

## Curling Quebec – High Performance (HP) Camp Schedule

0800-0830	Camp Registration				
0830-0900	Overview of High Performance				
0900--0945	Winning Strategy				
0945-1000	Nutrition Break				
	Off – ice	On-ice			
	Teams A,B,C D	Teams E,F,G,H			
	Classroom	Ice 1	Ice 2	Ice 3	Ice 4/5
1000-1045	Practice Thoughts	E	F	G	H
1045-1130	Team Communication	H	E	F	G
1130-1230	Working Lunch – discuss Brushing				
	Teams E, F,G,H	Teams A,B,C,D			
1230-1315	Practice Thoughts	A	B	C	D
1315-1400	Team communication	D	A	B	C
1400-1415	Nutrition Break				
	Teams A,B,C,D	Teams E,F,G,H			
1415-1500	Best pre-Game 9 min drills(video) World Champs Team Koe	G	H	E	F
1500-15450	Team Dynamics	F	G	H	E
1545-1600	Break				
	Teams E,F,G,H	Teams A,B,C,D			
1600-1645	Best pre-game 9 min drills(video) World Champs Team Koe	C	D	A	B
1645-1730	Team Dynamics	B	C	D	A
1730-1800	Wrap Up				
Ice 1 - Drills, Ice 2 – Delivery, Ice 3 –Communication , Ice 4/5 - Practice					