



HOW TO USE DELIVERY STICK

- Make sure you have appropriate footwear to prevent slipping and to help maintain your balance.
- Your position in hack is same as regular curling, except you are standing.
- When ready, visualize your line of delivery from behind hack, through center of rock to 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 delivery stick is merely an extension of your arm.
- Grasp 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.
- Place your foot in hack and square your shoulders to the target.
- Before you proceed from hack 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 slowly from the hack 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