

## **Teams have access to the following Resources:**

### **IST – Integrated support team (teams need to get approval by Melissa before arranging these services)**

- Mental training
- Communication Training
- Team Dynamics
- Physical training
- Strength Training
- Nutritional training
- Wellness training

### **Coaching**

A list of consultant coaches will be provided and they can help a team with:

- practices, camps or any of the above as well
- events (includes meetings, game feedback, etc.)
- tactical plans
- yearly training plans (including tapering and peaking)
- video analysis

### **Competition Assistance**

Teams will get funding for expenses leading to a competition

BC and out of province (different amounts)

### **Technology and Equipment**

- smart brooms (read the PSI and stroke speed of brushing)
- rock hawks (used for training)
- microphones (used for training and/or events, league games)
- Klutch curling
- Dartfish
- Video analysis

### **Practice Ice**

- subsidies for practice ice not in your own club
- subsidies for a practice membership

### **Camps**

- any Curl BC-offered camps are either free or have only a small fee