Welcome to the...

AVONAIR CURLING CLUB

Welcome to the Adult Learn to Curl Program

- This is a program designed to teach the basics of the game of curling
- Designed specifically for 18+
- Combination of on and off ice
  - Off ice explanations
  - On ice demonstrations
  - On ice practice
- By the end of this course you should have a fair understanding of:
  - How to slide and deliver a stone
  - How to sweep in an effective manner
  - The basic strategy of the game

A little bit about me!

- My name is Sarah Brown
- I am in my second year as the General Manager of the Avonair Curling Club
- I have had a lot of experience teaching the sport of curling as the Head Coach and Program Coordinator for the Sherwood Park Curling Club (2015-2018)
- I also have some management experience gained while managing the Rose City Curling Club in Camrose (2019-2021)
- I have competed provincially and internationally in the sport of Mixed Doubles Curling. My current partner and I have no plans for this coming season, but would love to make a real run at a provincial title in the next few years.
- I have a passion for this sport that is unequaled by most things in my life
- I love sharing that passion with anyone willing to learn

Attire and Equipment

- You are expected to bring:
  - CLEAN indoor shoes - You will not be allowed on the ice if you do not have clean shoes
  - Loose, comfortable clothing – Jeans are not advised
  - Layers – you can always take them off, but you can't put on clothes you don't have
  - Mittens/gloves (optional) – no fuzz
  - Hats or helmets – Helmets are not required for participants 12 and older, but are always recommended for anyone not comfortable on the ice
- We will provide:
  - Grippers for both shoes
  - Sliders
    - Step on
  - Crutches/stabilizers
  - Brooms
  - Any other equipment necessary on-ice

Do I Need my own Equipment?

Nope.

We've got you covered.

If you happen to have some, feel free to bring it along!

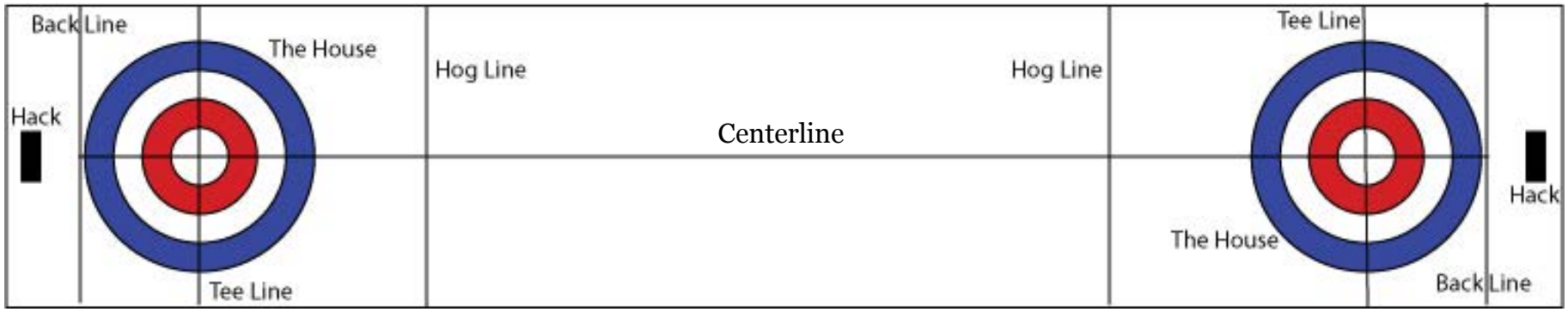
Safety and Ice Etiquette

- No running
- Keep off of the sliders!
- Watch where your brooms are at all times
- Watch your surroundings
- NEVER pick up a rock
- Never throw a rock at someone who is not watching
- Don't throw with excessive speed
- Stay off of your brooms – we will learn to sweep all together
- Avoid leaving your warm body parts on the ice
- Don't throw rocks towards the hacks
- Stop rocks from hitting the hacks and end boards
- Stay out of the middle of the sheet (slide path)
- Please keep all food and drink – with the exception of water – off of the curling ice
- Please take all personal items out onto the backboards with you
- Please arrive on time each week and inform me if you are unable to attend a session

