

Curl BC High Performance Program

2025-2026



Development Pathway

Development means committing to ongoing growth and improvement, with a focus on learning and evolving over time. It's about putting in the work to build skills, gain experience, and push past limitations, while remaining open to feedback and new perspectives. Development athletes actively seek opportunities to expand their abilities, understanding that progress takes patience and consistent effort. It's a mindset of continuous learning, where growth is prioritized over immediate results, and setbacks are seen as opportunities for further development.

In curling, this stage involves refining shot technique, controlling weight and rotation, gaining a deeper understanding of basic strategies, and strengthening teamwork, communication, and role clarity. Athletes in this division are also focusing on developing and improving their strength and conditioning.

Athletes

- Number of athletes accepted: 32
- Priority Given To:
 - U15/U18/U21 athletes actively competing at the Provincial level
 - Team applications (all 4 members apply individually to the program)

Program Fee

- \$350

Application Requirements

- The athlete is actively competing at the Provincial level in their respective age category
 - The athlete must compete as a representative of BC
 - Attend the on-boarding meeting (tentatively April 1)
 - Submission of the application form by **April 30th**
-

LTC D Training Expectations

As per Curling Canada

Age Category	LTC D Stage	Training Expectations	Competition Expectations
U15	Train to Train	60% Train (per week) <ul style="list-style-type: none"> • 1-2x Coached Practice • 0-1x Self-Directed Practice • Singles App (U15) • Off-Ice Training: <i>Recommended</i> 	40% Compete (per week) <ul style="list-style-type: none"> • U15 League Curling: <i>Initially</i> • 3+ x U15 Bonspiels: <i>Eventually</i> • Triples/Doubles: <i>Recommended</i> • Other Sports: School or Off-Season
U18	Learn to Compete	50% Train (per week) <ul style="list-style-type: none"> • 2x team practice • 1x individual practice • Singles App (U18) • 2x off-ice training 	50% Compete (per season) <ul style="list-style-type: none"> • 4x Competitive Bonspiels • Both U18 & U21 Playdowns • Mixed Doubles: <i>Recommended</i> • League Curling: <i>Optional</i>
U21	Train to Compete	40% Train (per week) <ul style="list-style-type: none"> • 2x team practice • 2x individual practices/wk <ul style="list-style-type: none"> ◦ Min. 4 ice sessions • 3x off-ice training 	60% Compete (per season) <ul style="list-style-type: none"> • 5x Competitive Bonspiels • Both U21 & Men's / Women's Playdowns • Mixed Doubles: <i>Recommended</i>
21+	Compete for Life	25-40% Train (per week) <ul style="list-style-type: none"> • 0-2 Team Practices • 0-2 Individual/Pairs Practices • Off-Ice Training: <i>Recommended</i> 	60-75% Compete (per season) <ul style="list-style-type: none"> • 0-5+ Competitive Bonspiels • Enter Targeted Playdown(s) • League Curling: <i>Optional</i> • Multiple Teams: <i>Optional</i>

Program Requirements

- Safe Sport Certificate Due **May 31st**
 - True Sport Clean Certificate Due **May 31st**
 - Physiological Testing
 - Due **May 15-31th, August 15-31th, December 1-15th**
 - Participation in the RBC Training Ground (if eligible)
 - Gap Analysis
 - Due **May 31st**
 - Yearly Training Plan (YTP)
 - Off-Season Training Plan Due **May 31th**
 - In-Season Training Plan Due **August 1st**
 - Technical Delivery Assessment
 - Due **Sept 30th, Dec 15th, March 15th**
 - Athlete-Mentor Meeting
 - Bi-Monthly (30 min)
 - Meeting form submitted following each meeting
-

Benefits (Pending Approval)

- CSI Pacific Carding (upon approval)
 - National Championship Preparation Funding (U18, U21, U21 MD only) - \$200pp
 - Athlete-Mentor Program
 - 2.5hr off-ice mentor coaching
 - 2hr of on-ice mentor coaching at a Curl BC RTC
 - Curl BC Resources:
 - Shared Drive
 - Webinars
 - Access to learn.curling.ca resources through Curling Canada Next Gen Speaker Series *pending continuation*
 - Access to Regional Training Centres (3)
 - Technical Support
 - Strength and Conditioning support in partnership with CSI Pacific
-

Athlete Exemptions

As per Curling Canada

If an athlete is injured, ill, or pregnant, they are eligible for accommodations to their program requirements. It is the athlete's responsibility to contact the HP Development & Training Coordinators to request the exemption and to discuss an action plan for the agreed-upon period of the exemption.

