



CLINIC OUTLINE

1. INTRODUCTORY COMMENTS – 15 minutes
2. GROUP INSTRUCTION FOR USING A DELIVERY STICK –15 minutes
3. INDIVIDUAL COACHING & ASSISTANCE –45 minutes.
 - COFFEE BREAK (Start reading rules when attendees find a seat)
4. RULES FOR 2-PERSON STICK CURLING – 15 minutes
5. TEAMS FOR 6 ENDS OF 2-PERSON STICK CURLING – 60 minutes

1. 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.

Safety – Discuss head gear, double grippers, replace grippers every years

Review experience of attendees

Intended for experienced curlers who want to learn how to use a stick. Clinic will take approximately 2.5 hours.

2. 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

Discuss all points on handout material – “How to Use a Delivery Stick”

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

3. 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 – ideally 2 or 3 curlers per instructor at each end of sheet. **Safety:** Try to use only one end of the ice unless you have a large number of attendees. If you need to use both ends, please ensure the instructor is catching each rock and returning rock to the same end.
- Experiment with different sticks and different delivery styles.
Adjust the length of stick as needed.

4. 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.

5. 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.