

# Academy of Curling Performance Clinics

September 21-23, 2018



Russ Howard

Mary-Anne Arsenault

Grant Odishaw

## SESSION #1

1 ½ DAY CLINIC (INDIVIDUAL)

Friday, September 21<sup>st</sup> noon – 8pm

Saturday, September 22<sup>nd</sup> 8am – noon

\$225 / person (snacks & dinner included)

This session is designed for novice to competitive curlers looking to improve the technical aspects and strategy of their game

- Delivery Improvement
- Sweeping Judgement
- Weight Control
- Advanced Strategy
- Communication
- Team Dynamics

## SESSION #2

1 ½ DAY CLINIC (INDIVIDUAL)

Saturday, September 22<sup>nd</sup> 1pm – 5pm

Sunday, September 23<sup>rd</sup> 9am – 5pm

\$225 / person (snacks & lunch included)

This session is designed for beginner to intermediate curlers looking to improve the technical aspects and strategy of their game

- Delivery (Stance, Set-up, Park, Cadence, Release)
- Weight Control
- Strategy
- Communication
- Sweeping Fundamentals

BANQUET DINNER (DINNER, MINGLE, RAFFLE)

SATURDAY, SEPTEMBER 22<sup>ND</sup> 6PM – 9PM

\$10 FOR CLINIC PARTICIPANTS, \$25 FOR BANQUET ONLY

REGISTER ONLINE:

[LINK TO CITY VIEW CURLING CLUB ONLINE REGISTRATION](#)

Inquiries to: [membership@cityviewcurling.ca](mailto:membership@cityviewcurling.ca)



City View Curling Club  
50 Capilano Drive  
Ottawa ON, K2E 6G4, Canada  
(613) 224-1737

