CURLING TRAINING GROUP

WHAT? A Curling Training Group that operates within the Green & Gold Athlete Academy. The members of this group benefit from a comprehensive technical, tactical, physical, and mental training program that is delivered by the U of A’s coaching staff and integrated into the school day. This training program is designed to enhance our student-athletes’ current and future performance, in both fours and mixed doubles.

WHY? We believe there is a better way to develop the elite curlers of the future, while creating a better sport-life balance in the process. Our student-athletes’ curling skills are greatly enhanced through the extensive training that is built into their school week. They also gain an academic advantage by way of the unique timetable at Vimy Ridge Academy and the credits they receive between Physical Education and Career and Technology Studies (CTS).

WHO? Everyone included in the Curling Training Group is considered to have the potential to compete at the post-secondary level and beyond. Specifically, this group is made up of student-athletes in Grades 10, 11, and 12. Understanding that we are willing to assist with team formation as needed, all Athlete Academy curlers must play on a competitive U18 team.

WHEN? The Curling Training Group operates from Monday to Friday between 1:00 and 4:00 pm. This totals 12 to 15 hours of weekly training delivered by our expert coaches. The weekly schedule also includes dedicated blocks of time for self-directed academic study. All Athlete Academy curlers are also expected to play a meaningful schedule of weekend events with their respective U18 teams.

WHERE? The Curling Training Group is based at the Saville Community Sports Centre, which features 10 sheets of championship curling ice. It is also home to Curling Canada’s National Training Centre and Curling Alberta’s Excel Centre (North). This group also makes regular use of the Sport Performance Centre (SPC) for strength and conditioning sessions.

For more information about the Green & Gold Academy’s Curling Training Group, please visit: uab.ca/sportsystem