

## **Junior Skill Enhancement Program**

Are you a young curler looking to get more ice time and improve your skills through specific skill practice and coaching? If so, you may be interested in joining the Junior Skill Enhancement Program

We will spend 2 hours on the ice...

The first hour will be focused on skill development through targeted drills and direct coaching. Curlers will work at their own level through a sequential program designed to take their curling to the next level.

The second hour will be a game where curlers will be able to apply the skills they have been working on.

**When is it?** Saturdays from 9:00 – 11:00am

October 19 and 26

November 2 and 30

December 7 and 14

January 4 and 18

February 1 and 29

**Who should join?** Any youth curler wanting to really work on their game

**Cost:** \$90.00 plus tax

**Questions???** Please email Laura Tomlinson at [ljtomlinson@shaw.ca](mailto:ljtomlinson@shaw.ca)