



Athletes  
LTAD Implementation

Ontario Curling Council





## Athletes LTAD Implementation

# Ontario Curling Council

As the Provincial Sport Organization (PSO) for Curling in Ontario, the Ontario Curling Council (OCC) is responsible for the implementation of programming for athletes, coaches and officials. The OCC, and its members, the Northern Ontario Curling Association (NOCA) and the Ontario Curling Association (OCA) work together to deliver a wide spectrum of programs, services and competitions to athletes at all ages and stages of the Long Term Athlete Development Model (LTAD).

The LTAD, a development pathway for both the recreational and competitive curlers, prescribes age/stage appropriate activities at all levels of the model. It is impossible for one service provider to deliver all programs and services within the model. The framework relies heavily on local clubs to provide development opportunities and places for curlers to play recreationally, and a daily training environment for competitive curlers.

The OCA, NOCA and OCC are responsible for provision of meaningful, age/stage appropriate competitions, and programs to support the development of athletes so that any curler with aspirations of podium performances will receive the correct interventions at the right time of their development.

Curling's LTAD – "Curling for Life" is a framework, produced by Curling Canada, to ensure nationwide standardization in the development of curling athletes and recreational players. Ontario – is committed to ensuring that we are leaders in the implementation of LTAD programming as recommended by Curling Canada, and to ensure that every curler, no matter what age, stage or ability has a positive experience within the sport.

This document is a comprehensive guide to the LTAD age/stage appropriate programming offered within the province of Ontario, focussing particularly on the programs, competitions and services offered by the OCC and its members, the OCA and NOCA.

**Ontario Curling Council**  
**Northern Ontario Curling Association**  
**Ontario Curling Association**  
*Delivery Partners for Curling in Ontario*



LTAD Age/Stage	Service Provider	Supporting Programs and Competitions
Fundamentals (6-8 y.o.)	Curling Clubs	<ul style="list-style-type: none"> <li>Little Rocks Programs – <a href="#">Example Program</a></li> </ul>
	OCA	<ul style="list-style-type: none"> <li><a href="#">Hit, Draw and Tap</a></li> <li><a href="#">Skill Awards Program</a></li> <li><a href="#">Floor Curl</a></li> </ul>
	NOCA	<ul style="list-style-type: none"> <li><a href="#">Hit, Draw and Tap</a></li> </ul>
Learning to Train (9-11 y.o.)	Curling Clubs	<ul style="list-style-type: none"> <li>Little Rocks Program – <a href="#">Example Program</a></li> </ul>
	OCA	<ul style="list-style-type: none"> <li><a href="#">Timbits Elementary School Championship</a></li> <li><a href="#">Hit, Draw and Tap</a></li> <li><a href="#">Skill Awards Program</a></li> <li><a href="#">Floor Curl</a></li> </ul>
	NOCA	<ul style="list-style-type: none"> <li><a href="#">Hit, Draw and Tap</a></li> </ul>
	Curling Canada	<ul style="list-style-type: none"> <li><a href="#">Youth Feeder System (In development)</a></li> </ul>
	Other	<ul style="list-style-type: none"> <li><a href="#">Egg Farmer's Rocks and Rings Gym Program</a></li> </ul>
Training to Train (12-14 y.o.)	Curling Clubs	<ul style="list-style-type: none"> <li><a href="#">Bonspiels</a></li> <li>Interclub Leagues – <a href="#">Example League</a></li> <li>Junior Development Programs – <a href="#">Example Program</a></li> </ul>
	OCA	<ul style="list-style-type: none"> <li><a href="#">Trillium Curling Camp (13+)</a></li> <li><a href="#">U15 Regional Challenges</a></li> <li><a href="#">Hit, Draw and Tap (&lt;13)</a></li> </ul>
	NOCA	<ul style="list-style-type: none"> <li><a href="#">Amethyst Curling Camp (13+)</a></li> <li><a href="#">Youth Challenges</a></li> <li><a href="#">Hit, Draw and Tap (&lt;13)</a></li> </ul>
	Curling Canada	<ul style="list-style-type: none"> <li><a href="#">Youth Feeder System (In development)</a></li> </ul>
	Other	<ul style="list-style-type: none"> <li><a href="#">Ontario Junior Curling Tour</a></li> <li><a href="#">Junior Slam Series</a></li> </ul>



