

Academy of Curling Performance Clinics

September 20-22, 2019



Russ Howard

Mary-Anne Arsenault

Grant Odishaw

CLINIC SESSION #1

1 ½ Day CLINIC

Friday, September 20th noon – 8pm

Saturday, September 21st 8am – noon

\$225 / person (snacks & Friday dinner included)

These clinics are designed to touch on all aspects of the curling game and maximize your time on the ice for drills and instruction on the topics below:

- 4 Stages of the Delivery
- Drag Effect & Angles
- Effective Brushing Technique
- Roles & Responsibilities on a Team
- Weight Control
- Sport Psychology
- Good Habits
- Strategy

CLINIC SESSION #2

1 ½ Day CLINIC

Saturday, September 21st 1pm – 5pm

Sunday, September 22nd 9am – 5pm

\$225 / person (snacks & Sunday lunch included)

These clinics are designed to touch on all aspects of the curling game and maximize your time on the ice for drills and instruction on the topics below:

- 4 Stages of the Delivery
- Drag Effect & Angles
- Effective Brushing Technique
- Roles & Responsibilities on a Team
- Weight Control
- Sport Psychology
- Good Habits
- Strategy

BANQUET DINNER (DINNER, MINGLE WITH PROS, RAFFLE)

SATURDAY, SEPTEMBER 21ST 6PM – 9PM

\$10 FOR CLINIC PARTICIPANTS, \$30 FOR GUESTS

REGISTER ONLINE:

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

Inquiries to: membership@cityviewcurling.ca



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

