



## Springbank Junior Curling Program

It's a great way to meet people and make friends, while learning a sport you can play for a lifetime.

Ages 8 to 18 are welcome in the Springbank Curling Club junior program.

The program runs on Saturdays 10am - 12pm from October to March for \$105.00 (price includes GST). The fee covers use of all the necessary equipment and Curling Club facilities, instructors and ice-time.

The 2009-2010 Junior Curling program starts October 24, after the much anticipated Jr. Curling Camp on October 17, 2009. Register at the Springbank Fall Fair (Saturday, September 12, 9am - 4pm), or contact us at:

[curlinginfo@springbankcurling.com](mailto:curlinginfo@springbankcurling.com)

403.242.2223 Extension 50

[www.springbankcurling.com](http://www.springbankcurling.com)



# Springbank Junior Curling Camp October 17, 2009

**Springbank Curling Club offers adult leagues including mens, womens, mixed and seniors.**

For additional information you can contact us at:

Springbank Park For All Seasons  
403.242.2223 Extension 50

Springbank Curling Club  
[www.springbankcurling.com](http://www.springbankcurling.com)  
[curlinginfo@springbankcurling.com](mailto:curlinginfo@springbankcurling.com)

## ...when sweeping is not a chore!



SPRINGBANK CURLING CLUB  
[www.springbankcurling.com](http://www.springbankcurling.com)



# Springbank Junior Curling Camp

## When and where?

October 17, 2009 9am to 4pm at the Springbank Park For All Seasons curling rink.

## What can I learn at camp?

Ages 8-18 will participate on the ice. Depending on what group you are assigned to, you can learn about. . .

- Delivery
- How to practice
- Help & hints
- Communication
- Sweeping
- Mental toughness
- Strategy
- And much more!

## Camp Staff

National Champions, elite athletes, top instructors, and curling coaches including Paul Webster and Amy Nixon will provide expert instruction for all participants.

We'll help make this a **fun and exciting** experience for each of you and assist you in starting your 2009-2010 curling season as a better athlete.

[www.springbankcurling.com](http://www.springbankcurling.com)

# Junior Curling Camp Registration

Registration is based on a first come, first-served basis. The camp fee is \$31.50 (price includes GST). Camp fee includes a free Hoodie, lunch and the use of equipment (if you don't have your own).

Please complete the attached registration form with cheque made payable to the Springbank Curling Club.

**Applications and payment must be received no later than September 26, 2009.**



## Guest instructors:

Canadian Curling Association's National Development Coach and Alberta High Performance coach Paul Webster and Olympic Medalist Amy Nixon. (photo above)

## Springbank Junior Curling Camp Registration

Name \_\_\_\_\_

Age on Oct. 17/09: \_\_\_\_\_ (Please print clearly)

Male  Female

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Hoodie size (youth)  S  M  L  XL

Special Dietary Requirements \_\_\_\_\_

I Enclosed a cheque made out to Springbank Curling Club for \$31.50 (price includes GST).

Emergency Contact Information

Name \_\_\_\_\_

Phone \_\_\_\_\_

Note: - Please send a copy of the registration form or drop it off at the Springbank Park For All Seasons curling office next to curling rink (please use dropbox located on the office door):

SPRINGBANK CURLING CLUB  
C/O Springbank Park for All Seasons  
32224A Springbank Road, Calgary, AB, T3Z 2L9

Each curler must register separately.  
For more information please call 403.242.2223 Ext. 50  
or [www.springbankcurling.com](http://www.springbankcurling.com)



This camp is made possible by :

SPRINGBANK CURLING CLUB  
[www.springbankcurling.com](http://www.springbankcurling.com)