

# CurlBC High Performance Program

2025-2026



---

## ***Post-Secondary Pathway***

### **Program Overview**

The Curl BC High Performance Program is committed to supporting University and College curling programs by assisting with coaching, training resources, and development opportunities. This partnership aims to enhance the growth, success, and competitive excellence of student-athletes, ensuring they have the tools needed to thrive both on and off the ice.

### **Program Objectives**

- Develop elite-level student-athletes through structured training and competition.
- Assist in accessing coaching, sports science, and competition support.
- Foster team development and leadership within the University/College curling community.
- Establish a clear pathway for athletes to progress through the Long-Term Curler Development (LTCD) model, leading to National and International competition.

---

## **Role of the Curl BC High Performance Program**

Curl BC is dedicated to enhancing University/College curling programs by providing a designated Head Coach to oversee each program.

- Note: The appointed Head Coach may be overseeing the program at other Post-Secondary Institutions.

## **Role of the Head Coach**

### **1. Coaching & Technical Support**

- Provide on-ice coaching and assist in technical skill development.
- Conduct technical delivery assessments to refine mechanics and shot-making.
- Analyze strategy and tactics using scoreboard analytics.
- Assist in developing a Yearly Training Plan (YTP) for continued athlete progress.

### **2. Team Development**

- Support in team selection and facilitate adjustments if changes are needed.
- Serve as a mentor for both athletes and coaching staff.
- Attend key competitions, including CanWest and USport Championships (when possible).

## **Head Coach Roster (TBD)**

---

## **High Performance Program Requirements**

To receive Curl BC High Performance support, all team members must:

- Be registered members of the Curl BC High Performance Program\* in good standing.
- Comply with all requirements, expectations, and the code of conduct outlined in the program.
  - Requirements:
    - Safe Sport Certificate
    - True Sport Clean Certificate
  - Expectations include:
    - Physiological Testing (Dependent on acceptance period)

- Technical Delivery Assessment
  - Due **Sept 30th\*, Dec 15th, March 15th** (\*dependent on school program timeline)

**Program Fee:** \$250 per athlete

This structured approach ensures that athletes receive consistent coaching, training, and competitive opportunities, allowing them to maximize their potential and achieve success at the highest levels of university and college curling.

---

### **Athlete Benefits**

- USport Championship Preparation Funding - \$200pp
  - Curl BC Resources:
    - Shared Drive
    - Webinars
  - Access to Regional Training Centres (3)
  - Technical Support
  - Strength and Conditioning support in partnership with CSI Pacific
- 

## **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.***

---

## **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.

---

## **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 may 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 Physiotherapy (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 via VCC website
  - b. Club Contact - James Keoghan
2. **Kamloops Curling Club**
  - a. Booking TBD
  - b. Club Contact - TBD
3. **TBD**
  - a. Booking TBD
  - b. Club Contact - TBD