

Teams have access to the following Resources:

IST – Integrated support team

Mental training

Communication Training

Team Dynamics

Physical training

Strength Training

Nutritional training

Wellness training

Coaching

A list of consultant coaches that can help a team with:

- practices, camps or any of the above as well
- at events (includes meetings, game feedback, etc.)

Competition Assistance

Teams will get funding for expenses leading to a competition (if they meet the criteria)

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)

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 there will be a small fee