

G High Performance

National Training Centre

The mandate of the National Training Centre is to serve the competitive curling teams who reside in the Bow Valley corridor of Southern Alberta. We work with member teams in the NTC programme in the areas of technical evaluation & development, mental preparation, team dynamics, game plan preparation, nutrition counseling, physical preparation, practice planning & implementation and coaching assistance.

The National Training Center began operations in 1994. The first National Development Coach was Ron Meyers who, that first year, enrolled eight junior teams into the programme. The current National Development Coach, Bill Tschirhart has expanded the programme to the current enrollment of twenty-two teams of all ages.

The staff of the National Training Center includes **Bill Tschirhart** and **Helen Radford** with assistance from **Cheryl Bernard** and **Kirk Westlund**.

Teams from other parts of Alberta, Canada and the remainder of the curling world on occasion visit the National Training Center for skill development and evaluation in the areas listed above. Any team is welcome to contact us to arrange for a visit.

We can be found at The Glencoe Club, 636 29th Ave. SW, Calgary AB, T2S 0P1. Our telephone number is 403-287-4122. E-mail is bill@curling.ca.

Performance Programs for Curling Clubs

For more information, please go to the National Training Centre web site at:

<http://www.ntc.curling.ca>