

CWVG Training Plan 2019-2023



Reference: A. Appendix A to 2019-2023 NBCA/CCE Agreement
B. Long Term Athletic Development (LTAD) for Curling

INTRODUCTION

1. As outlined in reference A, the Canada Winter Games Committee will work very closely with the CCE to ensure that the objectives of the committee are accomplished. First and foremost, we want to encourage and facilitate the growth and development of curling within the province of NB for curlers born after 30 June 2004 (TBC for Mixed Doubles). This will be achieved by providing CWG curlers various training components through on ice sessions and encouraging participation in as many selected spiels as possible during a season. This will help teams/players work on game readiness as well as participate in the training opportunities. This focus will be the center of gravity for the committee from 2019 to 2021. In the final year of the CWG cycle (2022) the focus will shift to the selection process and ensuring that we select the most competitive teams to represent NB at the 2023 CWG. In addition to the training of CWG aged players, the committee will also provide coaches with training opportunities to ensure that team/players are being provided with continual development and feedback. Having a qualified coach armed with the applicable knowledge and skills will assist greatly in the development process.

CHALLENGES

2. Perhaps the greatest challenge from a training and development standpoint is the fact that the age range for eligible 2023 curlers is very broad. The curlers who are at the older end of the spectrum are presently in the “Training to Train” (14 years of age 2019 as of 30 June) stage of the LTAD for Curling whereas the younger curlers are in the “Learning to Train” (ages 8-12) stage of the LTAD for Curling. The older curlers will be in the “Training to Compete” stage when we get to the selection year (2022) whereas the younger curlers will be in the “Training to Train” stage. This will be further complicated if the age of CWG Mixed Doubles teams is set at U20 as we will also have some curlers in the “Train to Win” stage when we get to selection. Thus, the biggest challenge will be the establishment of a training and development program that encapsulates all stages of the LTAD and ensures that athletes are provided with age and skill appropriate training and development throughout the cycle.

3. In an attempt to overcome this challenge, we will be developing a training plan that incorporates modules for each training objective and further outlines the different levels. This plan will be tested this up-coming season and adjusted accordingly as we progress through the cycle. Having a plan in place should help provide some additional structure to the training plan and assist players and coaches immensely.

COACH TRAINING REQUIREMENTS

4. Qualified, Trained and Knowledgeable coaches will play a key role in ensuring that curlers are receiving the correct training and development as they progress through the 4 year cycle. As a minimum coaches will be required to register with the National Coaching Certification Program, complete Competition Coach, complete Making Ethical Decision module

and complete on ice evaluation. As a start point all potential coach should visit the Curling Canada Website: <https://www.curling.ca/about-the-sport-of-curling/coaching-resources/become-a-coach/> and review the information available to them regarding coaching. The earlier that a coach certifies the better.

2019-2020 (Building a Strong Foundation)

5. Over the next year the CWG Committee will be working diligently with CCE to develop a training and development plan that will allow the players and coaches of the CWG cycle the opportunity to develop and flourish. The end result will be a detailed modularized plan. The training objectives for the first year will see the following training opportunities:

- a. **Training Opportunity #1- Delivery and Sweeping Analysis:** The key Technical Abilities that crosses over the “Learning to Train” and “Training to Train” pathways of the LTAD is the *curling delivery* and *effective sweeping*

Curling Delivery

- i. An effective curling delivery is the fundamental technical skill that an individual needs to perfect if they are going to progress through the CWG Cycle and compete. As such, the first developmental opportunity that will be provided to players will be a session on delivery technique. CWG Players and Coaches will have the opportunity during the CWG/U15 November Camp to receive sessions on delivery with a CCE training instructor. During this camp there will be areas of improvement identified and if time permits players will be provided with a video delivery analysis. This will allow all players and coaches the opportunity to work on the areas identified for improvement. At the December CCE CWG Event, players will once again have the opportunity to have delivery analysed with focus being on the improvements gained since October. For players who do not attend November CWG/U15 Camp, they will have opportunity to complete initial training and video analysis at the December CCE CWG Event. As this is first year of the cycle, training will also be opened up to U15 teams who have CWG players on them.

