



For more information
visit us at:



www.amethystcurling.ca



www.curlno.ca



@AmethystCurling



Amethyst Curling Camp

JULY 1 - July 5, 2019

North Bay, ON

AMETHYST CURLING CAMP

FOR JUNIOR CURLERS AGES 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.

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!

For more information, contact: Camp Director, Leslie Kerr at leslie.kerr@curlno.ca 807-598-0051

