evaluate the applications, determine the successful teams, and provide notification no later than September 1, 2017.

Program Overview

The overall goal of the program is to provide support and further development of the athletes, teams, and coaches. While development is the goal, NHCC wants to ensure a fun, supportive environment.

The program is scheduled for every Tuesday evening from 4:30 – 6:30 pm. During the two hours, there will be a combination of both practice and games each week. During the first few weeks, the focus will be on team practice and preparation before scheduling games. The participants shall make every effort to attend the weekly sessions and work within the larger collaborative environment, sharing ideas and helping each other. Feedback will be sought throughout the season with the goal of developing a sound program.

Practice Weeks

Each team will spend one hour on ice and one hour off ice. Whenever possible, there will be guest speakers for one hour off ice sessions. Some guests may choose to work with the teams on ice, but the majority will be guest speakers during the off ice learning hour in the board room.

Some of the topics that we would like covered:

- Season planning (committed speaker)
- Working as a team (committed speaker)
- Physical preparation
- Mental preparation
- Planning for peak performance
- Nutrition

Currently, speakers are being approached to finalize the schedule. Some speakers may be available after their session for further interaction with the teams and coaches.

If you know of someone who could be a great speaker, please forward their contact information. The committee will then pursue this opportunity. Alternatively, if you have other topics you would like to be addressed, please forward your thoughts or comments to the committee.

Resources

While still in the working stages, the committee is setting up a program system to share ideas, articles and files that may be useful to athletes, coaches and parents.

Costs

The fee for the program is \$600/team.

The committee is securing sponsorship in order to keep fees reasonable.

1. The North Hill Community Curling Club is providing 3 sheets of ice, the board room and technology for our guest speakers.
2. Other NHCC corporate sponsors will cover many of the program expenses, including honorariums and costs for some guest speakers. The corporate sponsorship will also assist us in acquiring equipment and tools for the coaches to use in practice.

Giving Back

NHCC is asking that the participating teams and coaches support the junior program held on Friday nights from 4:30 – 6:30pm. When the teams are not committed to a bonspiel, it would be appreciated if they would share their knowledge through coaching, mentoring, and volunteering during this time. The junior program would benefit from your experience by increasing the quality of the junior curlers.

Any students that are required to earn volunteer hours as part of a school program are encouraged to advise the committee so the proper paperwork can be completed.

While this is a pilot program, significant resources and volunteer hours have been committed to ensuring the program is successful. The committee consists of a small group of dedicated volunteers so there may be times when the parents will be asked help and provide support. If you have skills or resources that you are willing to volunteer to help our program, please let us know.

Questions can be directed to U18Program@nhcc.ca

Thank you for your interest!