



GUIDELINES FOR STICK CURLING CLINICS

CLINIC OUTLINE (2.5 hours)

- A. INTRODUCTORY COMMENTS –5 minutes
- B. GROUP INSTRUCTION FOR USING A DELIVERY STICK –15 minutes
- C. INDIVIDUAL COACHING & ASSISTANCE – 45 minutes

COFFEE BREAK – 10 minutes

- D. RULES FOR 2-PERSON STICK CURLING – 15 minutes
- E. TEAMS FOR 6 ENDS OF 2-PERSON STICK CURLING – 60 minutes



GUIDELINES FOR STICK CURLING CLINICS

INTRODUCTORY COMMENTS – 15 minutes

Welcome to all new stick curlers as well as veterans.

Purpose of clinic

- to teach basics of using a delivery stick
- to teach the rules for 2-person stick curling

Introduce self & other instructors. We are all self-taught.

Review experience of attendees

Intended for experienced curlers who want to learn how to use a stick.

Clinic will take 2 to 2.5 hours.

GROUP INSTRUCTION –15 minutes

Before starting – review different styles of delivery sticks and pros & cons.

Demonstrate how stick attaches to rock and how to apply proper rotation.

Emphasize the 4 variables in delivering a curling rock

- Line of delivery
- Pace or speed of rock
- Rotation
- Point of release
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Discuss all points on handout material – “How to Use a Delivery Stick”

Remember balance and proper footwear is critical for an effective delivery.



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ON ICE DEMONSTRATION AND INDIVIDUAL COACHING –45 minutes

Clean the bottom of rock and ice area in front of hacks.

Be ready to receive instructions from skip with your rock in position in front of hack.

Instructors demonstrate various delivery styles and delivery sticks.

Break into smaller groups – 2 curlers per instructor at each end of sheet.

Experiment with different sticks and different delivery styles.

Adjust the length of stick as needed – but shorter is generally better.

RULES FOR 2-PERSON STICK CURLING – 15 minutes

We follow basic curling rules but with several exceptions.

Read and explain all of the exceptions for 2-person stick curling.

Emphasize 1 hour time frame for 6 end games.

Emphasize common violations regarding the hog line.

Explain alternative to using hacks for starting delivery.

Distribute personal copies of the rules for all participants.

ON ICE - TEAMS FOR 6 ENDS OF 2-PERSON STICK CURLING – 60 minutes

Provide on ice assistance with rules and deliveries as needed.

Have fun and learn the game.

Join a league or start a new league.



GUIDELINES FOR STICK CURLING CLINICS

CLINIC OUTLINE (1 hour)

- A. INTRODUCTORY COMMENTS – 5 minutes
- B. GROUP INSTRUCTION FOR USING A DELIVERY STICK –10 minutes
- C. INDIVIDUAL COACHING & ASSISTANCE – 30 minutes
- D. RULES FOR 2-PERSON STICK CURLING – 15 minutes

How to Use a Delivery Stick

- Make sure you have appropriate footwear to prevent slipping and to help maintain your balance.
- Begin your delivery, in a standing position, either in the appropriate hack or along the centre line directly aligned with the intended target broom.
- When ready, visualize your line of delivery through the center of the rock to the target of skip's broom. (TIP – pick spot on nearest hog line as aiming point)
- Align handle with target line and place delivery end of stick over handle of rock. Remember the delivery stick is merely an extension of your arm.
- Grasp the stick with your thumb on top of the grip pointing directly down your intended target line. This is referred to as the neutral or 12 o'clock position.
- Square your shoulders to the target broom and ensure your delivery is intended to occur in a reasonably straight line from the hack towards the target broom.
- Before you begin your delivery, determine which turn is required and rotate your wrist and forearm to set the handle at 1 o'clock for out-turns and at 11 o'clock for in-turns.
- For left-handed curlers this motion is the reverse and reference points are opposite.
- With the handle of the rock now in its proper position, proceed forward slowly with your arm relaxed and slightly bent and the grip of the stick in the mid-section of your body, with your eyes, stick and rock aligned with the target. (TIP – don't be afraid to get close to nearest hog line)
- When you are at the appropriate speed and release point, simultaneously extend your arm towards the target and gently rotate your wrist and rock handle back to the neutral or 12 o'clock position. (TIP - try not to lunge forward and do not let your delivery stick remain on the handle past the neutral or 12 o'clock position)
- Ideally rocks should have about 2 or 3 full rotations over the full sheet to be most effective. (TIP – avoid spinners and lazy handles)
- Remember your rock **MUST** be clearly released from the delivery stick before the rock reaches the hog line.
- After releasing the rock continue your slide or walking towards the target as a follow through and visually follow your rock all the way down the sheet to help you “read” the ice.
- Remember to be effective, you need to control:
 - Line of delivery
 - Pace of the rock
 - Rotation of the handle
 - Point of release