

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

Programs 2019 - 2020

The Cargill Curling Training Centre (CCTC) will once again be running its team-based training programs. Teams (or groups of athletes) will have the opportunity to train at the CCTC using the latest equipment including the world's first accurate rock thrower. Check out the website at www.curlingtraining.ca. This will allow you to see some of the equipment we are using at the centre. 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.

The Morris Curling Club executive has decided to once again keep the ice in throughout the summer which will also allow the training centre to begin its programs early in September. Book your 2019 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.

See the attached information on upcoming programs. Athletes that were part of the past year's program will be given first right to spots in the 2019 – 2020 season's program until April 15th. After this date, all other teams will be accepted.

2019 -2020 season – The CCTC will be offering various training programs

- 1) CCTC U21 Practice Perfect Training program (PP) – Tuesday evenings 27 weeks plus CCTC facility privileges
- 2) 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 3, 2019 until March 31, 2020
- 3) CCTC & Practice Perfect Adult membership –like a golf membership offers - you individual or team access 7 days a week 10 A.M to 10 P.M. from September 3, 2019 until March 31, 2020
- 4) 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.
- 5) **New for this year** – Teams in the Practice Perfect Program will receive 4 hours on the Rock Thrower to assess and understand their sweeping with the goal of making improvements.
- 6) Summer ice May 1, 2019- August 31, 2020 –Book ice for team/individual practices- also watch for summer camps. Attached are 2 rate sheets for summer ice and casual in season bookings.
- 7) Fees will include affiliation fees to the Morris Curling Club if players indicate they wish to do so.

See next pages for details on programs

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.

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CCTC - “Practice Perfect” (PP) – U 21 -a 27 week training program

- Individuals or team program –Coach/Parent free
- September 3, 2019 to December 17, 2019 —January 7, 2020 to March 17, 2020 - 27 weeks Tuesday evenings. These are structured lessons with lesson plans provided. These lessons include 1 hour with one of the CCTC instructors and 1 hours of planned activity led by the team coach with CCTC oversight.
- Tuesdays- 27 x 2 hours ice and equipment rental (regular rate Junior non members \$100/2 hours) \$2700 value
- Minimum of 1 hour of instruction time per session with guidance on the 2nd hour (\$50 X 27= \$1350 value)
- PP program members receive 4 free hours on the World’s first accurate rock thrower (regular rate \$400/hour) Junior rate \$200/hour -\$800 value
- PP U21 membership includes sessions on planning fitness, introductory sport psych, strategy, nutrition etc. (\$300 + value)
- PP athletes will have CCTC membership benefits as well which includes:
 - -Sept 3, 2019 to March 31, 2020 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) \$500 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 confirmed with deposit paid by May 1 will receive a 25% discount off summer ice rates. (when ice is available)
- CCTC members wearing the CCTC logo on their uniforms will receive a \$250 credit on summer ice bookings
- Total cost PP program U 21 \$ 3500/Team or \$1200 individual Plus GST (individuals will be teamed with other individuals for training purposes) – Coach free
- Accepting the first 24 players (registering as teams or individuals)- \$1000 deposit by May 1st balance paid September 3, 2019
- SUMMARY –Incredible Value for 7 months of World class Ice, training, equipment and trainers

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Cargill Curling Training Centre (CCTC) U 21 - 2019 -2020 Membership

- 1) Individuals or team program –Coach/ Parent free
- 2) September 3, 2019 to March 31, 2020 - 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 invitations to sessions with the Practice Perfect program on planning fitness programs, nutrition, sport psych and strategy
- 6) CCTC athlete membership benefits will include
 - Sept 3, 2019 to March 31, 2020 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)
- 7) Extra coaching hours can be booked at \$40/hour with Chris and Lorne or other Trained coaches
- 8) All PP athletes confirmed with deposit paid by May 15 will receive a 25% discount off summer ice rates. (when ice is available)
- 9) CCTC members wearing the CCTC logo on their uniforms will receive a \$250 credit on summer ice bookings

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 3.

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

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

- Individuals or team program –Coach/Parent free
- September 3, 2019 to December 17, 2019 —January 7, 2020 to March 17, 2020 - 27 weeks Tuesday evenings. These are structured lessons with lesson plans provided. These lessons include 1 hour with one of the CCTC instructors and 1 hours of planned activity led by the team coach with CCTC oversight.
- Tuesdays- 27 x 2 hours ice and equipment rental (regular rate Junior non members \$100/2 hours) \$2700 value
- Minimum of 1 hour of instruction time per session with guidance on the 2nd hour (\$50 X 27= \$1350 value)
- PP program members receive 4 free hours on the World's first accurate rock thrower (regular rate \$400/hour) Junior rate \$200/hour -\$800 value
- PP U21 membership includes sessions on planning fitness, introductory sport psych, strategy, nutrition etc. (\$300 + value)
- PP athletes will have CCTC membership benefits as well which includes:
 - -Sept 3, 2019 to March 31, 2020 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) \$500 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 confirmed with deposit paid by May 1 will receive a 25% discount off summer ice rates. (when ice is available)
- CCTC members wearing the CCTC logo on their uniforms will receive a \$250 credit on summer ice bookings
 - 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**
- Accepting the first 24 players (registering as teams or individuals)- \$1000 deposit by May 1st balance paid September 3, 2019
- SUMMARY –Incredible Value for 7 months of World class Ice, training, equipment and trainers

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Cargill Curling Training Centre (CCTC) **Adult** - 2019 -2020 Membership

- 1) Individuals or team program – Coach free
- 2) September 3, 2019 to April 30, 2020 - 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 classroom session on summer fitness training
- 7) CCTC Adult athlete membership benefits will include
 - September 3, 2019 to April 30, 2020 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 & August ice. You are considered a CCTC member as soon as you pay the deposit. (see attached table)
- 10) CCTC members wearing the CCTC logo on their uniforms will receive a \$250 credit on summer ice bookings

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 trainer**