Code Of Conduct

As an athlete in the Curl BC High Performance Program, you are expected to uphold the integrity of the sport as you represent yourself, your team, and the High Performance Program both on and off the ice.

Respect

- Treat all teammates, opponents, coaches, staff, spectators, and volunteers with respect.
- Exhibit strong sportsmanship, even in moments of adversity.
- Respect the game of curling, its rules, and its values.

On-Ice Conduct

- Adhere to the rules of the game as written by the appropriate governing bodies.
- Refrain from any aggressive or inappropriate behavior, including excessive swearing, physical frustration (e.g., brush banging, kicking rocks), or any other displays of negative conduct.

Off-Ice Conduct

- Refrain from speaking negatively or disrespectfully to and about teammates, other members of the curling community, and Curl BC.

Accountability

- Take responsibility for personal actions and behaviors, both on and off the ice.
- Learn from mistakes and strive for continuous improvement

Health & Wellness

- Prioritize physical and mental well-being, ensuring the commitment to proper training, recovery practices, and self-care.
- Seek support when needed to maintain balance and resilience, ensuring peak performance in the program.

By upholding this Code of Conduct, you play a vital role in fostering a culture of excellence and supporting the growth and success of the entire High Performance Program.

Failure to uphold the Code of Conduct may result in dismissal from the program.

Termination Protocols

Termination Protocol for Failure to Comply with the Code of Conduct

1. First Violation:

- If an athlete violates the Curl BC High Performance Program Code of Conduct, they will receive a **formal written warning**. This warning will outline the nature of the violation, the impact on the Program, and the expectations moving forward.
- The athlete will be given a **set timeframe** (usually 7 days) to correct their behavior or take corrective action. During this period, the Athlete may be required to meet with a Program representative and/or coach to discuss the violation and agree on a plan for improvement.
- If the violation is severe (e.g., aggressive conduct or public disrespect), the athlete may face **temporary suspension** from Program activities (up to 14 days) while corrective actions are discussed and implemented.

2. Second Violation:

- A **second violation** of the Code of Conduct will result in **immediate suspension** from the Curl BC High Performance Program for a minimum of 14 days, or until the athlete demonstrates a commitment to correcting their behavior.
- During the suspension, the athlete will be required to meet with program representatives to review the repeated violations and assess whether the athlete is capable of aligning with the expectations of the program.
- If the athlete does not demonstrate a significant improvement in behavior or continues to violate the Code of Conduct, their participation in the Program will be **terminated** permanently.
- A **formal termination letter** will be issued, detailing the reasons for the removal from the program, as well as any actions taken prior to the termination.

Note: The Curl BC High Performance Program expects all athletes to maintain integrity, professionalism, and respect both on and off the ice. Any violation of the

Code of Conduct will be addressed promptly to preserve the positive and respectful environment within the program. This two-strike method ensures that athletes have the opportunity to correct their behavior while maintaining high standards of conduct. However, repeated or severe violations may result in permanent removal from the Program.

Termination Protocol for Athlete Document Submission

1. First Violation:

- If the athlete fails to submit the required document(s) by the designated due date, they will be suspended from all Program activities until the document(s) is/are submitted.
- The athlete will have a grace period of 3 additional days to submit the missing document(s).
- If the document(s) is/are not submitted within this 3-day period, the athlete will receive their first strike.

2. Second Violation:

- Upon a second failure to submit a document by the due date, the athlete will again be suspended from all program activities until the missing document(s) is/are submitted.
- The athlete will have a grace period of 3 additional days to submit the document(s).
- If the document(s) is/are not submitted within this 3-day period, the athlete will receive their second strike.

3. Third Violation:

- A third failure to submit a required document by the due date will result in the athlete being suspended from the program until the document(s) is/are submitted.
- The athlete will have a grace period of 3 additional days to submit the document(s).
- If the document(s) is/are not submitted within this 3-day period, the athlete will receive their third and final strike.
- Following the third strike, the athlete will be removed from the program, and their participation will be terminated.

Note: These protocols are in place to ensure the smooth operation of the program and the timely completion of all requirements. The athlete is expected to adhere to deadlines and submit necessary documentation in a timely manner to avoid suspension or termination from the program. Exceptions may be granted for extenuating circumstances.

