



YOUTH & JUNIOR TRAINING CAMP - FREE

To be run in conjunction with the Junior and U25 Provincial Championships

DATE: Thursday, July 18 – 2019

LOCATION: Nanaimo Lawn Bowls Club
500 Bowen Rd. Nanaimo, BC V9R 6E7
Phone: 250-756-5200

Program Content Developed by:

- Jaymee Siddell, Bowls BC Youth Coordinator
- Shirley Phillips, Certified Coach
- Stephen Forrest, Certified Coach

Training program delivered by: Jaymee, Shirley and Stephen

Training Camp Schedule - Thursday July 18, 2019

- 12:00 – 1:00 Lunch at Nanaimo Club – greet and meet time – free for participants
- 1:00 – 3:00 Outdoor drills and skills program
- 3:00 – 4:00 Snack and Indoor theory – focused mostly on singles play
- 4:00 – 5:30 Outdoor singles games
- 5:30 – 6:00 Questions and comments time

Participant Packages

- Training program material
- Goodie bag

Contact Person:

Jaymee Siddell: General information jaymeesms@hotmail.com (250) 532-2692

Shirley Phillips: Nanaimo accommodation / Club info shirley.phillips@shaw.ca (250) 751-1561