LTAD Age/Stage	Service Provider	Supporting Programs and Competitions
Training to Compete 1 (15-17 y.o.)	Curling Clubs	<ul style="list-style-type: none"> <li>• <a href="#">Bonspiels</a></li> <li>• Interclub Leagues – <a href="#">Example League</a></li> <li>• Junior Development Programs – <a href="#">Example Program</a></li> </ul>
	OCA	<ul style="list-style-type: none"> <li>• <a href="#">Trillium Curling Camp (13+)</a></li> <li>• <a href="#">U18 Men, Women, and Mixed</a></li> <li>• <a href="#">Gore Schoolboy &amp; Schoolgirl Championship</a></li> </ul>
	NOCA	<ul style="list-style-type: none"> <li>• <a href="#">Amethyst Curling Camp (13+)</a></li> <li>• <a href="#">Youth Challenges</a></li> <li>• <a href="#">U18 Men, Women</a></li> </ul>
	OCC	<ul style="list-style-type: none"> <li>• <a href="#">Next Gen Program</a></li> <li>• <a href="#">Talent ID Camps</a></li> <li>• Ontario Winter Games</li> <li>• Canada Winter Games Qualifier</li> </ul>
	Curling Canada	<ul style="list-style-type: none"> <li>• <a href="#">U18 Nationals (Men and Women)</a></li> <li>• <a href="#">U21 Nationals (Men and Women)</a></li> <li>• <a href="#">Youth Feeder System (In development)</a></li> </ul>
	Other	<ul style="list-style-type: none"> <li>• <a href="#">Ontario Junior Curling Tour</a></li> <li>• <a href="#">Junior Slam Series</a></li> <li>• <a href="#">OFSSA – High School Curling</a></li> </ul>
Training to Compete 2 (18-20 y.o.)	Curling Clubs	<ul style="list-style-type: none"> <li>• <a href="#">Bonspiels</a></li> <li>• Interclub Leagues – <a href="#">Example League</a></li> <li>• Junior Development Programs – <a href="#">Example Program</a></li> <li>• Youth playing within Adult Leagues</li> <li>• Daily Training Environment</li> </ul>
	OCA	<ul style="list-style-type: none"> <li>• <a href="#">U21 Men, Women</a></li> <li>• <a href="#">U21 Mixed Doubles</a></li> <li>• <a href="#">Trillium Curling Camp (&lt;19 y.o.)</a></li> </ul>
	NOCA	<ul style="list-style-type: none"> <li>• <a href="#">U21 Men, Women</a></li> <li>• <a href="#">Amethyst Curling Camp (&lt;19 y.o.)</a></li> </ul>
	OCC	<ul style="list-style-type: none"> <li>• <a href="#">Next Gen Program</a></li> <li>• <a href="#">Talent ID Camps</a></li> <li>• <a href="#">Mixed Doubles 2018 and Beyond</a></li> <li>• <a href="#">Team Development Camps</a></li> <li>• HP Coach Consultation</li> <li>• HP Equipment Rental Program</li> </ul>
	Curling Canada	<ul style="list-style-type: none"> <li>• <a href="#">U21 Nationals (Men and Women)</a></li> <li>• <a href="#">Youth Feeder System (In development)</a></li> </ul>
	Other	<ul style="list-style-type: none"> <li>• <a href="#">Ontario Junior Curling Tour</a> – Competitions</li> <li>• <a href="#">Junior Slam Series</a> – Competitions</li> <li>• <a href="#">OFSSA – High School Curling</a></li> <li>• <a href="#">CIS University Curling – Programs and Competitions</a></li> <li>• <a href="#">CCAA College Curling – Programs and Competitions</a></li> <li>• <a href="#">U25 Development Leagues</a></li> </ul>