We want to emphasize that clear communication is key to your success in the program and the sport. Our goal is to create a welcoming and supportive environment that enhances your development and performance, not hinders it. If you have concerns about program expectations and deadlines, please reach out in a timely manner, and the program coordinators will work with you to find solutions and ensure you have the support you need to succeed.

Conflicts of Interest

The High Performance Team acknowledges that Kayla MacMillan and Lindsay Dubue will be competing as athletes during the 2025-26 season. Diane Dezura and Melissa Soligo will not serve as team coaches for the 2025/26 season, removing any potential conflict of interest.

To address the potential conflict of interest, the High Performance Team has implemented the following action plan to ensure fairness and confidentiality:

- All Elite female athletes aged 25+ will be assigned to Melissa and Diane for support.
 - High Performance-related documents will only be accessible to Melissa Soligo and Diane Dezura.
- All athletes will be assigned a personal identification number (PIN) for spreadsheets, with the PINs for Elite 25+ female athletes remaining confidential to maintain privacy.

These measures uphold the integrity of the program while ensuring continued support for athletes and coaches at the highest level.

Please note that all program reminders and updates will be sent via **curlbchp@gmail.com** or Slack, which are managed by Kayla and Lindsay.

For all program inquiries, please contact Kayla or Lindsay at **curlbchp@gmail.com** or Slack.

Strength & Conditioning

Physiological Testing

Musculoskeletal Test

A musculoskeletal (MSK) assessment evaluates the function, strength, flexibility, and mobility of the muscles, bones, and joints. The key purposes include:

- **Identifying Strengths & Weaknesses:** Detect muscle imbalances, weaknesses, or tightness that may impact performance.
- **Injury Prevention:** Assess movement patterns to reduce the risk of injuries.
- **Performance Optimization:** Ensure athletes have the necessary strength and mobility for their sport.

Overhead Squat

A full-body test that assesses mobility, stability, and overall movement quality, identifying limitations in the shoulders, hips, and ankles—key areas for effective training, injury prevention, and optimizing performance on the ice.

Protocol:

- Stand with feet in a comfortable position.
- Extend arms overhead, holding a dowel.
- Squat down while maintaining arms overhead.

Scoring:

- 3: Full Competency
- 2: Minor Deficits
- 1: Major Deficits

Single Leg Squat

Single-leg movement and stability are crucial for balance, control, and performance during delivery and sweeping. This test identifies movement limitations, asymmetries, and motor control issues.

Protocol:

- Stand on one foot and squat down.
- Return back up to single-leg stance.
- Athlete can choose the position of a non-weight bearing leg.
- Repeat on the other side.

Scoring:

- Full Competency
- Minor Deficits
- Unable

FABER (*Flexion, Abduction, and External Rotation*)

Assesses hip mobility and identifies potential issues with the sacroiliac (SI) joint and

surrounding musculature. Proper hip function is crucial for balance, power generation, and optimal positioning during delivery and sweeping.

Protocol:

- Begin in a supine position on a flat surface
- Passively move the test leg into flexion, abduction, and external rotation, placing the foot of the test leg on the opposite knee in a figure-four position.
- Stabilize the opposite hip at the ASIS (anterior superior iliac spine) with one hand, and gently press down on the bent knee with the other hand.
- Observe the range of motion and note any pain or discomfort in the hip, groin, or SI joint.
- Compare results bilaterally to assess asymmetries or limitations.

Scoring: Record Observations

- No Observations
- Flexion Limitation
- Abduction Limitation
- External Rotation Limitation
- Notable Asymmetry

EADDR (*Extension, Adduction, and Internal Rotation*)

Assesses hip function similarly to the FABER test.

Protocol:

- Follow the same setup as the FABER test but move the leg into extension, adduction, and internal rotation.

Scoring: Record Observations

- No Observations
- Extension Limitation
- Adduction Limitation
- Internal Rotation Limitation
- Notable Asymmetry

Knee-to-Wall

Assesses ankle dorsiflexion range of motion. Adequate ankle mobility supports balance, stability, and force transfer during delivery and sweeping. Identifying limitations and imbalances can help address movement restrictions, reduce injury risk, and improve overall performance.

Protocol:

- Stand a measured distance from a wall.
- Lunge forward, attempting to touch the wall with the knee while keeping the heel on the ground.

