



SCHEDULE FOR LILLEHAMMER YOUTH CURLING CAMP - DIGITAL EDITION

*All times are Central European Time - please check your time difference before the camp starts!

Sunday 2nd August

16:00-17:00

- Digital Check-in!
- Short presentation of NJCT and Lillehammer Olympic Legacy Sports Center
- Introduction to the week
- How the sessions will work
- Presentation of Physical session#1
- Photo competition: NJCT Hardline broom winner #1
- Questions

Monday 3rd August

16:00-17:00

- Session with a star #1- Marc Kennedy. Controlling emotions & physical fitness.
- Photo competition: NJCT Hardline broom winner #2
- Presentation of Physical session #2

Tuesday 4th August

16:00-17:00

- Session with a star #2- Peter DeBoer. Playing percentages & knowing tollerances.
- Presentation of Physical session #3
- Photo competition: NJCT Hardline broom winner #3

18:00-19:00 (Coaches)

- Coaches session led by Byron Scott

Wednesday 5th August

16:00-18:15

- Session with a star #3 - Robin Brydon & Ross Whyte. Transition from junior to senior elite curling
- Presentation of Physical session #4
- Photo competition: NJCT Hardline broom winner #4
- Session with a star #4 - Byron Scott. EQ (Emotional intelligence)

Thursday 6th August

16:00-17:00

- Session with a star #5 - Oskar Eriksson & Maria Prytz. Being coachable and Mixed Doubles
- Presentation of Physical session #5
- Photo competition: NJCT Hardline broom winner #4

Friday 7th August

12:00-13:00

- LIVE physical session with Einar Kolsägg (Norwegian Olympic Association)
- Session with a star #6 - Kerri Flett Einarsson & Val Sweeting. Mental fitness, goal setting & positional challenges.

16:00-17:00

- Digital Camp summary and feedback.
- Photo competition: Winner of the week