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Female Curlers Come Together at the 2021 Women in Curling Summit

In partnership with Curling Alberta, the first Women in Curling Summit, hosted by the Okotoks Curling Club will debut September 18th, 2021. In what will be a fun, fierce, and fantastic event, the one-day symposium will provide female athletes the opportunity to build peak performance skills and create powerful connections among like-minded women in the sport, igniting an ongoing passion for curling.

“Whether you are interested in gaining a competitive edge in league play, club championships, the U18/U20 levels, Mixed Doubles, or even the Scotties, this event is for you,” said organizer, Atina Ford Johnston. “We are fortunate to have some of the most successful female curlers from our province who know the secrets to the game and are willing to share their knowledge and expertise.”

Aspiring adult and junior female curlers will interact with some of Alberta’s best female curling athletes while building technical and strategic performance skills that contribute to strong leadership and enhanced team dynamics. The combination of on-ice and classroom interactive sessions will be facilitated by past curling champions, including: Dana Ferguson, Beth Iskiw, Shannon Kleibrink, Heather Nedohin, and Susan O’Connor, just to name a few. The interactive workshop topics will be focused on:

- Building Performance Skills on Ice
- Thinking Strategically
- Wellness Tools for Your Curling Bag
- Performance Routines
- Building Team Support Systems and Trust

A social networking event and panel discuss will wind up the Summit and feature Executive Director of Curling Alberta, Jill Richard, along with members of Curling Alberta’s Board of Directors.

“Endeavors such as the Women in Curling Summit are critical to foster lasting involvement in our sport and create inclusive spaces for women of all ages,” said Jill Richard, Executive Director of Curling Alberta. “Opportunities for women to connect with strong and relatable role models are necessary to help them shape their own identities as athletes and be better equipped to succeed.”

Made possible by the Gender Equity Grant awarded by the Women in Curling Leaders' Circle through Curling Canada, the 2021 Women in Curling Summit will celebrate the positive power of sport and will serve as a vehicle to inspire and empower female athletes across a spectrum of abilities to stay engaged and have a lasting impact in curling.

The **Women in Curling Summit** will be capped at a maximum of 100 participants. Registration for the event is \$100 plus GST per participant, and includes a keepsake hoodie, interactive notebook, snacks and lunch.

- To register, please visit <https://okotokscurling.com/eventRegister.php/curling-summit>.
- Should you have any questions about this event, please reach out to the Women in Curling Summit committee at: womenincurlingsummit@gmail.com.
- Keep up-to-date with the latest information by following us on [Instagram](#) and [Facebook @womenincurlingsummit](#)