Sweeping

- ii. The curling delivery is very much an individual skill, effective sweeping is both an individual and team skill. The sweeping technique alone is individual, however, sweeping involves communication and interactions with all members of the team. For a team to have effective sweeping they need to focus on both the individual technique and also the team communication aspect of sweeping. Players and Coaches will have the opportunity to receive training session on sweeping at the November 2019 CWG/U15 Development Camp. During this session there will be areas of improvement identified and if time permits players will be provided with

an opportunity to use smart broom technology to help refine sweeping technique to maximize results. At the December CCE CWG Event, players will once again have the opportunity to complete sweeping training with focus being on the improvements gained since November. For players who do not attend the November camp, they will have opportunity to complete initial sweeping training.

- b. **Training Opportunity #2- Team Dynamics:** In order for a team to be successful they must have good *team dynamics*. In order for team dynamics to flourish, there must be effective communication and a clear understanding of roles and responsibilities between players. During the November CWG/U15 Camp, each team will complete a team resume with “job descriptions” being developed for each position on the team. During the December CCE CWG Event, CCE will provide teams and coaches with a communication seminar and work with teams on further refinement on the “job description” developed at the November Camp. At the end of the event, players will have a better understanding of how to communicate with the other members of their team and they will also have a good understanding of the roles and responsibilities expected of them.
- c. **Training Opportunity #3- Mixed Doubles- TBC:** The 2023 CWG will have mixed doubles. Presently there are still some questions surrounding this event, primarily, the age requirements. All indications at this time is that the age for mixed doubles will be U20. This will add another layer of complexity from a training and development stand point. That said, the NBCA and some of the clubs within the province have already started to incorporate mixed doubles into their programs/leagues. General introduction to Mixed Doubles will occur at the CWG/U15 November training camp. From a training and development standpoint, CWG aged players must be provided opportunities to compete in this discipline if we are going to have a competitive team at 2023 CWG.
- d. **Coaching Development-** As we are at the start of the cycle, the coaches for this year will be provided with tips during the delivery analysis, sweeping and also during the communication seminars. However, there will also be coach specific training opportunities provided by the NBCA. For new coaches it is recommended that as a minimum they complete the two-and-a-half day Competition Coach on November 1-3, 2019, at Curl Moncton. Additional course dates may be added to the calendar depending on demand. These courses will help build the foundation and assist coaches instruct their respective teams. Furthermore, for coaches who are already certified, CCE will provide 1 x PD opportunity for coaches. This PD session will likely occur at CWG/U15 November Camp or December CCE CWG Event. A key PD opportunity in year one will be the importance of recording and use of stats as a measurement of team development and performance. Also, coaches will be provided with overview of LTAD for Curling, the coaching certification process and other applicable information regarding coaching requirements for a CWG Team. While the cycle is 4 x years in duration, there are a lot of training that coaches need to complete.

The earlier that these items are completed the easier it will be in the last year of the cycle when the focus should be on coaching a team and help them becoming Team NB versus completing mandatory coaching requirements.

- e. Key Events/Opportunities for 2019-2020 season:
 - i. CWG/U15 Development-(9-10 November)- Delivery/Sweeping/”Job Description”/General Intro to Mixed Doubles
 - ii. CCE CWG Camp (13-15 December)- Delivery/Sweeping/Team Dynamics
 - iii. U15 Provincial Championship- Kenny Coates (21-23 February)- Talent Identification
 - iv. Junior Mixed Doubles Provincial Championship- TBC
 - v. U12 Provincial Little Rock Jamboree (3-5 April)- Talent Identification
 - vi. East Coast Slam (27-29 March) – Potential Evaluation of Progress

6. As the *curling delivery* and *sweeping* are the 2 x fundamental skills required for a player and team to be successful on the competitive stage, these skills will be provided at the beginning of each curling season during the CWG cycle (2019-2023). This will likely take place at the MJCL or during the CCE CWG Training Event in the December timeframe after the 2019 season. This will allow all players and coaches the opportunity to receive training on the fundamental skills no matter how late they enter the cycle. It will also provide more advanced players/teams the opportunity to refine as required.