Scoring: Record distance in cm

Overhead Extension

Assesses shoulder mobility, thoracic spine mobility, and postural control. Proper

overhead mobility supports stability and balance during delivery while allowing for efficient sweeping mechanics. Identifying restrictions helps address imbalances, reduce injury risk, and improve movement quality in training.

Protocol:

- Sit with back flat against a wall, legs extended, and lower back pressed into the surface.
- Raise arms overhead, aiming to touch the wall while keeping the head, upper back, and lower back in contact.

Scoring:

- Pass: Athlete is able to touch both fists to the wall without compensation
- Fail: Athlete is unable to touch both fist to the wall without compensation

Copenhagen Plank

Assesses adductor strength and pelvic stability. Identifying weaknesses from this test can help prevent groin injuries and support balanced strength development.

Protocol:

- Assume a side plank position with the top leg resting on a bench.
- Lift hips into a side plank position, maintaining form for 15 seconds.

Scoring:

- Pass: Holds position for 15 seconds.
- Fail: Unable to maintain position.

Physiological Fitness Test

Grip Strength: Grip Strength Measure & Indicator of Shoulder Health

Directly correlated to shoulder strength, and it is often a limiting factor in training. In curling, grip strength is crucial to support one's body weight on the broom and prevent sweeping related injuries.

Protocol:

- Adjust the grip dynamometer to the comfort of the athlete.
- Start with the dominant hand, hold the dynamometer out to the sides at 90 degrees of shoulder abduction.
- While exhaling, lower the dynamometer (performing shoulder adduction), and squeeze the hand with maximal force.
- Not allowed to touch yourself or anything around while completing the test.
- The duration of this test is 2-3 seconds.
- Complete up to 3 attempts per hand, alternating hands each time.
- Record each score in kg

10-m Sprint: Power Measure

Assesses the ability to accelerate and generate explosive power. This is crucial for producing weight in the stone delivery and enhancing reaction time during sweeping, allowing athletes to respond quickly and efficiently in dynamic game situations.

Protocol:

- Start in a stationary position behind the starting line.
- On command, sprint maximally through the 10-meter distance.
- Time is recorded using a stopwatch or electronic timing gates.
- Complete 2–3 trials with 1–3 minutes rest between attempts.

Back Squat: Lower Body Strength Measure

Assesses lower body strength and power, which are essential for generating force during the delivery. Being able to generate strength through the legs contributes to a strong and steady delivery, providing better control and consistency while maintaining proper posture throughout the movement.

Protocol:

- Ensure the athlete is familiar with back squat.
 - *For the May 2025 test, athletes may opt out of the back squat if they have not trained for 3 consecutive months.*
 - All athletes will be expected to complete this test in August.
- Depth should be hips parallel to knees at the bottom position with no posterior pelvic shift. If an athlete is unable to attain this depth, then make a note of depth attained.
- Ensure safety bars and collars are used.
- Ensure an appropriate warm up.
- Complete a rep max test of 1-5 repetitions depending on the athlete's comfort. 1 rep max will be estimated based on maximum repetitions achieved at the maximum weight.
 - Ensure adequate rest between attempts (3-min)

Bench Press: Upper Body Strength Measure

Assesses an athlete's maximal strength capacity, and can be useful in determining power and force generation through multi-joint, bilateral, upper body pushing strength. Being able to generate force and strength through the upper body correlates to sweeping capacity and specifically force on push stroke.

Protocol:

- Find comfortable grip width. If unfamiliar with bench press, grip slightly wider than shoulder width so hands stay over the elbows.
- Feet should remain on the ground, buttocks, head and shoulders in contact with the bench at all times.
- Lower until the bar touches the chest.

- The concentric phase should include a full range of motion at the elbow.
- Record the maximum successful weight (kg).

Pull-up: Upper Body Pulling Strength & Stamina Measure

Essential for pulling force production and sustaining repeated bouts of high intensity sweeping.

Protocol:

- Start in full extension of elbows with a pronated grip.
- Without the use of a swing, pull the body up until the chin passes the height of the bar.
- Complete as many repetitions as possible until unable to meet the required height, or coming off the bar.

Push-up: Upper Body Pushing Stamina Measure

Essential for pushing force production and sustaining repeated bouts of high intensity sweeping.

Protocol:

- Assume a plank position so that only the hands and toes are in contact with the ground, with hands directly under the shoulders, feet hip width apart, and hips are aligned with shoulders. Place a 2 inch mat under the chest.
- Lower the body until the chest contacts the mat. Without deviating from posture, fully extend the elbows to complete the repetition.
- Complete as many repetitions as possible without deviating from the posture for 2 consecutive repetitions, until failure, or volitional fatigue.

