

# **Cargill**® Curling Training Centre

*Training For Curlers From Beginner To Advanced*



Morris Curling Club, Home of Cargill Curling Training Centre

Contact Chris Hamblin at 204-746-3330 or Lorne Hamblin 204-712-5842 or email:

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January 5, 2018

The Cargill Curling Training Centre (CCTC) had a very exciting fall season. The 2017 Next Gen program with Curl Manitoba was on Tuesdays, September 5 - December 18, 2017. As well, we had teams with their coaches, and individuals purchase Cargill Curling Training Centre memberships which gave them full season privileges at the CCTC. Both programs were led by Lorne and Chris Hamblin Level 4 NCCP Olympic Coaches. Many other teams came on a casual basis to practice in the first dedicated Curling Training Centre in Manitoba. They experienced the CCTC's outstanding electronic training system equipment including the 55 inch on ice TV. It makes for great instructor and coach feed back to the athletes. Since the centre opened in fall 2016 the CCTC has also trained international teams making it the first International Curling Centre of Excellence to operate in Manitoba. On September 25, 2017, the CCTC also introduced the first accurate Robotic rock thrower ever built in the world. Curlers are quantifying and understanding different effects and methods of sweeping.

As a result of the international and local demand, athletes and coaches have approached us to offer a January 7- April 15 Cargill Curling Training Centre membership with instruction for individual teams.

The Cargill Curling Training Centre (CCTC) in Morris, Manitoba is therefore excited to offer two great opportunities beginning January 9, 2018.

- 1) CCTC membership program – contact Lorne or Chris Hamblin
- 2) Curl Manitoba's Team Development Training Program – contact Connie Laliberte

Teams can register in either the CCTC membership program or in the Curl Manitoba program. The Curl Manitoba Program and part of the CCTC Membership will run simultaneously on Tuesday evenings beginning January 9. We will accept the first 8 teams registered regardless of which program teams enroll in.

## **Cargill Curling Training Centre Membership Opportunity**

The details of this CTCC Winter/Spring training membership are as follows:

- 1) Teams can join with their coach or without a coach – There is no charge for coaches and we encourage them to be on ice with their team.
- 2) The instruction for members will be offered Tuesdays between 5 and 9 PM beginning January 9 and finishing April 3 (13 sessions)
- 3) Each team will receive 2 hours of ice time or classroom time every Tuesday for a total of 26 hours. All aspects of training including, physical, mental, nutrition, technical, tactics and strategy will be covered.
- 4) During the 13 weeks each team will receive 10 hours of individual instruction from Lorne or Chris Hamblin, Level 4 NCCP Olympic coaches. (1 hour per week for 10 weeks)
- 5) Use of all CCTC equipment (lasers, training gates, ipads, speed traps, 55" TV with playback, and 1 hour on the rock thrower)
- 6) To accommodate up to 8 teams, we will stagger the start times – Tuesday night will operate with 2 teams receiving 1 hour of instruction at 5 P.M., 2 teams at 6 P.M., 2 teams at 7 P.M., and 2 teams at 8 P.M. The second hour of ice time will be before or after the instruction time and will be used to practice as directed from the 1 hour training session.
- 7) The second hour of the team practice will be supported by Gerald May, Level 2 NCCP Coach.
- 8) All CCTC member teams will have access to train and practice at the Morris Curling Club 7 days a week subject to ice availability using CTCC training equipment. All ice bookings are to be booked with Lorne 204-712-5842 or Chris 204-746-3330 or email [chamblin@mymts.net](mailto:chamblin@mymts.net)
- 9) Teams can book additional instruction time (beyond the 10 hours) with Lorne or Chris at \$50 per hour
- 10) CCTC member teams will receive 1 free hour (\$400 value) with the Rock thrower. Additional hours can be booked at \$400 per hour with discounts for multi-bookings on the rock thrower.
- 11) Benefits of this membership:
  - a.** 26 hours of ice times on Tuesday evenings.
  - b.** 10 hours of instruction over the Tuesday evenings.
  - c.** unlimited bookings of ice time (based on ice availability).
  - d.** 1 hour on the rock thrower (\$400 value)
  - e.** Each member receives a CCTC tee shirt
  - f.** The registration fee for the Winter/Spring CCTC membership is \$1600 plus GST. Assuming a total of 40 hours of ice time, the cost works out to \$10.00 per hour, per athlete. Please contact Lorne or Chris to register.

## **Curl Manitoba's Team Development Curling Program**

**The Team Development Curling Program** for male and female teams and their coach to help them prepare, train and develop for and during a curling season. The program will consist of classroom, on-ice training and performance analysis sessions designed to actively assist the development of the team and coach to reach their potential.

The teams and their coaches will be provided with classroom and on-ice training sessions for 12-weeks beginning January 9 and concluding March 27 2018. The training sessions will be held on Tuesday evenings from 7:00pm to 9:00pm. The Morris program will be at the Cargill Training Centre in Morris and the Winnipeg program will be at the Rossmere CC.

The on-ice training sessions will cover technical skills, communication systems, sweeping, rock timing, delivery analysis, etc. It will also make use of the on-site equipment including cameras, on-ice monitors, video analysis, lasers, speed traps, a wireless microphone system and Smartbrooms, etc. The programs are equipped with some of the world's best technology in the sport of curling and will focus on ensuring ice conditions are competition ready.

The classroom sessions will target strategy & tactics, competition and practice planning, sport psychology, nutrition, team dynamics and communication.

The team and coach will receive a Performance Analysis session, which includes an assessment of the team play/performance during a game(s).

Connie Laliberte (Level 4 NCCP), Janet Arnott, (Level 3 NCCP), Chris Hamblin (Level 4 NCCP) and Lorne Hamblin (Level 4 NCCP) coaches will be the lead instructors for the programs and will be assisted by other qualified and certified instructors. Other sport science consultants will be included to provide specific area instruction.

The total cost of the Team Development Curling Program (Jan-March) is \$1,350 (plus GST), which includes the team and coach.

The program is limited to 6 teams in Morris and 6 teams in Winnipeg.

### **Connie Laliberte**

High Performance Director

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[www.curlmanitoba.org](http://www.curlmanitoba.org)