2020-2021 (Skill Refinement/Performance Review)- COVID-19 IMPACT

7. Due to COVID 19 Pandemic none of the trg opportunities for the 2020-2021 season could be achieved. As a result, these objectives have been tentatively moved to the 2021-2022 season. As of April 2021, it is still unclear how fall/winter of 2021/2022 will be impacted by COVID-19. We will have a better understanding as vaccine rollout occurs, however, there are still a lot of unknowns at this time. Furthermore, we have adjusted the selection dates for our teams to the fall of 2022. Historically, curling has selected team for CWG in the spring of the year before CWG, however, as we have lost a year of training and development, selection of team has been delayed until fall of 2022 to allow for catch up.

2021-2022 (COVID Catch Up - Skill Refinement/On Ice Preparation)

8. If previous cycles are any indication, at this point (1 year out from selection year) it will become very clear which teams are now focusing on becoming Team NB for 2023. As we will be another year into the cycle there will be further divide in skill levels and players will still be at various different stages of training in relation to the LTAD for Curling. Thus, this year will be critical in ensuring development for all eligible CWG 2023 players and refining any skills that have already been taught.

9. The tentative training opportunities for this year will be as follows:

- a. **Training Opportunity #4-** Physical Fitness, Nutrition, and Mental Fitness: Early in the curling season CCE will provide/facilitate curlers receiving a session on *Physical Fitness, Nutrition and Mental Fitness* by sourcing experts in these fields. The topics covered will assist greatly in helping curlers be more prepared when they step on the ice. This training event will also coincide with a curling event. Location TBC at this time.
- b. **Training Opportunity #5-** Chess on Ice: During this training opportunity players will be provided sessions on *game strategy*. This opportunity will also be leveraged to reinforce the use of statistical analysis.
- c. **Training Opportunity #6-** Competition Planning: Teams will work on developing of a *competition plan* for the up-coming year and leading up to 2022 selection year. These plans will set the foundation to allow teams to adequately plan and be aware of what will be expected of them as they progress into the final year of selection. It will be critical to ensure that team are working towards peaking at the correct times throughout the season.
- d. **Training Opportunity #7-** Mix It Up: One unknown at this time will be the Mixed Double component of the NB team. However, it is anticipated that once the Boys and Girls Teams have been selected, the players who were unsuccessful will likely try to qualify for the mixed doubles team. The intent is to run a trg and development activity as part of the NBCA U20 Mixed Doubles event scheduled to take place March 2022.
- e. Coaching Development- Once again 1 x PD opportunity will be provided by CCE. This PD session will likely occur at MJCL or CWG Event. Coaches will also have the opportunity to sit with CCE Instructor during a game and be provided feedback on positive points and areas of improvement. Finally, coaches will receive a seminar of sorts from some of the known junior coaches within province NB (some potential coaches who have CWG experience are Brian Dalrymple, Gary Wilson, Andy Small, Tim Comeau and Mark Ward) on what they have done with Junior Teams to bring success. By this point coaches should have completed the Competition Coach Course and the Making Ethical Decisions module.
- f. Key Events for 2021-2022 Season
 - i. CWG Event in Fredericton/Oromocto- Late Sep/Early Oct
 - ii. CWG Training (March)- Coach/Team Development
 - ~~iii. CWG Camp (December) Tactical/Stats~~
 - iv. U18 Provincial Championship- On Ice Preparation (January)
 - v. U20 Provincial Championship- On Ice Preparation (February)
 - vi. U15 Provincial Championship- Kenny Coates (February)
 - vii. Junior Mixed Doubles Provincial Championship- (March)

2022-2023 (Team NB)

10. As we have moved the selection to fall of 2022 there will be very little time to focus on training and development. The focus will be primarily selection at this point, however, we will once again exploit those events that take place at Curl Moncton and ensure that there are training opportunities provided to players and coaches.