Plank: Core Strength & Endurance Measure

- A strong core also enhances balance, control, and endurance, helping athletes maintain performance and reduce fatigue during games and competitions.

Protocol:

- Assume an elbow plank position, with elbows under the shoulders, forearms parallel to each other, feet hip width apart, and hips in line with shoulders.
- Record maximum time without deviating from posture to a maximum of 2 minutes.

VO2-max Test: Aerobic Capacity Measure

These tests assess aerobic endurance, anaerobic power, and agility. Strong cardiovascular fitness helps maintain energy, mental sharpness, recovery during long matches, and sustains repeated high-intensity sweeping efforts.

Cooper 2.4-km (1.5-mile) Test

- Warm-up for 5-minutes.

- Run 2.4 km (1.5 miles) as fast as possible on a flat track or treadmill.
- Record the total time taken.

2-km Row Test

- Warm-up with 5 minutes of light rowing.
- Determine drag factor for the athlete - Set the rowing machine to the determined resistance.
- Row 2,000 meters at maximum effort.
- Record total time.

Beep Test

- Mark two lines 20 meters apart.
- Start the test when the beep sounds.
- Run to the other line before the next beep.
- The test ends when the athlete is unable to reach the line on time for two consecutive beeps.
- Record the final level achieved.

Testing Benchmarks

Test	Male				Female			
	U18	U21	U25	25+	U18	U21	U25	25+
Grip Strength (kg)	20kg	40kg	55kg	55kg	10kg	20kg	30kg	30kg
10-m Sprint (seconds)	-	-	-	-	-	-	-	-
Bench Press 1RM (kg)	0.4x bw	0.6x bw	1x bw	1x bw	0.2x bw	0.4x bw	0.6x bw	0.6x bw
Back Squat 1RM (kg)	.45x bw	1x bw	1.25x	1.5x bw	0.3x bw	0.7x	1x bw	1x bw
Pull-up (repetitions)	2	4	5	5	1	2	2	2
Push-up (repetitions)	15	25	30	35	10	10	15	24
Plank (minutes)	1:00	1:30	2:00	2:00	1:00	1:30	2:00	2:00
VO2Max	30	36	36	36	26	32	32	32

Note : Failure to meet the testing benchmarks during the August 31st physiological testing will result in a probationary period.

Individual Physical Fitness Ranking System

Upon completion of each physiological testing period, individual athletes will be provided with a graph demonstrating their physical fitness levels compared to those of other program athletes. This will offer feedback on areas of strength and weakness

to assist in the development of individualized strength and conditioning programming.

Each athlete will be assigned a unique identification number to ensure anonymity.

Strength & Conditioning Resources

In partnership with the Canadian Sport Institute Pacific & TeamBuildr.

All Elite, Development, and Post-Secondary Pathway athletes are expected to utilize TeamBuildr, unless they provide proof of an external program.

Strength & Conditioning Partners

Athletes will have access to group physiological testing at any of the designated locations for the May, August, and December sessions, scheduled by Curl BC High Performance, at no cost to them.

- Island - FORGE Training (Victoria)
- Lower Mainland - CrossFit Milo (Richmond)
- Interior - Joint Effort Rehab & Performance (Kamloops)

Regional Training Centres

Athletes in the Curl BC High Performance Program will have access to three Regional Training Centres (RTCs) across the province. These RTCs will be located on Vancouver Island, in the Lower Mainland, and in the Interior. Only athletes in the Elite and Development pathways will have access to practice ice at the RTCs. Each RTC will host at least one training camp throughout the season. All program athletes will have the opportunity to attend and receive coaching from Curl BC. However, Elite and Development pathway athletes will be given priority, as space and resources will be limited.

Available Equipment

The following list of equipment will be available for athlete use at all three RTCs:

- Switcher System
- Laser with Tripod
- Smart Broom
- RockHawks
- Curl BC iPad
- Tripods
- Plumb Line

Regional Training Centre Locations

- 1. Victoria Curling Club**
 - a. Booking through VCC website
 - b. Club Contact - James Keoghan
- 2. Kamloops Curling Club**
 - a. Booking through
 - b. Club Contact -
- 3. TBD**
 - a. Booking through
 - b. Club Contact -