

NORGE



Lillehammer Olympic
Legacy Sports Centre



LILLEHAMMER OLYMPIC
LEGACY SPORTS CENTRE
AND NORDIC JUNIOR
CURLING TOUR PRESENTS:



Byron Scott,
Founder of the Junior
Slam Series

Thomas Løvold
National Coach

James Dryburgh
2-time World Junior
Champion & President
of the NJCT

Petter Moe
Development officer,
Norwegian curling
federation

Kristin Skaslien
2018 Olympics
Bronze medalist

Magnus Nedregotten
2018 Olympics
Bronze medalist



Lillehammer Youth Curling Camp

11th–17th of August 2019

THE CAMP EXPERIENCE

On ice: Technique discipline, video analysis, smart broom training, communication, on ice physical training and weight control.

Off ice: Season planning, goal-setting, training and analysis, skype-sessions with top athletes, mental training, nutrition, dual career, «Olympism», core training and team-work sessions.

For Coaches: One dedicated session for coaches each night with following themes: Psychology, rock-matching, core training and season planning.

During the course of the week, we will be visited by different curling personalities who will share their tips, tricks and experiences, to help participants on the road to being the best possible curler that each can be.

PROGRAM

Sunday, August 11th

- Check in from 4:00 p.m.
- Practical camp information for all participants at 7:00 p.m. plus an evening activity

Monday 11th–Friday 16th of August

- Educational on-ice training (see The Camp Experience)
- Educational off-ice training
- Social activities every evening

Saturday, August 17th

- Check-out and departure from the hotel

Powered by:



PRACTICAL INFORMATION

- **Age group:** 13–19 years (open to all juniors within the age range)
- **Accommodation:** Participants will be accommodated in apartments at the Birkebeineren Hotel & Apartments, which is located just 300 meters from the Lillehammer Curling Rink. Each apartment sleeps six participants.
- **Dinner:** All meals (breakfast, lunch, dinner) will be served in the dining room at Birkebeineren Hotel.
- **Transport:** Each individual participant arranges and pays for their own transport to and from Lillehammer. Once in Lillehammer, there is no need for additional transportation, all Curling Camp activities are within walking distance.

PRICE AND PAYMENT INFORMATION

- Cost per participant 4,000 NOK / 440 €
- Covers all training, meals and accommodation
- Payment is due two weeks after the participant's registration is confirmed

REGISTRATION

- Please find registration form here: <https://bit.ly/2Yxg5R4>
- Registration deadline: June 1st
- Registrations are registered on a continual basis and confirmed by e-mail with payment information.
- Maximum number of participants is 50. To ensure a good spread of nationalities, 50% of the spots at the camp are reserved for non-Norwegians athletes.
- Registration is binding / no cancellations or refunds.

CAMP ORGANIZATION

- The Lillehammer Youth Curling Camp is organized by the Lillehammer Olympic Legacy Sports Center in cooperation with the Norwegian Curling Association and the Nordic Junior Curling Tour.
- The Lillehammer Youth Curling Camp has between 8–10 instructors who will follow the participants throughout the day. The camp experience has been developed by James Dryburgh, 2-time Olympic coach and President of the NJCT together with Petter Moe Jevnehagen, Olympic coach and Development Officer at the Norwegian Curling Association.
- There will be night guard supervision of the apartments in the evenings, supervised by the Lillehammer Curling Club. Participants are expected to be in the apartment by 10 pm at latest.
- Norwegian Curling Association guidelines are followed. Strictly no alcohol is permitted during the Lillehammer Youth Curling Camp.

ABOUT THE LILLEHAMMER OLYMPIC LEGACY SPORT CENTER

Lillehammer Olympic Legacy Sport Centre aims to give young athletes, coaches & leaders the possibility to develop their skills inside wintersports. The center is located in Lillehammer and was established after the Youth Olympics in Lillehammer 2016.

ABOUT THE NORDIC JUNIOR CURLING TOUR

Nordic Junior Curling Tour helps junior curlers and coaches to develop by organizing four top class competitions each season. NJCT also provides the chance for two teams to compete in Canada every year well as unique sponsorship opportunities. The NJCT is run by James Dryburgh in collaboration with national associations of Sweden, Norway, Denmark and Finland.