20XX-XX CURLING SEASON - TEAM

Name of Athlete: TEAM EXAMPLE

Dates	Month	MAY				JUNE				July					August				September					October				November				December					January				February				March					APRIL				
	Week Date	4	11	18	25	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10	17	24	2	9	16	23	30	6	13	20	27
Events	Meetings																																																				
	Training Camps																																																				
	Practices																																																				
	Playdowns/Championships																																																			
	Bonspiels																																																			
Details																				CAMP			CAMP																																
																								Comp		Comp	Comp			Comp		Comp	Zones	Cont				Bern		Prov			Comp		Comp			Comp						
Rating Importanc	LOW																																																			
	MEDIUM																																																			
	HIGH																																																			
Training	Periods	<----------PREPARATION---------->																	<----------COMPETITION---------->																														<-TRANSITION->				
	Phases	<----------GENERAL---------->																	<-----SPECIFIC------>					<-PRE-COMPETITION>				<----------REGULAR/MAIN----------																														
	Mesocycles	MESO-CYCLE 1																	MESO-CYCLE 2					MESO-CYCLE 3				MESO-CYCLE 4																													MESO-CYCLE 5				MES-CYCLE 6
	P=Peak; T=Taper																																	P	P	T	T	T	P	T	P	T	T	P	P	P	T	T	P					
	Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	38	40	41	42	43	44	45	46	47	48	49	50	51	52
Dev. Of Skills	Techniques:																																																				
	Delivery																		Correct					Refinement				Apply & Refine																								Evaluate & correc				
	Brushing																		Effectiveness					Evaluation				Apply & Refine																								Evaluate & correc				
	Weight Control																		Develop					Evaluation				Apply & Refine																												
	Release																		Consistent/Adjust					Consistent/Adjust				Apply & Refine																								Evaluate & correc				
	Communication	Team Meeting/Goal Setting																	Effectiveness					Evaluation				Apply & Refine																								Evaluate				
	Tactics/Strategies	Review and Analyze Game Tapes																	Implement & Evaluate					Adjustments/Evaluate				Apply & Refine																								Evaluate				
	Team Dynamics/Harmony	Build, develop relationships, role expectations																	Assess					Monitor, problem solve and evaluate				Application																								Evaluate				
Mental Training	Positve Environment	Needs assessed & goals determined																						Review goals				Team slogan/rituals																								Assess Goals				
	Emotional Control	Practice relaxation techniques																	Simulations					Apply & Assess				Application																												
	Attentional Control	Practice concentration techniques																	Simulations					Apply & Assess				Application																												
	Visual/Imagery	Practice imagery																	Simulations					Apply & Assess				Application																								Assess				
Physical Prep	Aerobic/Endurance	Off-Season Training Program																	Pre-Season Training Program					In-Season Training Program (Maintenance)																												Participate in non-curling activites				
	Muscular Strength/Endurance																																																			
	Flexibility																																																			
	Interval Training																																																			
	Prehabilitation																																																			
	Nutrition	Nutrition Assessments																																																			
	Test, Monitor, Evaluation	E	E	E	E	E	E	E	E	E	E	E	T	M	M	M	M	M	M	M	T	M	M	M	M	M	M	M	M	M	M	M	M	M	*	M	M	M	M	M	M	M	M	M	M	M	M	M	E	YAF	E	T	T
	Recovery/Regeneration																R						R																													R	R	R	R	R

ACTIVE REST & REHABILITATION

YAF = Yearly Assessment
***** = 6-Month Assessment