



MCA High Performance Centre

PRESENTS

“Fine-Tune Up” Sessions

Are you interested in an opportunity to fine-tune your technical curling skills or make any last minute technical changes before the peak of the curling season?

You will receive an on-ice session with a qualified instructor. Tendencies, consistencies and compensation will be evaluated and discussed on the suggested areas:

- Analyze delivery technique and make any necessary suggestions
- Review brushing technique
- Review the effectiveness of your timing system
- Assist with a practice session
- Any topic of your choice

Video equipment, analyzing software and speed traps will be available.

Where: Thompson Curling Club

Cost: \$42.60/team session (including GST)

\$ 21.20/individual session (including GST)

Saturday, October 13th

Team Session times are: 8:30 a.m. to 9:30 a.m.
3:30 p.m. to 4:30 p.m.
5:00 p.m. to 6:00 p.m.
8:00 p.m. to 9:00 p.m.

Sunday, October 14th

Team Session times are: 9:00 a.m. to 10:00 a.m.

Individual Session times are:

10:30 a.m. to 11:00 a.m.
11:30 a.m. to 12:00 noon
1:00 p.m. to 1:30 p.m.
2:00 p.m. to 2:30 p.m.

Please note: Individual sessions are only available on Sunday, October 14th.

**Qualified Instructors: Andrea Ronnebeck, CCA National Coach
Connie Laliberte, MCA High Performance Director**

Time allocation is by a first-come-first-serve basis. Please register in advance by calling Colette Hykawy at 204-677-2426 or email at chykawy@shaw.ca