



**Ontario Curling Council  
U18 – Academy Teams  
2023/24 Season**

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### **Academy Team - Project Outline**

For the 2023-2024 season, the Ontario Curling Council will be continuing the Academy Team project that was piloted in 2022/23. The Academy Team Project is a coach led team that is focused on the development of athletes, with dedicated coaching, testing, curriculum and competitions management. The goal of the program is to assess whether a coach led team can accelerate development through a more balanced approach to training versus competing.

Our home location will be the Dundas Valley Golf and Curling Club and will run from May 2023 to April 2024.

**Goals** The primary goal of this program is to evaluate how coach led team formation can impact player development in the Train to Train / Train to Compete stage of development. The focus will be on DEVELOPMENT of athletes and NOT competition results. Another goal of the program is to determine if regional based, coach led and selected teams can be effective for attracting and expanding the number of athletes who play competitively. This is the second year of the program and we are looking to confirm findings we discovered from the first season and to establish this process as a more balanced approach to athlete development.

### **Overview**

- Program will be lead by Ontario Curling Council's Manager of HP Development (Sean Turriff) and Manager, Programs and Operations (Jennifer Ferris)
- There will be four Academy team coaches, two male, two female. All four coaches will work both the boys and girls teams but there will be two primary coaches for the boys and two primary coaches for the girls. Academy staff will be contracted to work with athletes within the daily training environment and Competitive events.
  - Academy Team Coaches will be at minimum Competition Development "In-Training." Subject Matter Expert and Guest Coaches may attend the "Academy Sessions."
  - Coaches will all be Safe Sport Trained.
- Athletes will apply to try out for the OCC Academy team. Eligibility as outlined below. Please note that the camp day Saturday April 8 is open to all U18 athletes regardless of whether you wish to try out for the team. In order to be considered for the team, athletes

will be required to have a virtual meeting with two Academy Team Coaches at a time to be determined.

- Academy coaches will select the teams based on a performance criteria as determined by the Program Coaches. This criteria will be published once it has been finalized.
- The teams selected will train and compete at the Dundas Valley Golf and Curling Club for the 2023/24 season.
- Athletes will be tested at the beginning of the program (skill-based testing, video testing, physical testing, tactical testing) and again at the end of the program to gauge Gold Medal Profile asset progress.
- Based on testing and observation of Academy Coaches each Academy athlete will have an Individual Athlete Performance Plan. Regular reviews will be conducted between coaches and athletes.
- The program has the goal of assembling one men's team and one women's team (5 athletes on both) but reserve the right to adjust this based on applicants from the camp.
- Qualified IST practitioners will be involved in testing, IAPP, programming and education.
- Academy Athletes will be provided access to all Ontario Curling Council Virtual Education.
- Academy Athletes will be required to attend "Academy" Sessions – including camps, weekly practice/league play and a minimum of one competitive event. Dates / times to be determined.

### **Program Eligibility - Athletes**

- A Try Out camp will be conducted by the Academy coaches on April 1, 2023 at the Dundas Valley Golf and Curling Club and on April 8, 2023 at the Mississauga Golf and Country Club. Athletes must attend ONE of the development camp dates to be considered for the Academy team.
- Athletes must be U18 eligible for the 2023/24 season. This means, age less than 18 as of June 30, 2023.
- Athlete selection will be based on criteria developed by Academy staff and the OCC's HP Council
- Athletes must be willing to commute to the Academy's home club (Dundas Valley Golf and Curling Club) to participate in league play through the week. Athletes must be able to commute to regular practices through the week.
- Athletes must have been curling for a minimum of 5 years (Train to Train/Train to Compete)
- Athletes must attend training camps and at least (75%) of other sessions
- Selected Team Athletes must pay a \$1500 team fee and complete Safe Sport Training.
- Selected athletes must commit to playing with this team in competitive U18 events exclusively for the 2023/24 season. Athletes may play for school teams but the Academy Team will be their competitive U18 team.

### **Athlete Benefits**

- Athletes chosen to the program will be funded. This will include:
  - Membership at the Dundas Valley Golf and Curling Club for the 2023/24 season.
  - Competition entry fees.

- Equipment subsidies
- Travel / accommodation subsidies
- Uniforms
- Coaches services for the season including training / competition support
- IST support as required throughout the season
- Athletes will be directed with purposeful skill development directed by certified coaches. An individual performance plan will be developed and a yearly training plan will be developed.
- Skill development and progress will be measured for each athlete.
- Teams will have regular practice sessions throughout the season.

### **Timeline**

- Try out Camps - ONE OF April 1, 2023 or April 8, 2023
- Individual Athlete meetings - By April 21, 2023
- Team Invitations sent out by - April 28, 2023
- Team season begins - May 3, 2023

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