

## 2022-23 Excel Team Program Benefits

**Two (2) U-25 men's and two (2) U-25 women's teams will qualify for the U25 Excel Team Program (combined ages <100)**

### **Deliverables include:**

- Access to all Excel Program webinars
- 4 hours on-ice practice sessions with Regional Excel Coach
- Priority Practice ice bookings at the Excel Regional Training Centre in curler's region
- 1 game observation by Excel Coach at a tour event & follow-up report
- Priority access to Curling Alberta's microphone system
- Available analysis of shooting & scoring stats
- Ongoing consulting/mentoring for team coaches with Regional Excel coaches
- Free access to coach professional development
- \$500 towards Sport Science + discount (25% off) for continued services
- \$1500 towards entry in Alberta Curling Tour event(s)
- Free entry into Curling Alberta Mixed Doubles playdown when Excel athletes team up

**Program Fee: \$1000**

**Three (3) U-20 men's and three (3) U-20 women's teams will qualify for the U-20 Excel Team Program**

- o Access to all Excel Program webinars
- o 6 hour training camp delivered by Regional Excel Coach
- o 2 hours on-ice team practice with Regional Excel Coach
- o Limited Practice ice bookings at the Excel Regional Training Centre in curler's region
- o 1 game observation by Excel regional coach & follow-up report
- o Limited access to Curling Alberta's microphone system
- o Ongoing consulting/mentoring for team coaches with Excel coaches
- o Free access to coach professional development
- o Discount (25% off) for Sport Science services
- o Guaranteed entry into U20 Excel Cup
- o \$1000 towards entry in Alberta Curling Tour event(s)
- o Free entry into Mixed Doubles when 2 Excel athletes team up

**Program Fee: \$750**