LTAD Age/Stage	Service Provider	Supporting Programs and Competitions
<b>Training to Win 1 (21-25 y.o.)</b>	Clubs	<ul style="list-style-type: none"> <li>• Daily Training Environment</li> </ul>
	OCA	Competitions: <ul style="list-style-type: none"> <li>• <a href="#">Scotties' Women's Provincials</a></li> <li>• <a href="#">Tankard Men's Provincials</a></li> <li>• <a href="#">Colts Provincials, Trophy Provincials</a></li> <li>• <a href="#">Mixed Doubles Provincials</a></li> <li>• <a href="#">Mixed Provincials</a></li> </ul>
	NOCA	Competitions: <ul style="list-style-type: none"> <li>• <a href="#">Traveller's Men's Provincials</a></li> <li>• <a href="#">Scotties' Women's Provincials</a></li> <li>• <a href="#">Mixed Doubles Provincials</a></li> <li>• <a href="#">Mixed Provincials</a></li> </ul>
	OCC	<ul style="list-style-type: none"> <li>• <a href="#">Quest for Gold Athlete Assistance Program</a></li> <li>• <a href="#">Mixed Doubles 2018 and Beyond</a></li> <li>• <a href="#">Team Development Camps</a></li> <li>• HP Coach Consultation</li> <li>• HP Equipment Rental Program</li> </ul>
	Curling Canada	<u>National Competitions:</u> <ul style="list-style-type: none"> <li>• Scotties Tournament of Hearts (Women)</li> <li>• Tim Horton's Brier (Men)</li> <li>• Canada Cup (Men and Women),</li> <li>• Olympic Pre-Trials (Men and Women),</li> <li>• Olympic Trials (Men and Women),</li> <li>• Mixed Doubles</li> <li>• Mixed Championship</li> </ul> <u>Programs:</u> <ul style="list-style-type: none"> <li>• <a href="#">La Releve Program/Next Gen Program</a></li> <li>• <a href="#">National Team Program</a></li> <li>• <a href="#">Sport Canada – Athlete Assistance Program</a></li> <li>• <a href="#">National Training Centre</a></li> </ul>
	Other	<ul style="list-style-type: none"> <li>• <a href="#">Ontario Curling Tour – Competitions</a></li> <li>• <a href="#">World Curling Tour - Competitions</a></li> <li>• <a href="#">Grand Slam of Curling – Competitions</a></li> <li>• <a href="#">CIS University Curling – Programs and Competitions</a></li> <li>• <a href="#">CCAA College Curling – Programs and Competitions</a></li> <li>• <a href="#">U25 Development Leagues</a></li> </ul>



LTAD Age/Stage	Service Provider	Supporting Programs and Competitions
Training to Win 2 (26+)	Clubs	<ul style="list-style-type: none"> <li>• Daily Training Environment</li> </ul>
	OCA	Competitions: <ul style="list-style-type: none"> <li>• <a href="#">Scotties' Women's Provincials</a></li> <li>• <a href="#">Tankard Men's Provincials</a></li> <li>• <a href="#">Mixed Doubles Provincials</a></li> <li>• <a href="#">Mixed Provincials</a></li> </ul>
	NOCA	Competitions: <ul style="list-style-type: none"> <li>• <a href="#">Traveller's Men's Provincials</a></li> <li>• <a href="#">Scotties' Women's Provincials</a></li> <li>• <a href="#">Mixed Doubles Provincials</a></li> <li>• <a href="#">Mixed Provincials</a></li> </ul>
	OCC	<ul style="list-style-type: none"> <li>• <a href="#">Quest for Gold Athlete Assistance Program</a></li> <li>• <a href="#">Mixed Doubles 2018 and Beyond</a></li> <li>• <a href="#">Team Development Camps</a></li> <li>• HP Coach Consultation</li> <li>• HP Equipment Rental Program</li> </ul>
	Curling Canada	<u>National Competitions:</u> <ul style="list-style-type: none"> <li>• Scotties Tournament of Hearts (Women)</li> <li>• Tim Horton's Brier (Men)</li> <li>• Canada Cup (Men and Women),</li> <li>• Olympic Pre-Trials (Men and Women),</li> <li>• Olympic Trials (Men and Women),</li> <li>• Mixed Doubles</li> <li>• Mixed Championship</li> </ul> Programs: <ul style="list-style-type: none"> <li>• <a href="#">National Team Program</a></li> <li>• <a href="#">Sport Canada – Athlete Assistance Program</a></li> <li>• <a href="#">National Training Centre</a></li> </ul>
	Other	<ul style="list-style-type: none"> <li>• <a href="#">Ontario Curling Tour</a></li> <li>• <a href="#">World Curling Tour</a></li> <li>• <a href="#">Grand Slam of Curling</a></li> </ul>



