

Cargill® Curling Training Centre

Training For Curlers From Beginner To Advanced



Exciting times at the Cargill Curling Training Centre (CCTC) at the Morris Curling Club in Morris, Manitoba

U25 and adult rates

Practice Perfect Program 2022 - 2023 Season

The Cargill Curling Training Centre (CCTC) will once again be offering its team-based training programs. Teams (or groups of athletes) will have the opportunity to train at the CCTC using the latest equipment including the Canadian Rock Thrower. Check out the website at www.curlingtraining.ca. This will allow you to see some of the equipment we are using at the centre. The Cargill Curling Training Centre (CCTC) is a complete training centre offering resources in fitness, mental, nutrition, technical and tactical training for the beginner to the elite athlete.

Information on 2022 -2023 Practice Perfect and Membership programs are included in this document. Athletes and teams that were part of past years' program will be given first right to spots in the 2022 – 2023 season's program until June 30. After this date, other teams will be accepted. (deposit as listed below will hold your spot.)

For more information contact Lorne Hamblin, Level 4 NCCP Olympic Coach at morrstrainingcentre@gmail.com or call 204-712-5842.

The Summer Season at The Morris Curling Club and CCTC begins May 1st and ends August 31. All Regular programs will begin September 6, 2022. Book your 2022 summer ice by contacting Olivia Bruneau at morrstrainingcentre@gmail.com or call 204-746 -2271; or contact Lorne Hamblin at 204-712-5842.

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CCTC U25 and Adult “Practice Perfect” (PP) – 27 week training program

- Individuals or team program –Coach/Parent free
- September 6, 2022 to March 21, 2023 (excluding Christmas break) - 27 weeks Tuesday evenings. These are structured practices. These lessons include 1 hour with one of the CCTC instructors and 1 hour of planned activity led by the team coach with CCTC oversight.
- Tuesdays- 27 x 2 hours ice and equipment rental over \$3000 value
- Minimum of 1 hour of instruction time per session with guidance on the 2nd hour (\$1500 value)
- PP program members receive 4 free hours on the Canadian Rock Thrower (\$1600 value)
- PP sessions will include technical work, fitness, sport psych, strategy, nutrition (\$1000 value)
- PP athletes will have other CCTC membership benefits as well which includes:
 - PP members may book Ice for practice purposes - Sept 7, 2021 to March 31, 2022- 7 days a week 10 A.M. – 10 P.M. subject to ice availability (working around regular leagues)
 - PP membership includes free use all CCTC training equipment except the rock thrower
 - CCTC teams wearing the CCTC logo on their uniforms receive a \$250 credit on summer ice bookings
- Extra coaching hours can be booked with Chris and Lorne or other trained coaches. Once again, PP coaches will also include Gerald May and Sheldon Bouchard.
- Fees will include affiliation fees to the Morris Curling Club if players indicate they wish to be affiliated out of the Morris Curling Club.
- **Total cost PP program U 25 - \$4500 Team or \$1500 individual Plus GST (individuals will be teamed with other individuals for training purposes) – Coach free**
- **Total cost CCTC Adult Membership \$ 5500/Team or \$1750/ individual plus GST (individuals will be teamed with other individuals for training purposes) - Coach is free**
- **Accepting the first 24 players (registering as teams or individuals)- \$1000/team or \$500/individual deposit by June 30 to secure your spot. Balance paid September 6, 2022**
- SUMMARY –Incredible Value for 7 months of World class Ice, training, equipment and trainers