

2020

# Alberta ROCKS

ADULT CAMP



- WHAT** The **2020 Alberta Rocks Adult Camp** will provide curling instruction in an enjoyable camp atmosphere to adult curlers at all levels of development. All curling instruction will be provided by some of the finest coaches in Alberta. Participants will be placed into groups by curling ability. Areas of instruction include: video & on-ice analysis of delivery, sweeping, basic/advanced strategy, rules, sport psychology, mental preparation, game situations, fitness training and physical activities.
- WHEN** September 18 – 20, 2020
- WHO** Curlers of all abilities, 18 years of age and over.
- WHERE** Leduc Curling Club (Leduc Recreation Centre)  
4330 Black Gold Dr, Leduc AB
- HOW TO REGISTER** Registration opens Tuesday, July 7th, 2020 at 4:00 pm and is limited to the first 80 athletes. Visit the Curling Alberta website to register online.
- REG. FEE** \$300.00 (GST included) – Lunch, coffee breaks, athlete gift, and all instruction included.
- MORE INFO.** For more information or to be waitlisted for camp, please contact [info@curlingalberta.ca](mailto:info@curlingalberta.ca) or 587-223-7528.

