

TROUBLESHOOTING

- I always give little hints to help them get the rock into the area of play...
- “If you are having trouble getting the rock over the hogline let it go sooner, it will give the rock more momentum to get down to the other end.
- You can also give the rock a small “extension” (demonstrate while holding onto the rock) NOT a big “push” (demonstrate while holding onto the rock). A big push will send a rocket flying down the ice, but a small extension will give it a little extra weight.
- If you’re throwing too hard, hold onto the rock a little longer.

Reassure the group!

“Curling is easy... really!”

- Ask if there are any questions.

GAME SET-UP

- Get the group started– line up 4 people and demonstrate
- Explain the line-up and positions.
- The line-up: Lead, Second, Third, Skip
- **Lead:** Throws their 2 rocks first, the second and third sweep and the skip calls line.
- **Second:** Throws their 2 rocks after the lead, the lead and third are still sweeping, and the skip is still at the other end.
- **Third:** Throws their 2 rocks after the second, the lead and second are sweeping, and the skip is still at the other end. After the third throws their second rock they go down to the other end to hold the broom for the skip.
- **Skip:** Holds the broom for the rest of the team while they throw, and they throw the last 2 rocks.

- Each player throws two rocks , alternates with the opposing team.
- IE: Lead of blue throws, lead of red throws, lead of blue throws, lead of red throws, follow the same rotation with the second, third and skip.



12 MINUTE CURLING

INSTRUCTION MANNUAL

Gather your rental group together off the ice first.

Introduce Yourself “Hi my name is....”

Direct them towards the rental brooms and boot boy/scrub brushes to clean their shoes.

Tell the group to meet you on the backboards behind the sheet # you will do your demonstration on.

- Before we get started I'm going to go over a few safety rules."

SAFETY

- When you first step onto the ice be careful.
- Stand still for a few minutes to let your shoes cool down to ice temperature, this will give your shoes more grip.
- Keep your hands out of your pockets at all times while you're on the ice.
- Keep your weight on the balls of your feet with your knees slightly bent (like skating or skiing).

RULES

- #1 Please do NOT pick up the rocks they weigh about 44lbs and if you drop them on your foot it will hurt, and it will damage the ice surface.
- Instead you can use your foot to slide them like they were a soccer ball, you can use your broom to slide them, or you can bend over and use your hands to slide them.
- #2 Please keep control of the rocks at all times. They can easily take out the feet from someone who is not looking. Make sure that you have someone follow the rock down to the other end to keep them from hitting someone, and to protect the "starting blocks" or "hacks."
- #3 Throw rocks in one direction, not at each other. Two rocks moving from opposite direction can damage or break the rocks.

SCORING

- At this point ask if anyone has ever tried curling before, and if they've ever watched it on TV.
- Grab a couple of rocks and go over the scoring in the house and the object of the game.
- "The object is to get your rock(s) closer to the button than your opponents. The different coloured circles are there to let you judge to see who's rocks are closer.
- Explain to the group that they have to throw these 44lb rocks all the way down to the other end and over the "hogline."
- Go over the area's of play are: If the rock stops between the two hogline's it is out of play, if the rock wanders over to the next sheet it's also out play, if the rock bounces off of the side boards it is out of play, if it touches the backline it is in play, and if it crosses the backline to stop it because it is out of play, and then you bring the rocks back to the corners.

SWEEPING

- Demo sweeping next to get the group moving, and to get them down to the other end to explain the scoreboard.
- Back to sweeping...
- "When you "sweep" the ice, you are actually

heating up the ice surface and reducing the friction between the ice and the rock. This will let the rock travel further.

- You sweep when you think that the rock is going to stop before you want it to
- If you throw the rock too hard all you can do is watch and hope that it stops in time.
- To sweep effectively grab the broom with one hand 3/4 of the way down the handle and place the other hand about 1/4 of the way down.
- You will have a stance like a tripod in front of the rock.
- Then you shuffle your feet down the ice as you sweep in front of the rock.
- Have the group sweep down to the scoreboard so that you can go over how it works, and then sweep back to keep them warm.

DELIVERY

- Demonstrate how to throw the rock. (my demonstration is right handed)- if left handed do exactly the opposite
- Place your left foot into the right "hack" or "starting block."
- Then place your foot onto the "slippery" slider.
- Take a seat
- Use your broom for extra balance (whichever way is more comfortable: under your arm, over your shoulder, on the ice, etc.)
- Flip your broom so that it will slide on the wood or plastic (depending on which rental brooms you have).
- Then grab the rock.
- "It's called curling because the rock will never travel straight down the ice, so to control that we put a "turn" on the rock."
- If you turn it to the "left" it will curl left, if you turn it to the "right" it will curl right.
- Keep that in mind when you're trying to get your rock to the button, you will have to aim off to one side and give it the "turn" to make it "curl" back to the middle.
- Next you will raise your hips.
- Then slide the rock and your foot back (to get the rock moving, sometimes it will stick to the ice.)
- Then push out, your slider foot will go under your shoulder and chest, and your pushing foot will go straight out behind you.
- You must let go of the rock before the hogline, most likely you will let it go between the backline or t-line.
- Demonstrate the slide.... Point out the different points as you go along.