

CENTRE of CURLING EXCELLENCE
80 Lockhart Avenue
Moncton, NB E1C 3B8



TRAINING MODULES

DELIVERY FUNDAMENTALS	<ul style="list-style-type: none">• Stable delivery• Motor control• Hand-eye coordination• Grip and release• Review and correction of delivery• Video analysis
TARGETING	<ul style="list-style-type: none">• Line of delivery• Angles and drag effect• Icing your team• Dominate eye and hand-eye coordination
WEIGHT CONTROL	<ul style="list-style-type: none">• Speed trap and stop watch• Increasing speed• Draws, tap backs, take outs
SWEEPING	<ul style="list-style-type: none">• SmartBroom - pressure• Effective techniques• Weight judgement
STRATEGY	<ul style="list-style-type: none">• Simulated game situations
TEAM PERFORMANCE	<ul style="list-style-type: none">• Player roles• Goal setting• Mental prep• Team communication• Physical conditioning

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CUSTOMIZED TRAINING PRICING

SINGLE SESSION – 2 hr Pricing per Person	FULL DAY Pricing per Person
\$25 per hour	\$100 per day*
Group pricing available; group pricing will vary based on the number of sessions and students	

- Training is customized for individual curler/team
- Initial sessions will begin with Delivery Fundamentals evaluation
- Training sessions are arranged on mutually agreeable dates and times
- Individuals are responsible to bring their own equipment
- Those individuals wishing to arrange a group session/clinic are responsible to form their own group and to manage any necessary registration

*Special introductory price