

	<i>Red Stage</i>	<i>White Stage</i>	<i>Blue Stage</i>
<i>Objectives</i>	<p>The objective of this stage is to teach fundamental movement skills and begin to acquire basic sports skills. This is the time when a foundation is laid for future acquisition of more advanced skills.</p> <p>The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized. For optimal skill acquisition, the basic curling skills of sliding and sweeping are introduced. FUN competitions are also introduced in a team and individual environment.</p>	<p>The focus of this stage is to further develop sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of power, control and balance while maintaining flexibility. An emphasis is also placed on beginning the development of tactical knowledge. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.</p>	<p>This is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop the physical attributes. The focus is on adding fitness preparation and to begin to specialize in curling. Training should be individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery. Competitions become more important and the focus shifts to performance. Training will stress the development of position specific technical and tactical skills under competitive conditions. Mental skills that contribute to performance are also emphasized.</p>
<i>Physical Skill</i>	<ul style="list-style-type: none"> - Basic Warmup and Cooldown - FUN Physical Games 	<ul style="list-style-type: none"> - Basic Warmup and Cooldown - Basic Stretching - FUN Physical Games - Introduction to Curling Specific Exercise 	<ul style="list-style-type: none"> - Warmup and Cooldown - Stretching - Curling Specific Exercise and Recovery - Nutrition
<i>Technical Skill</i>	<ul style="list-style-type: none"> - Slide Alignment - Slide Balance - Basic Sweeping Technique 	<ul style="list-style-type: none"> - Slide Alignment - Slide Balance - Slide Position - Basic Release - Proper Sweeping Technique 	<ul style="list-style-type: none"> - Slide Alignment - Slide Balance - Slide Position - Advanced Release - Advanced Sweeping Technique - Sweeping Communication
<i>Tactical Skill</i>		<ul style="list-style-type: none"> - Basic Curling Strategy - FUN Tactical Games 	<ul style="list-style-type: none"> - Advanced Curling Strategy - Tactical Scenarios
<i>Mental Skill</i>	<ul style="list-style-type: none"> - FUN 	<ul style="list-style-type: none"> - FUN - Communication - Visualization 	<ul style="list-style-type: none"> - Communication - Goal Setting - Visualization - Imagery
<i>Etiquette</i>			