

**ARE YOU A CLUB CURLER WHO WANTS TO  
IMPROVE YOUR GAME!!!**



**THE WILFRID LAURIER UNIVERSITY  
VARSITY CURLING GOLDEN HAWKS PRESENT**

**Wilfrid Laurier  
University**

**the GOLDEN HAWK  
HIGH PERFORMANCE CLINIC**

A HP clinic designed for the Club Curler

December 17th, 2011 - 9am to 3pm

KW GRANITE CLUB — 99 Seagram Drive, Waterloo

*Fee: \$50—includes lunch*

**Sessions: 1) Video Analysis 2) Delivery Mechanics 3)  
Effective Split timing 4) Strategy 5) Brushing Mechanics**

**Schedule:**

8:30-9:00 Registration

9:00-10:00 Session 1 Strategy

(full group - 40 max)

10:00-11:00 Session 2

(groups of 10 max rotate through 4 remaining sessions)

11:00-12:00 Session 3

12:00-12:30 Lunch

12:30-1:30 Session 4

1:30-2:30 Session 5

The Golden Hawks Curling Program has been the most successful program in the Country boasting 4 of the last 8 National Championships, a silver medal at the World University Games and a gold medal at the prestigious Karuizawa International Bonspiel held annually in Japan. If you want to improve your game this is your opportunity to benefit from some of the same tools that have been the keys to the Golden Hawk success. Program graduates include World and Olympic Champion John Morris, World Champion Brent Laing and World University Silver Medalists Hollie Nicol, Danielle Inglis, Laura Hickey and Hilary McDermott. 3 separate WLU teams representing 15 different GOLDEN HAWK curlers have been members of Team Canada within the last 3 years.

Registration Form: (please print clearly)

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Gender: M F

Age Group: Btm Jr Adult Senior

Mail to: Golden Hawk High Performance Clinic

c/o KW Granite Club

99 Seagram Drive

Waterloo, Ontario N2L 3B6

ENCLOSE CHEQUE: Payable to KW Granite Club for \$50 (includes Lunch)

Note: \$25 for Granite Club Members

**ALL PROCEEDS GO  
TOWARDS THE  
GOLDEN HAWKS  
HIGH PERFORMANCE  
CENTRE**

**MORE INFORMATION**

Email: Gary Crossley  
Head Coach - WLU Curling  
gcross@golden.net

**DEADLINE: December 09, 2011**