

# NORGE



Lillehammer Olympic  
Legacy Sports Centre



## LILLEHAMMER OLYMPIC LEGACY SPORTS CENTRE AND NORDIC JUNIOR CURLING TOUR PRESENTS:



**Thomas Løvold**  
National Coach



**James Dryburgh**  
European Champion  
& President of the NJCT



**Petter Moe**  
Development officer,  
Norwegian curling federation



**Alison Kreviazuk**  
World Curling Championship  
Silver medalist



## Lillehammer Youth Curling Camp

12th–18th of August 2018

### THE CAMP EXPERIENCE

The professional camp experience will be delivered by the team behind Nordic Junior Curling Tour.

**Off the ice:** Competition season planning: setting goals, training and analysis, mental training, nutrition, at home and traveling, anti-doping, media training.

**On the ice:** Technology, the slide, stone control and video analysis, communication on the ice, brush (broom) control, speed control, tactics and thinking time.

**For Coaches:** Coaching in competition and use of match statistics, coaching discussions and a Technical Instructor Course.

During the course of the week, we will be visited by different Curling personalities from the Nordic countries who will share their tips, tricks and experiences – to help participants on the road to being the best possible curler that each can be.

Alison Kreviazuk will be holding a Technical Instructor Course for coaches. Alison is the Swedish national coach for mixed doubles as well as juniors in the Swedish Curling Association, as well as a Certified Technical Instructor for the World Curling Federation. Alison has won both the silver (2014) as well as bronze (2013) medals at the World Curling Championships.

### PROGRAM

#### Sunday, August 12th

- Check in from 4:00 p.m.
- Practical Curling Camp information for all participants at 7:00 p.m.

#### Monday 13th–Friday 17th of August

- Training on the ice
- Educational program in the afternoon / evening
- Social activities in the evenings (2–3 evenings)

#### Saturday, August 18th

- Check-out and departure from the hotel

Powered by:



### PRACTICAL INFORMATION

- **Age group:** 13–19 years (open to both junior men and junior women)
- **Accommodation:** Accommodation for participants will be in apartments at the Birkebeineren Hotel & Apartments, which is located just 300 meters from the Lillehammer Curling Hall. Each apartment sleeps six participants.
- **Dinner:** All meals (breakfast, lunch, dinner) will be served in the dining room at Birkebeineren Hotel.
- **Transport:** Each individual participant arranges and pays for their own transport to and from Lillehammer. Once in Lillehammer, there is no need for additional transportation, all Curling Camp activities are within walking distance.

### REGISTRATION

- Registration information must be sent to email: [post@lolsc.no](mailto:post@lolsc.no)
- Registrations are registered on a continual basis and confirmed by e-mail with payment information.
- Maximum number of participants is 64.
- Registration is binding / no cancellations or refunds

### REQUIRED REGISTRATION INFORMATION:

- |                                |  |
|--------------------------------|--|
| • <b>Participant Info</b>      | • <b>Other Details</b>                 |
| – First name                   | – Food allergies                       |
| – Last name                    | – T-shirt size                         |
| – Home address                 |  |
| – Email address                | • <b>Contact Person Info (parents)</b> |
| – Cell phone number            | – Full name                            |
| – Date of Birth                | – Address: street, city, country       |
| – Sports Club                  | – Email address                        |
| – Nationality                  | – Cell phone number                    |
| – Team member or single player |  |

### PRICE AND PAYMENT INFORMATION

- Cost per participant 3,750 NOK / 399 €
- Covers all training, meals and accommodation
- Payment is due two weeks after the participant's registration is confirmed

### CAMP ORGANIZATION

- The Lillehammer Youth Curling Camp is organized by the Lillehammer Olympic Legacy Sports Center in cooperation with the Norwegian Curling Association.
- The Lillehammer Youth Curling Camp has between 8–10 instructors and coaches who will follow up the participants during each day and evening in cooperation with the Lillehammer Curling Club.
- During the nighttime hours, there will be night guard supervision of the apartments, supervised by the Lillehammer Curling Club.
- Norwegian Curling Association guidelines are followed, including no alcohol permitted during the Lillehammer Youth Curling Camp.