LTAD Age/Stage	Service Provider	Supporting Programs and Competitions
Active for Life	Clubs	<ul style="list-style-type: none"> <li>Learn to Curl Clinics/Leagues – <a href="#">Example Program</a></li> <li>Advanced Clinics</li> <li>League Curling – <a href="#">Example Leagues</a></li> </ul>
	OCA	<p>Competitions:</p> <ul style="list-style-type: none"> <li>Intermediate <a href="#">Men</a> &amp; <a href="#">Women</a></li> <li>Senior <a href="#">Men</a> &amp; <a href="#">Women</a></li> <li>Master's <a href="#">Men</a> &amp; <a href="#">Women</a></li> <li>Traveller's Curling Club Championship <a href="#">Men</a> &amp; <a href="#">Women</a>,</li> <li><a href="#">Fairfield Marriott Challenge (Men)</a>,</li> <li><a href="#">Silver Tankard</a>, <a href="#">Women's Tankard</a></li> <li><a href="#">Senior Mixed</a></li> <li><a href="#">Grand Masters</a></li> </ul> <p>Development:</p> <ul style="list-style-type: none"> <li><a href="#">Trillium Adult Curling Camp</a></li> <li><a href="#">OCA Clinic Team Program</a></li> </ul>
	NOCA	<p>Competitions:</p> <ul style="list-style-type: none"> <li><a href="#">Senior Men and Women</a></li> <li><a href="#">Master Men and Women</a></li> <li><a href="#">Traveller's Curling Club Championship Men and Women</a></li> </ul>
	OCC	<ul style="list-style-type: none"> <li><a href="#">Team Development Camps</a></li> <li><a href="#">Adult Learn to Curl Program</a></li> </ul>
	National Sports Organization – Curling Canada	<p><a href="#">National Competitions:</a></p> <ul style="list-style-type: none"> <li>Traveller's Curling Club Championship (Men and Women)</li> <li>Senior Men &amp; Women</li> <li>Master Men &amp; Women</li> <li>Senior Mixed</li> </ul>
	Other	<ul style="list-style-type: none"> <li><a href="#">Senior 55+ Games</a></li> <li>Development Camps – Privately owned/operated - <a href="#">Example</a></li> </ul>
	Athletes with a Disability	Clubs
OCA		<ul style="list-style-type: none"> <li><a href="#">Wheelchair Provincial Playdowns</a></li> <li><a href="#">Stick Provincials</a></li> </ul>
NOCA		<ul style="list-style-type: none"> <li><a href="#">Wheelchair Provincial Playdowns</a></li> </ul>
OCC		<ul style="list-style-type: none"> <li><a href="#">Cathy Kerr International Wheelchair Bonspiel</a></li> <li><a href="#">ParaSport Winter Games</a> (Wheelchair and Visually Impaired Curling)</li> <li>Ontario Winter Games</li> <li>Wheelchair High Performance Development Camps</li> </ul>
Curling Canada		<ul style="list-style-type: none"> <li><a href="#">National Competitions:</a></li> <li>Wheelchair National Championship</li> <li>Deaf Curling Championship</li> </ul> <p>Programs:</p> <ul style="list-style-type: none"> <li>National Wheelchair Team Program</li> </ul>
Other		<ul style="list-style-type: none"> <li>Ontario Blind Curling Association</li> <li><a href="#">Special Olympics Ontario</a></li> </ul>