WOMEN IN CURLING SKILLS CAMP

Advance Your Skills. Elevate Your Game. Grow Your Confidence.

LOGISTICS

February 14, 2026 | 2:00pm to 6:00pm
Cornwall Curling Club, Cornwall, PEI
Register by December 31, 2026 | Cost $50.00

PROGRAM OVERVIEW

The Women in Curling Skills Camp is a half day development experience bringing together women from across Prince Edward Island for an engaging day of learning, skills development and connection.

Designed for participants at different stages of their curling journeys, the Women in Curling Skills Camp features two tailored streams, providing access to experienced female coaches, practical on-ice instruction and interactive learning opportunities.

COACHES & CONTRIBUTORS

Elaine Dagg Jackson
Jennfier Ferris
Beth Iskiw
Jolene Latimer
Dr. Heathe Mair
Cori Morris

Additional coaching and operational support will be aligned with the program's technical and learning objectives, with an emphasis on delivery, strategy, sweeping, team dynamics and communication.

AGENDA

1:45 p.m. Registration
2:00 p.m. Opening Remarks
2:15 p.m.-3:45 p.m. Stream Thrive On-Ice & Stream Aspire Off-ice
Nutrition break and transition
4:00 p.m. – 5:15 p.m. Stream Thrive Off-Ice & Stream Aspire On-ice
5:15 p.m. – 6:00 p.m. Coaches' Corner & Connection

REGISTER BEFORE THE DECEMBER 15th DEADLINE > CLICK HERE

CHOOSE YOUR STREAM

THRIVE | Club Curlers
Strengthen your fundamentals. Build confidence. Enjoy the game.

THRIVE is designed for club-level women curlers who want to sharpen their skills, strengthen their understanding of the game and bring new confidence to their next league game or bonspiel.

Participants will have opportunities to:

- Improve delivery technique, sweeping efficiency and weight control through hands-on coaching.
- Strengthen their understanding of strategy, shot selection and team roles.
- Explore practical tips and techniques to bring back to their club.
- Receive feedback and guidance from experienced coaches.
- Connect with other women who share a passion for curling and continuous improvement.

Feel more confident on the ice and get more out of your curling experience!

ASPIRE | Ages 15–25
Develop your game. Discover your potential. Take your next step.

ASPIRE is designed for young women interested in advancing their skills and growing as athletes, teammates, and emerging leaders.

Participants will have opportunities to:

- Develop technical skills through delivery analysis, sweeping performance and weight control.
- Explore team dynamics, communication and mental preparation for competition.
- Learn about leadership, personal branding and media engagement in sport.
- Gain insights into the habits and mindset that support athletic development.
- Connect with peers, experienced coaches and mentors from the curling community.

Challenge yourself and explore what's possible in your curling journey!

THANK YOU

For any questions or concerns please reach out to women@curling.ca