Warm up and Stretching

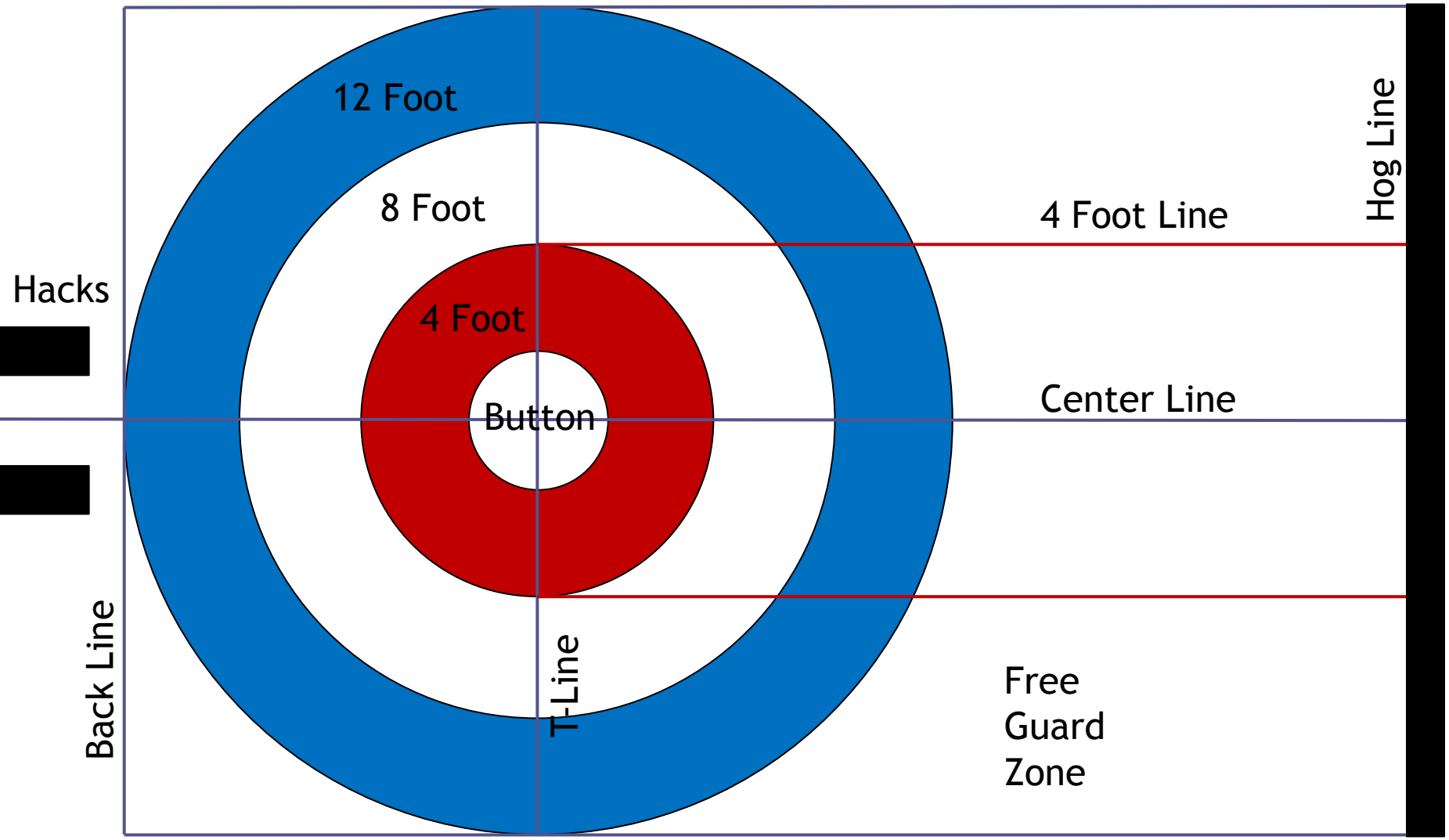
- Warm up is important
  - Curling uses muscles you don't realize it will
- Dynamic warm up is the best
  - Stretching cold muscles doesn't do much for you
- Focus on your legs, particularly upper legs and groin
- Any warm up you choose to do off ice depends on how early you arrive at the club. Many new curlers choose to arrive plenty early to stretch. I will not lead any formal warm up each week.
  - Please ask if you need examples of good stretches

