

# OCA

## HIGH PERFORMANCE CURLING CAMP

**Kitchener Waterloo Granite Club**

**Saturday August 15, 2015**

One Day Camp - 9:00 am to 9:00 pm

**TEN TEAMS TO BE SELECTED!**

**This camp is designed for:**

Women's, Men's, Mixed, Senior and older Junior Teams  
new or established trying to reach that next level

*The Camp involves each team in:*

- \* on-ice and video analysis of delivery and new brushing techniques
- \* fault analysis for all team members /gap analysis
- \* mental toughness for competition
- \* strategy to improve the decision making part of your game
- \* development of a game plan / team dynamics
- \* practice planning and drills

Each team will be paired for the day with a High Performance Coach from Ontario and Canada's best.

**Cost: \$500 for team, coach and fifth player**

For information or to apply, contact:

**Jim Waite, Provincial Coach, OCA**

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