

Cargill[®] Curling Training Centre

Training For Curlers From Beginner To Advanced



Exciting times at the Cargill Curling Training Centre at the Morris Curling Club in Morris, Manitoba

May 2018

The Cargill Curling Training Centre (CCTC) opened its doors October 2016 becoming the first dedicated Curling training centre in Manitoba. Check out the website at www.curlingtraining.ca In September 25, 2017 the training centre added the first accurate computerized robotic rock thrower in the world. With this thrower curlers can verify what they thought about different sweeping techniques for years and now they can “Quantify the Science of Sweeping”.

A geothermal ground loop system was added under the floor of the curling rink the summer of 2017 to prevent perma frost, giving the Morris Curling Club the opportunity to provide 12 month curling ice without damaging the building.

At the historic executive meeting on April 12, 2018 the decision was made to offer 12 month ice at the Morris Curling Club. Book your 2018 summer ice by contacting Lorne or Chris Hamblin Level 4 NCCP Olympic Coaches at morristrainingcentre@gmail.com or call Lorne at 204-712-5842 or for more details, visit our website www.curlingtraining.ca Incentives are in offered for various programs if booked and paid before May 15. Adult program 5% discount before May 31.

The Cargill Curling Training Centre (CCTC) is a complete training centre offering resources in fitness, physio, mental, nutrition, technical and tactical training for the beginner to the elite athlete.

NEW for 2018 -2019 season – The CCTC will be offering various training programs

- 1) Curl Manitoba team development program Tuesday nights - 16 weeks
- 2) CCTC U21 Practice Perfect Training program (PP) – 27 weeks plus CCTC training privileges
- 3) CCTC U21 membership –like a golf membership offers you individual or team access 7 days a week 10 A.M to 10 P.M. from September 4, 2018 until March 31, 2019
- 4) CCTC Adult membership –like a golf membership offers you individual or team access 7 days a week 10 A.M to 10 P.M. from August 1, 2018 until March 31, 2019
- 5) Outreach training programs- for individuals/teams - too far away to come on a regular weekly basis –book training weekend(s) that fit your schedules. Call to discuss times and pricing.
- 6) Summer ice May 16, 2018- August 31, 2019 –Book ice for team/individual practices- also watch for summer camps

In all cases we encourage coaches/parents to be on ice to understand what we are teaching. Our goal is to train Coaches/parents along with the individual/team to achieve their goals. There is no charge for Coaches/Parents to be on ice.

- 7) Fees will include affiliation fees to the Morris Curling Club if players indicate they wish to do so.
- 8) Attached are 2 rate sheets – early booking discounts apply

See next pages for details on program 1, 2, 3 and 4



#1 2018 Team Development Curling Program

Offered at the Cargill Curling Training Centre in Morris

CurlManitoba will be offering a Team Development Curling Program for male and female teams and their coach to help them prepare, train and develop for and during a curling season. The program will consist of classroom, on-ice training and performance analysis sessions designed to actively assist the development of the team and coach to reach their potential.

The teams and their coaches will be provided with classroom and on-ice training sessions for 16-weeks beginning September 4th and concluding December 18th, 2018. The training sessions will be held on Tuesday evenings from 7:00pm to 9:00 pm. at the Cargill Curling Training Centre in Morris, Manitoba.

The on-ice training sessions will cover technical skills, communication systems, sweeping, rock timing, delivery analysis, etc. It will also make use of the on site equipment including cameras, monitors, video analysis software, lasers, speed traps, a wireless microphone system and Smartbrooms, etc. The program is equipped with some of the world's best technology in the sport of curling and will focus on ensuring ice conditions are competition ready. The Cargill Curling Training Centre has the world's first accurate rock thrower. As part of this program, teams may book the use of the rock thrower at a discounted rate of \$150/hour. (regular rate is \$400; junior rate is \$200) This gives them the opportunity to understand the "science of sweeping".

The classroom sessions will target strategy & tactics and competition & practice planning.

The team and coach will receive a Performance Analysis session, which includes an assessment of the team play/performance during a competitive game(s).

Chris and Lorne Hamblin (Level 4 NCCP) coaches are the lead instructors and will be assisted by other qualified and certified instructors. Other sport science consultants will be included to provide specific area instruction.

The total cost of the Team Development Curling Program is \$1,800 (plus GST), which includes the team and coach.

The program is limited to 6 teams. The deadline for registration is **May 15, 2018**. Team members may register and pay individually, if necessary.

For more information, please contact Connie Laliberte at claliberte@curlmanitoba.org or telephone at 204-981-7217.

