

Development



Kids develop what's called "physical literacy" by learning basic skills like running, jumping and throwing.



- Egg Farmers' Rocks & Rings School Program
- SOAR program (with Tennis BC and British Columbia Golf)
- Optimists' Getting Started in Curling Camps
- Club-based Learn to Curl Programs



- Curling 2.0
- Curl BC Skill Awards Program
- Club-based Junior league (recreational)
- Optimists Junior Inter-League
- Interscholastic league play
- Curl BC Rockslide Summer Camp
- Podium Preparation Program

Excellence



- Club-based Junior competitive program
- Curl BC Regional Playdowns
- BC Winter Games
- Competitive league play



- Competitive league play
- Provincial Championships
- Curl BC Regional Playdowns
- U18 Canadian Championships
- Canada Games
- Youth Olympics
- Canadian University Curling Championships
- U21 Podium Pathway Program
- Tier 2 Curl BC High Performance Program



- Curling Canada National Championships
- Curling Canada National Training Centre and Development Team Programs
- Curling Canada Olympic/Paralympic Team
- World University Games
- Next Gen
- Tier 1 Curl BC High Performance Program



Awareness/Recruitment & First Contact

- Curl BC's CAN Curl & CAN Curl More
- Let's Play (BC Wheelchair Sport Association)
- Special Olympics
- Blind and Deaf Curling

Curling is a great example of a Sport for Life.

Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada through improved athlete training and better integration among everyone in the sport system.

A key feature of CS4L is Long-Term Athlete Development (LTAD), a developmental pathway whereby athletes follow optimal training, competition, and recovery regimens from childhood through all phases of adulthood.

The LTAD model for curling identifies six phases that athletes can go through during their lifetime, as well as additional stages for athletes with disabilities. Participants may enter the Active for Life stage at any age.

