



**For more information  
visit us at:**



[www.amethystcurling.ca](http://www.amethystcurling.ca)



[www.curlno.ca](http://www.curlno.ca)



@AmethystCurling



Amethyst Curling Camp

**JULY 2 - July 6, 2018**

**North Bay, ON**

# AMETHYST CURLING CAMP

**FOR BANTAM AND JUNIOR 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!

For more information, please contact: Camp Director, Leslie Kerr at [leslie.kerr@curlno.ca](mailto:leslie.kerr@curlno.ca)



**Northern Ontario  
CURLING ASSOCIATION**

