



We are pleased to invite your team to the 3th edition of our International Junior Team Summer Curlingcamp:

SWEETLAKE CURLINGCAMP

ZOETERMEER - NETHERLANDS



The Sweetlake Curling Camp will take place from Sunday August 5th 2012 till Friday August 10th 2012. Application is open to all international junior teams from all countries. There is space for 9 teams to participate at the 2012 camp. This is a "TEAM" camp so entries will only be accepted for teams, not individual entries.



The program is designed to focus on team development, but also includes individual technical skill development from our top International Coaches. We recommend that you bring your team coach/manager with you! There will be specific sessions during the camp for them as well.



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 & Individual goal setting
- Preparing for and evaluating competition
- Sport nutrition, fitness, injury prevention
- Technical analysis
- Team based strategy
- Team dynamics
- Teambuilding activities
- COMPETITON during the camp!



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

Team entry (four players + coach): 1650 euro
Fifth player: + 300 euro

Please contact per e-mail Sweetlake@curlingbaan.nl. Entry must be received by June 1, 2012. For any questions or more information, please call +316 48 939 739. Also check out our website for the latest updates:

WWW.SWEETLAKECURLING.NL

