



## St. Albert Junior Elite Development Program (STAJED)

### 2019-2020 Season

SACC is thrilled to announce that our **STAJED for Success Program** will be offered again for the 2019-20 season! This program provides young curlers who's focus is on competitive curling, either as a team or an individual, with a unique opportunity to receive dryland and on-ice training instruction geared towards developing the whole athlete. Certified Head Coach Taina Smiley, along with experienced competitive curlers Danielle Schmiemann and Tyler Van Amsterdam provide exceptional instruction for the program. Laura Walker, Marc Kennedy and Mental Sports Performance Consultant Erin Brennan, will be regular guest coaches. Professional Fitness Instructors provide our physical training portion, and we periodically have special guest appearances from World Class Curling Athletes such as Joanne Courtney and Geoff Walker. The program will run after school on Tuesdays and Thursdays. This program does not include regular league play.

### Program Overview

**Dates:** 4:30pm – 7:00pm Tuesdays and Thursdays– Tues Sept 10<sup>th</sup> 2019 – Thur Mar 12<sup>th</sup>, 2020 (50 dates/season) The first week we will be in the classroom getting to know each other, sharing information and dryland training. On-ice training will begin on September 17<sup>th</sup>. No instruction from December 21<sup>th</sup> – Jan 3 for Christmas Break.

**Curling Program:** Athletes can expect to spend the first 1.5 hours of each day on the ice with time split between technical or tactical/situations or drills. The remainder of the time (1 hour) will be spent on dryland - in the classroom OR training in Robin Mungall Fitness Centre with a certified trainer – alternating each day. Athletes will be broken into two appropriate groups, by the trainer. In the Classroom, our coaches will lead the class on a variety of topics including, but not limited to, mental skills, team dynamics, nutrition, tactics & strategy.

**Fitness Program:** The fitness program focuses on specific elements to maximize the athlete's game, reduce risks of chronic injuries as well as improve overall fitness for life. Those key elements are:

- Core stability
- Balance
- Leg power
- Upper body power endurance
- Joint mobility and care

**Cost:** \$1000/season. In order to hold your spot for the 2019-20 season, a \$100 non- refundable payment is required by August 1<sup>st</sup>, 2019. Registration for the Waitlist to open thereafter. A payment plan is available, please contact the office.

**Includes:** 50 Sessions of Instruction, Program Jackets, Journals, and 2 Social Events.

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