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#2 CCTC - "Practice Perfect" (PP) - a 27 week training program

- Individuals or team program –Coach/ Parent free
- September 4, 2018 to December 18, 2018 —January 8, 2019 to March 19, 2019 27 weeks Tuesdays 7-9 P.M. These are structured lessons with lesson plans provided.
- Tuesdays- 27 x 2 hours ice rental (regular rate Junior \$60/2 hours) \$1620 value
- PP program members receive 2 free hours on the World's first accurate rock thrower (regular rate \$400/hour) Junior rate \$200/hour -\$400 value
- PP U21 membership includes one May session on planning summer fitness.
- PP U21 membership will have an option to attend an introductory sport psych session in September
- Access to Chris & Lorne via email/phone for support throughout the season
- PP athletes will have CCTC membership benefits as well which includes:
 - -Sept 4, 2019 to March 31, 2019 7 days a week 10 A.M. – 10 P.M. subject to ice availability (working around regular leagues)
 - -PP membership includes free use all CCTC training equipment except the rock thrower (once coaches are trained by us) \$1000 value
 - - PP program includes all ice rental for 7 months - 7 days a week \$600 + (10 times)
- Extra coaching hours can be booked at \$40/hour with Chris and Lorne or other trained coaches
- All PP athletes will receive discounted rates for August and (April 19, 2019 if ice available) 50 % off regular rates (\$30 for 2 hour practice) **if CCTC membership is confirmed by May 15**
- CCTC members will receive a \$250 value in kind time at centre if they chose to wear CCTC logo
- Total cost PP program U 21 \$ 3500/Team or \$1200 individual Plus GST – Coach free
- Accepting the first 32 players (registering as teams or individuals)- \$1000 deposit by May 15th balance paid September 4, 2018
- SUMMARY –Incredible Value for 7 months of World class Ice, training equipment and trainers

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#3 Cargill Curling Training Centre (CCTC) U 21 - 2018 -2019 Membership

- 1) Individuals or team program –Coach/ Parent free
- 2) September 4, 2018 to March 31, 2019 - 7 months
- 3) 20 hours dedicated training time with Chris or Lorne -\$1000 value
- 4) CCTC U21 membership includes 6 free hours on the World's first accurate rock thrower (regular rate \$400/hour) Junior rate \$200/hour -\$1200 value
- 5) CCTC U21 membership includes one May classroom session on planning fitness programs for the summer.
- 6) CCTC U21 membership will have an option to attend an introductory sport psych session in September.
- 7) CCTC athlete membership benefits will include
 - Sept 4, 2019 to March 31, 2019 7 days a week 10 A.M. – 10 P.M. subject to ice availability (working around regular leagues)
 - CCTC membership includes free use all CCTC training equipment (once coaches are trained by us) excluding the rock thrower \$1000 value
 - U21 membership includes all ice rental for 7 months - 7 days a week \$60/2hours- (\$2000-\$3000 Value)
- 8) Extra coaching hours can be booked at \$40/hour with Chris and Lorne or other Trained coaches
- 9) All PP athletes will receive discounted rates for August and (April 19, 2019 if ice available) 50 % off regular rates (\$30 for 2 hour practice) **if CCTC membership is confirmed by May 15**
- 10) CCTC members will receive a \$250 value in kind time at centre if they chose to wear CCTC logo

Total cost CCTC U21 Membership \$ 3500/Team or \$1200/ individual plus GST - Coach is free - Deposit \$1000/team or\$300 individual by May 15-balance September 4.

SUMMARY –Incredible Value for 7 months of World class Ice, training equipment and trainers

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#4 Cargill Curling Training Centre (CCTC) **Adult** - 2018 -2019 Membership

- 1) Individuals or team program – Coach free
- 2) August 1, 2018 to March 31, 2019 - 8 months
- 3) 20 hours dedicated training time with Chris or Lorne -\$1000 value
- 4) CCTC Adult membership includes 6 free hours on the World's first accurate rock thrower (regular rate \$400/hour) -\$2400 value (additional hours booked at 20% off)
- 5) CCTC Adult membership will include one – 1 hour port psych session with Paige Zaporzan. Additional sessions can be booked at the team's cost. \$125 value
- 6) CCTC Adult membership will include a May classroom session on summer fitness training
- 7) CCTC Adult athlete membership benefits will include
 - August 1, 2019 to March 31, 2019 7 days a week 10 A.M. – 10 P.M. subject to ice availability (working around regular leagues)
 - CCTC Adult membership includes free use all CCTC training equipment (once coaches are trained by us) excluding the rock thrower \$2000 value
 - Adult membership includes all ice rental for 8 months - 7 days a week \$175/2hours- (\$3000-\$4000 Value)
- 8) Extra coaching hours can be booked at \$50/hour with Chris and Lorne or other Trained coaches
- 9) All CCTC Adult member athletes will receive discounted rates for May, June & July ice. As a CCTC member will pay discounted ice rental in May, June & July. You are considered a CCTC member as soon as you pay the deposit. (see attached table)
- 10) CCTC member teams will receive a \$250 in kind value at the CCTC if they chose to wear CCTC logo

Total cost CCTC Adult Membership \$ 5000/Team or \$1500/ individual plus GST - Coach is free - Deposit \$1500/team or \$500 individual upon sign up - balance August 1. **5% discount if signed up by May 31**

**SUMMARY –Incredible Value for 8 months of World class Ice, training equipment and trainers