



We are pleased to invite your team exclusively to the 2<sup>nd</sup> edition of our International Junior Team summercamp:

# SWEETLAKE CURLINGCAMP

**ZOETERMEER - NETHERLANDS**



*The Sweetlake Curlingcamp* will take place from August 8<sup>th</sup> to August 13<sup>th</sup>, 2011. We only invite a select number of teams. The maximum amount of teams that we can accept this year is 9 teams. The camp is for teams, which means that the activities will be mainly focused on team developments. Therefore we strongly advise to bring your (team)coach/manager with you!



We offer this excellent opportunity for your team to work with top coaches from Europe and Canada. Some sessions will be specific for your team, other sessions in groups. Some of the topics the program will include both on and off the ice are:

- Team Planning
- Team communication
- (team) goal setting
- Preparing for and evaluating competition
- Sport nutrition, fitness, injury prevention (physiotherapy)
- Technical analysis
- Team based strategy
- Team dynamics
- Teambuilding activities
- Competition event during the camp



This week is **all inclusive** with accommodation, meals, transport during the camp and course instruction. The costs:



Team entry (four players): 1480 euro  
Fifth player: + 300 euro  
Coach: + 200 euro (coach sessions included )



Please contact per e-mail [Sweetlake@curlingbaan.nl](mailto:Sweetlake@curlingbaan.nl) . Entry must be received by June 1, 2011. For any questions or more information, please call +316 48 939 739.

We will hope to see you in august,  
**Sweetlake organizing committee;**

*Shari Leibbrandt, Mark Neeleman, Margrietha Voskuilen and Laurens van der Windt*

[WWW.SWEETLAKECURLING.NL](http://WWW.SWEETLAKECURLING.NL)