Our Curling Sheets



146 feet in length

The House


12 Foot
8 Foot
4 Foot
Button
Hacks
Back Line
T-Line
4 Foot Line
Center Line
Hog Line
Free
Guard
Zone

The Curling Slide

This is a very traditional curling slide. Low to the ice, sliding foot flat, eyes up, shoulders square(ish), broom under the arm and out to the side, with the rock directly in front of the body.

However, this is not the only way to correctly slide…

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There isn’t one way to do things “correctly”

The Slide – Things to Pay Attention To

- Always start from behind the hack
  - Right handed folks, right foot in left hack
  - Left handed folks, left foot in right hack
- Step into the hack before stepping on the slider
  - Slide assist should be in your non dominant hand and the slider on your non-dominant foot
- Crouch all the way down and keep your knees loosely together
  - Weight should be evenly distributed between legs
  - Shoulders should be square with knees and toes facing forward
- Slider foot should be heel to toe in front with the hack foot – this foot should never start behind the hack
- Lift up only your hips
  - Engage your quads
- Push and go
  - Bring your slider foot under your chest/belly button and use your core to keep it there
  - Trailing foot should follow, laces down
  - Keep your eyes up throughout the whole slide
- Hold your slide position until you come to a complete stop
- Kick off the slider before standing up
- Walk back along the edges of the sheet

Pre-Slide Routine

- It is important to do the same set up every time you deliver, no matter what shot you are throwing
- The more routine you can make your delivery, the more accurate you will be
- Pro-tip: The less movements overall you do throughout your setup and slide, the more likely you are to be the same every time. Be deliberate with all movements and make sure they have a purpose.

Step One: Two Rock/Stabilizer Sliding

- When we first try to slide, this is what we will do
- This will allow everyone to practice the proper slide position without having to worry about balance
- We will use two stabilizers rather than two rocks
- Lean on the stabilizers as much as you need during these first few slides – we'll worry about balance without the help later

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Step Two: Two Rock/Stabilizer Sliding and Letting Go

- Once we have mastered Step One, we will continue by working on our balance
- The slide will start the same – with one stabilizer in each hand
- Once you have reached a comfortable and balanced slide position, you will release the stabilizer in your dominant hand
- The goal is to eventually not need the stabilizer in your dominant hand to slide

Step Three: Sliding with only one Crutch/Stabilizer

- This time we will try sliding right from the hack with nothing in the dominant hand
- This is going to feel weird and hard – there is no better way to put it
- When you feel unbalanced, try to lean on your crutch, not on your hand
- Avoid curling your trailing leg up underneath you – remember your slide position
- Keep your shoulders square
- Keep your slider foot under your chest and try to get low
    - The lower you can get, the more balanced you will be

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Sliding with a Broom

- I will show you how to do this, but there is no expectation that you do – in fact, I recommend sticking with the stabilizer throughout the entirety of the lessons
- The broom is held in non-dominant hand
- The broom is held in place by the bone on the inside of your elbow
  - Tucked tight into armpit
- The flat plastic side of the broom should be sliding on the ice
- Lean on the broom if you feel unbalanced, not on your free hand
- There are other ways to hold your broom – and I will suggest those if necessary – but this is the ideal position if possible

Before we head out… Let's try!

Let's give the runner's lunge position a try!