



For more information
visit us at:



www.amethystcurling.ca



www.curlno.ca



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Amethyst Curling Camp

JULY 2 - July 6, 2018

North Bay, ON

AMETHYST CURLING CAMP

FOR CURLERS AGED 13 – 19

This camp is a wonderful opportunity for young curlers to grow in their knowledge of the game, and to learn from some of our top provincial and national coaches. This year there is also a team component where teams can work together with instructors as a team.

Classroom and on ice activities include:

- * Delivery Analysis
- * Practice Drills
- * Physical Training
- * Goal Setting
- * Sweeping Analysis
- * Practice Games
- * Nutrition
- * Team Dynamics
- * Strategy and Tactics
- * Mental Toughness
- * Practice Planning
- * And Much More!

*** We will once again be offering a bus service to and from Thunder Bay to North Bay (via Hwy 11)***

For more information, please contact: Camp Director, Leslie Kerr at leslie.kerr@curlno.ca

