



DEVELOPMENT TRAINING COURSE

Aarhus Curling Klub is offering a **six-session development course** to hone in on your curling skills and achieve a higher level of play

This course is intended as a continuation of the kick-off courses and is targeted towards developing/intermediate curlers looking to play on a more competitive basis.

Sessions will be broken down into the following topics of focus: Strategy and tactics, delivery and release, team communication/sweeping, timing/weight calls, skipping and ice reading, planning a training session/drills. Note: topics can be repeated in follow-up sessions.

Time: Sessions will be held **during ACK's Sunday training from 18:45-20:30**
Starting date: November 13th, 2022 (planning a training session/drills)

Planned session dates: November 27th, December 11th, January 8th, January 22nd, February 5th

*dates subject to change if conflicts arise, especially in regards to relevant curling dates in the DCF calendar

Cost: 150kr to be paid to Aarhus Curling Klub (MobilePay: 59099) before the first session

Sign-up deadline: November 6th (please notify trainer Christian Repmann of your intention to participate by email)

If you have any questions, feel free to contact Christian Repmann:

cjrepmann@gmail.com - 91 47 92 14