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visit us at:



www.amethystcurling.com



www.curlno.ca



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Amethyst Curling Camp

JUNE 28 - JULY 2, 2020

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

