

“Learn to Curl” detailed outline

Day 1

Registration - participant pay at registration.

1. Orientation -meet in curling club lounge

- a) Introductions - outline day 1 agenda
- b) Orientation to club – focus on cleaning shoes and keeping debris off the ice, change rooms, washrooms, ice, expected entrances to lounge (front stairway), expected entrance to the ice from lounge, building ownership and lease from October 1 to March 31
- c) Equipment – warm clothing, stretch slacks, gloves, shoes (curling shoes or soft rubber soled shoes, gripper, step on sliders, attached sliders, stabilizers, broom
- d) Divide participants into beginners, those with some experience and those wishing to slide vs stick curl. Assign participants to tables (table numbers correspond to ice practice sheet) with coaches; maximum of four participants per coach
- e) Warm ups: big muscle, stretch, lunges

2. On Ice

- a) Go onto ice, clean shoes as you enter the rink
- b) Get a broom from the drum by the front ice entrance – meet at centre ice
- c) Orientation to ice – pebble and reason for it, safety tips stepping off and on the ice
- d) Get use to walking or side stepping on the ice - demo - everyone
- e) Broom demonstration – fingers on head to create heat, demo how to hold the broom in proper position beside a rock so sweeper can see where he or she is going. Demo - everyone – hurry hard
- f) Moving a rock – never lift

3. Everyone move to one home end for a demonstration of slide delivery progression – Earl Morris video <https://www.youtube.com/watch?v=cROXAFs970M>

- a) Talk about moving the rock to the hack (never lift) and proper hack position.
- b) Squat position
- c) Start with two rocks to get the feel for sliding just 1 or 2 metres (3 to 6 feet), essentially it is a sliding lunge
- d) Practice 5 or so times with two rocks and try a few lunges on the backboards until everyone feels comfortable
- e) Repeat the slide with two rocks but take hand off the rocks as you come to stop while staying in the slide position.
- f) Repeat until you feel comfortable and try to slide further and further each time
- g) Repeat the slide with one rock and a stabilizer – steps c, d, e, and f above.
- h) Continue until comfortable

4. Move to assigned practice ice and start the progression with coaches

- a) Coaches assist as needed when a participant is ready move to next step
- b) It is important not to rush – for beginners this slide will seem very awkward
- c) If the slide delivery feels too awkward, ask if participant will want to try a stick delivery.
- d) Call back to demonstration sheet to demo of broom (skips) signals - direction, turn (handle), speed
- e) Demo putting on a turn in pairs
- f) Return to designated ice with coaches to practice slide, turn direction and speed.
- g) If space allows, throw rocks the entire length of the ice
- h) Return to lounge
- i) Replace rocks in proper position for next draw, return sliders and grippers to receptacles and return brooms to drum
- j) There is no need to clean shoes as you leave the ice

5. Debrief at tables with coaches

- a) What went well, what can we improve
- b) Where to buy equipment if that is what you need to do
- c) Q & A
- d) Home work – lunges, balance, stretches

Day 2

1. Meet in lounge
 - a) If there are new participants – assign them a sheet and repeat day one with a coach
 - b) Outline day 2 agenda
 - c) Stress safety, stepping on and off the ice, awareness of rocks head protection, defibrillator location, head trauma policy
 - d) Q & A
 - e) review designated ice positions and coaches
2. On Ice - fifteen (15) minute rock delivery practice with coaches
3. Introduction to sweeping - gather for demo - who, what, where, when, why, and how
4. While one member of group delivers, two others sweep
 - a) Rotate positions so everyone practices delivering and sweeping at least 5 to 8 times
5. Form teams
 - a) Coaches form teams and designate a skip, vice, second and lead
 - b) Leader assigns sheets to teams
 - c) Coaches at delivery end, sweeping area and skip end
 - d) If we are short a participant, coaches can stand in as players

Day 3

1. Meet in lounge
 - a) Outline day 3 agenda
 - b) Rules - note where the official rule book is located (next to telephone) and highlight some important rules
 - c) Delivery – near tee line is restart line, hog line violations, far hog line rock must be completely over to be in play, side line touch, back line entirely over
 - d) Sweeping – burnt rocks, catching rocks set in motion is the throwing team's responsibility - usually the sweepers
 - e) Organize teams and coaches
2. Stretching in lounge
3. On ice
 - a) Delivery practice
4. Form teams
 - a) Play two ends
 - b) Return rocks and brooms
5. Lounge
 - a) Strategy and tactics (20 min)
 - b) Q & A
 - c) End

Day 4

1. Meet in lounge

- a) Outline day 4 agenda
- b) Etiquette
 - Arrive well before game time to stretch
 - Shake hands before and after game with everyone on opposing team
 - When not shooting, stand out of way of opposing team
 - Do not move when opponents are delivering
 - Do not stand behind house with broom on ice
 - Compliment opponents on a good shot
 - Post-game etiquette – sit with opposition and purchase opponent a beverage (discussion)
- c) Pace of play
 - Be ready when it is your turn to deliver
 - Do not set up opponents rocks. While this may seem polite, it takes unnecessary time
 - Lead should always set up their skip's rock for them in front of hack
 - When an end is complete, the lead should find their number one stone and go to the hack, letting other team members remove stones
 - There is no need to place stones in order as long as they are easy to reach
 - Skips move into position quickly so the lead is not waiting
 - Skips call shots quickly – plan one or two shots ahead
- e. Organize teams and coaches

2. On ice

- a) Delivery practice with coaches
- b) Form teams and play two ends or more if time allows
- c) Replace rock and brooms and return to lounge

3. Meet in Lounge

- a) For members joining the club, discuss normal progression for jitney to league to competitive play
- b) Go over the expectations of a volunteer club. Volunteer opportunities include kitchen, bar (smart serve required), bonspiels, special events, committees, junior curling, school curling, board, etc.
- c) Website
- d) Q & A
- e) End

Day 5

1. Meet in lounge

- a) Overview of day 5 agenda
- b) Q & A
- c) Stretch
- d) Organize teams and coaches

2. On Ice

- a) Delivery practice (five minutes)
- b) Play four ends

3. Meet in Lounge

- a) Curling Club Governance
 - Board
 - Committees
 - Communications, bulletin boards, website, draw captains and weekly news letter
 - Where your membership fees are spent, OCA registration,
- b) Q & A

Thank You