



BRITISH CURLING

WHAT IT TAKES

TO WIN

**OUR ATHLETE TRAINING
COMMITMENT PLAN**



**DESTINATION
BEIJING**



OVERVIEW

The investment received from both UK Sport and **sportscotland** for Men, Women and Mixed Doubles Curling is aligned with and aimed at enabling Olympic medal success. The British Curling Performance Programme is focused on delivering this at Beijing 2022 (and 2026) by establishing a clear and robust "What it Takes to Win" (WITTW) model. This is a model being used across the Olympic and Paralympic landscape in Great Britain. The British Curling model's component parts and accompanying services are highlighted in the diagram.

Critical to WITTW and medal achievement is having athletes, who have the playing ability, mindset and committed time to prepare for the Games over four years and in some cases longer. The purpose of this document is to set out clearly the commitment required at different levels.

The levels of activity set are required to be met by the athletes. Without those being achieved, then regardless of playing ability and mindset, there will be compromised and very significantly reduced chances of achieving Olympic success in 2022 and beyond. Therefore the programme will not invest in athletes who cannot adhere to these commitment levels.

The programme will actively support athletes who choose to undertake and complete academic studies and / or work opportunities outside of training and competing, where it complements their priority which must be their chosen profession of Curling and the pursuit of Olympics success.

It is particularly important to outline the required commitment at this time, due to the establishment of the National Curling Academy (NCA) in Stirling. This facility, which cost over £3 million of public finance to build, enables a full training programme on ice to be considered across the year, rather than the unavoidably compromised programmes that have been in place during the last 20 years of investment.

The international competitiveness of Curling is increasing due to globalisation. More countries are accessing better standard of competitions and therefore being exposed to higher levels of play. Significant in the last 10 years has been the introduction and rise of the Asian countries, who are hosting and winning Olympic medals. Scotland/Great Britain has a history of World and Olympic success and the aim is to continue that.

WHAT IT TAKES TO WIN



PODIUM TRAINING: WEEKLY TRAINING COMMITMENT

Training Activity	Pre-season July - August	Competition season September - April	Post season May - June
On ice Technical/Tactical	July: Up to 1 team and 7 technical August: Up to 2 team and 6 technical	Up to 3 team and 5 technical but to be modified by coach dependent on tournament schedule	Off Ice
Off ice Tactical	1 team	1 team	
Physical Preparation	3 Strength and Conditioning, 2 CV and 1 Mobility	2 Strength and Conditioning, 2 CV and 1 Mobility	2nd half of June pre-season activity
Individual Mental Training	1 session fortnightly	1 session monthly	Continue support as agreed during the Competition Season
Team Dynamics	1 session fortnightly	1 session every 6 weeks	Continue support as agreed during the Competition Season
Nutrition	1 team session for July and August	As required stemming from pre-season session	
Performance Lifestyle	Preparation check-in	As required from Preparation check-in	Review meeting in June
Benchmarking			
Physical	Physical benchmarking	March: Physical benchmarking	
Physiotherapy	July: Profiling August: Review key markers	Monthly review of key markers	Monthly review of key markers
Medical	Medical profile Annual eye test Blood tests		
Technical on ice	Profiling on ice with video	December and April: Re profile on ice with video	
Investment Meetings	Meeting to finalise goals and, process and competition schedule	Mid-season review in December End of season review in April	June: Initial meeting on key goals and processes and competition schedule
Monitoring Activities			
Health and Well Being diary	Daily completion	Daily completion	Daily completion

NOTES

On ice sessions 1-2 hrs each.
Performance Analysis will be utilised within this activity.

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In competition season, during tournaments, this will consist of 1 S and C, 1 CV and 1 Mobility.

The focus of these planned sessions is to ensure a balanced lifestyle which looks at personal development in line with Curling commitments



BRITISH CURLING

Above 80% daily completion rate as minimum, working towards 100% throughout the year

The complete weekly commitment needs to be scheduled over the course of the week, including all 7 days if required, to enable appropriate rest and recovery to facilitate quality training sessions. The sessions cannot be crammed into too short a period of the week for reasons outlined.

