

CurlBC High Performance Program

2025-2026



Foundations Pathway

Foundations involve building the essential skills, knowledge, and habits that provide a strong base for future growth. It's the work done early on to establish core competencies and understanding, knowing that solid foundations are crucial for long-term success. This phase focuses on mastering the basics, developing consistency, and creating a stable platform from which more advanced skills can be built. It's about laying the groundwork through practice, discipline, and a commitment to learning, setting up the necessary structure for future development and high performance.

In curling, foundations encompass learning basic skills like delivering the stone and sweeping, developing physical conditioning and coordination, and becoming familiar with basic strategies, roles, and systems.

Athletes

- Unlimited

Cost

- \$100

Application Requirements

- 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**

Program Requirements

- Participation in the U15 RockFest Qualifier (if eligible) and Regional U15 RockFest Event (if qualified)
 - Participation in the RBC Training Ground (if eligible)
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LTCD Training Expectations

As per Curling Canada

Age Category	LTCD Stage	Training Expectations	Competition Expectations
U9	FUN-damentals	90% Train (per week) <ul style="list-style-type: none"> • 1 x Coached Practice • RockStars Program • Off-Ice Training : Via Other Sports 	10% Compete (per season) <ul style="list-style-type: none"> • Hit Draw Tap • Youth Triples/Fours • Other Sports: Year Round
U12	Learn to Train	75% Train (per week) <ul style="list-style-type: none"> • 1-2 x Coached Practice • RockStars Program • Off-Ice Training : Via Other Sports 	25% Compete (per season) <ul style="list-style-type: none"> • Hit Draw Tap • Youth Triples/Fours • Other Sports: Year Round
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 season) <ul style="list-style-type: none"> • U15 League Curling: <i>Initially</i> • 3+ x U15 Bonspiels : <i>Eventually</i> • Triples/Doubles • Other Sports: School or Off-Season
15+	Curl for Life	0-20% Train (per week) <ul style="list-style-type: none"> • 0-1 Team Practices • 0-1 Individual/Pairs Practices • Singles App: Optional • Off-Ice Training: Optional 	80-100% Compete (per season) <ul style="list-style-type: none"> • Fun Bonspiels: Optional • League Curling: Optional • Multiple Teams: Optional • Alternative Formats: Optional
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>

Benefits

- CurlBC Resources:
 - Shared Drive
 - Webinars
- Talent Identification Opportunities:
 - Opportunity to progress through the High Performance Pathways
 - Potential opportunity to attend training camps at Regional Training Centres

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 CurlBC 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 CurlIBC.

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.