GREEN & GOLD ATHLETE ACADEMY

CURLING TRAINING GROUP

**What?** A sport-specific training group within the Athlete Academy operated by Golden Bears & Pandas Curling. The Curling Training Group provides advanced technical and tactical training, and focuses on building superior skills in both Fours and Mixed Doubles.

**Who?** The Curling Training Group is aimed at high school student-athletes with the potential to compete at the post-secondary level (i.e., University or College), and perhaps beyond. A maximum of 12 curlers will be selected on merit.

**When?** The Athlete Academy runs from 1:00 to 4:00 pm every school day from September through June. In addition to general athletic and academic content, the Curling Training Group benefit from 90 minutes of advanced curling-specific coaching each afternoon.

**Where?** The Curling Training Group is based on South Campus at the Saville Community Sports Centre, where it benefits from 10-sheets of world-class curling ice, along with state-of-the-art performance technology utilized by Curling Canada’s National Training Centre.

**Why?** The Athlete Academy exists to help student-athletes excel athletically and academically. By delivering sport-specific, general athletic, and academic content during the school day, we make it easier for student-athletes to live a balanced life.

To find out more about our Curling Training Group please contact:

Head Coach, Rob Krepps at rob.krepps@ualberta.ca

https://www.ualberta.ca/sport-system/athlete-pathway/athlete-academy