PODIUM POTENTIAL: WEEKLY TRAINING COMMITMENT

Training Activity	Pre-season July - August	Competition season September - April	Post season May - June
On ice Technical/Tactical	July: Up to 1 team and 7 technical August: Up to 2 team and 6 technical	Up to 3 team and 5 technical but to be modified by coach dependent on tournament schedule	Off Ice
Off ice Tactical	1 team	1 team	
Physical Preparation	2 Strength and Conditioning, 2 CV and 1 Mobility	2 Strength and Conditioning, 2 CV and 1 Mobility	2nd half of June pre-season activity
Individual Mental Training	1 session fortnightly	1 session monthly	Continue support as agreed during the Competition Season
Team Dynamics	1 session fortnightly	1 session every 2 months	Continue support as agreed during the Competition Season
Nutrition	1 team session for July and August	As required stemming from pre-season session	
Performance Lifestyle	Preparation meeting	As required from Preparation check-in	Review meeting in June
Benchmarking			
Physical	Physical benchmarking	March: Physical benchmarking	
Physiotherapy	July: Profiling August: Review key markers	Monthly review of key markers	Monthly review of key markers
Medical	Medical profile Annual eye test Blood tests		
Technical on ice	Profiling on ice with video	December and April: Re profile on ice with video	
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PERFORMANCE FOUNDATION 1: WEEKLY TRAINING COMMITMENT

Training Activity	Pre-season July - August	Competition season September - April	Post season May - June
On ice Technical/Tactical	July: Up to 1 team and 5 Technical August: Up to 2 team and 4 technical	Up to 2 team and 4 technical but to be modified by coach dependent on competition schedule	Off Ice
Off ice Tactical	1 team	1 team	
Physical Preparation	2 Strength and Conditioning, 2 CV and 1 Mobility	2 Strength and Conditioning, 2 CV and 1 Mobility	2nd half of June pre-season activity
Individual Mental Training	1 session fortnightly	1 session monthly	Continue support as agreed during the Competition Season
Team Dynamics	1 session monthly	1 session monthly	Continue support as agreed during the Competition Season
Nutrition	1 team session in July or August	As required stemming from pre-season session	
Performance Lifestyle	Preparation meeting	As required from Preparation check-in	Review meeting in June
Benchmarking			
Physical	Physical benchmarking	March: Physical benchmarking	
Physiotherapy	July: Profiling August: Review key markers	Re-profile Dec and April	
Medical	Medical profile Annual eye test Blood tests		
Technical on ice	Profiling on ice with video	December and April: Re profile on ice with video	
Investment Meetings	Meeting to finalise goals and, process and competition schedule	Mid-season review in December End of season review in April	June: Initial meeting on key goals and processes and competition schedule
Monitoring Activities			
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PERFORMANCE FOUNDATION 2: WEEKLY TRAINING COMMITMENT

Training Activity	Pre-season July - August	Competition season September - April	Post season May - June
On ice Technical/Tactical	July: Up to 1 team and 3 Technical August: Up to 2 team and 2 technical	Up to 2 team and 2 technical but to be modified by coach dependent on competition schedule	Off Ice
Off ice Tactical	1 team	1 team	
Physical Preparation	2 Strength and Conditioning, 2 CV and 1 Mobility	2 Strength and Conditioning, 2 CV and 1 Mobility	2nd half of June pre-season activity
Individual Mental Training	Workshop	Workshop	
Team Dynamics	Workshop	Workshop	
Nutrition	Workshop	Workshop	
Performance Lifestyle	Preparation meeting	As required from Preparation check-in	Review meeting in June
Benchmarking			
Physical	Physical benchmarking	March: Physical benchmarking	
Physiotherapy	July: Profiling August: Review key markers	Re-profile Dec and April	
Medical	Medical profile Annual eye test		
Technical on ice	Profiling on ice with video	December and April: Re profile on ice with video	
Investment Meetings	Meeting to finalise goals and, process and competition schedule	Mid-season review in December End of season review in April	June: Initial meeting on key goals and processes and competition schedule

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