11. The training opportunities and events for this year will be as follows for this year will be as follows:

- a. **Training Opportunity #8-** CCE Summer Camp- Total Training Opportunity: Teams/Players should consider attending a *CCE Camp* with the focus being on Canada Winter Games. Ideally, the professional athletes selected as the marquee instructor will have CWG experience. It is understood that not all players/coaches will be able to attend the camp. Those players/coaches who can't attend can request other opportunities for training from the CCE, understanding teams would be responsible to cover associated costs.
- b. Coach Development- Coaches will have the opportunity to conduct on ice portion of Competition Coach. Pending NBCA schedule, we may also look to have on ice portions during curling events throughout the first half of the season.
- c. Key Events for the 2022-2023 Season:
 - i. CCE Training Camp (July)
 - ii. CWG Warm Up Event (September October)
 - iii. Team Qualifier #1 (October)
 - iv. CWG Team Championship (November)
 - v. CWG Mixed Doubles Camp (November/December)
 - vi. U18 Championship (January)

12. Once teams are selected in November/December timeframe training plans will be tasked tailored to provide teams with the best opportunity to go to CWG 2023 and medal. The primary focus will be on game play and preparing for the games. 4 person teams will have the opportunity to participate in NBCA U18 Championship, whereas the Mixed Doubles team will have limited opportunity to participate in events. Pending the dates, there may be opportunity for Mixed Doubles team to participate in Adult Mixed doubles event however that is TBC at this time. Leading up to CWG we will be focused on enhancing player/team skills and ensuring that team have a plan in place to peak at CWG. Also, coaches will receive CWG supplemental training requirements at that time to ensure that they have all the qualifications required to coach at CWG.

CONCLUSION

13. Having a long-term training plan which highlights all of the key training objectives not only allows for more formalized approach, it allows our curling community to better plan and exploit the opportunities available to them. Taking an approach that will see both on ice and off ice training components covered should help curlers and coaches during the cycle. Our goal is to see the overall curling abilities of CWG curlers improve drastically over the next 4 x years. Using the LTAD as the guiding document we will ensure that curling athletes are placed in the appropriate programs, talent is identified and fostered, and athletes will not “fall through the gaps.” The long-term approach will assist clubs and coaches to work towards developing the right training environment for players, so that they may enjoy curling and flourish under appropriate training programs with every opportunity to reach their potential and optimal performance levels.

14. It was very unfortunate that we could not execute the training objectives that were outlined in this plan in the manner in which they were set up due to the COVI-19 pandemic. We are hopeful that the next CWG Committee will be able to build upon this foundation and implement a better plan which will hopefully see team NB go to CWG and medal.

Players Development/Events (Revised December 2021)

	Summer	Oct	Nov	Dec	Jan	Feb	Mar
2019-2020			TO #1 Delivery/Sweeping Analysis/Job Description (Curl Moncton) CCE CWG/U15 Camp	TO #2 Team Dynamics/Communication/ Evaluate Delivery and Sweeping (Curl Moncton) CCE CWG Camp		U-15 Kenny Coates	TO #3 Mixed Doubles (CWC) Mixed Doubles Jamboree
2020-2021		Gage/CWC Event (TBC)	CCE CWG/U15 Camp	CCE CWG Camp		U18 Champ U-15 KC	Mixed Doubles
2021-2022		CCE Maritime	CWG Warm Up	CCE CWG Camp	U18- Champ	U20 U15 KC	TO #4 Physical Fitness Nutrition Mental Fitness TO #5 Strategy/Stats (Curl Moncton) TO #7 Mixed Doubles (TBC) TO #6 Competition Plan (Curl Moncton)
2022-2023	TO # 8 CWG Camp (CCE)	CWG Warm Up Event CWG Q1	CWG Team Champ	CWG Mixed Doubles Champ (TBC) CSCA Trg	CSCA Trg	CSCA Trg CWG	CWG

TO = Training Opportunity

Training Activity

Curling Event