

# The Curling Warm-up

The Curling warm-up is called the **3S routine**<sup>1</sup>:

The three components are:

1. STEP
2. STRETCH
3. SLIDE



## STEP

The purpose is to generate body heat and raise the level of functioning of the cardiovascular system. It should take 5-10 minutes and should be done just prior to stretching. High stepping on the spot is easy to do in a curling lounge. Other examples include – line dancing, jumping jacks, running on the spot.

## STRETCH

A leader should guide the curlers through a variety of stretching exercises immediately prior to going on the ice. DYNAMIC stretching is used to overcome stretch reflexes that would normally prevent us from moving comfortably through the range of motion needed. [Dynamic Stretching](#)<sup>2</sup> is stretching through movement. Examples include: leg swings, trunk twists, arm rotations, lunges, etc...

Prior to heading to the ice every curler should assume the final slide position and hold for 20-30 seconds, repeat the movement with the other leg to ensure hips remain balanced.

## SLIDE

Several slides from the hack should progress from an easy leg drive to a longer one. It is advised that the progression of '5 Slides' be used to aid in achieving better balance and increase strength. The '5 Slides' drill would be done in the following order, with the curler ultimately ending at the predetermined position on the ice:

1. Backline – this is a slow stretch
2. T-Line
3. Top 12 Foot
4. Half-way – between the 12 foot and Hogline
5. Hogline

By utilizing this slow progression curlers give their muscles some time to adjust to being in the curling delivery. As well, the slower speeds ensures the curler is working on balance, just like riding the bike, the slower you go in a curling the delivery the harder it is to stay up. Lastly, this drill helps in weight judgement as it pushes the curler to ensure that he/she stops at the predetermined distance.

Ask the curlers to always come to a complete stop and hold each slide for 2 seconds – again working on balance. Keeping hands off the ice.

**Want some more information?**

**[Am I doing my Pre-Game Warm-up Right? A Guide for Curlers](#)**

<sup>1</sup>Curling.ca - <http://www.curling.ca/blog/2008/09/24/curling-warm-up-routine-physical-preparation/>

<sup>2</sup>Warm-up Essentials for Every Curler (Progressions and Regressions provided) – Stephanie Thompson, Empowered Performance, You Tube.

# The Curling Cool-Down<sup>3</sup>

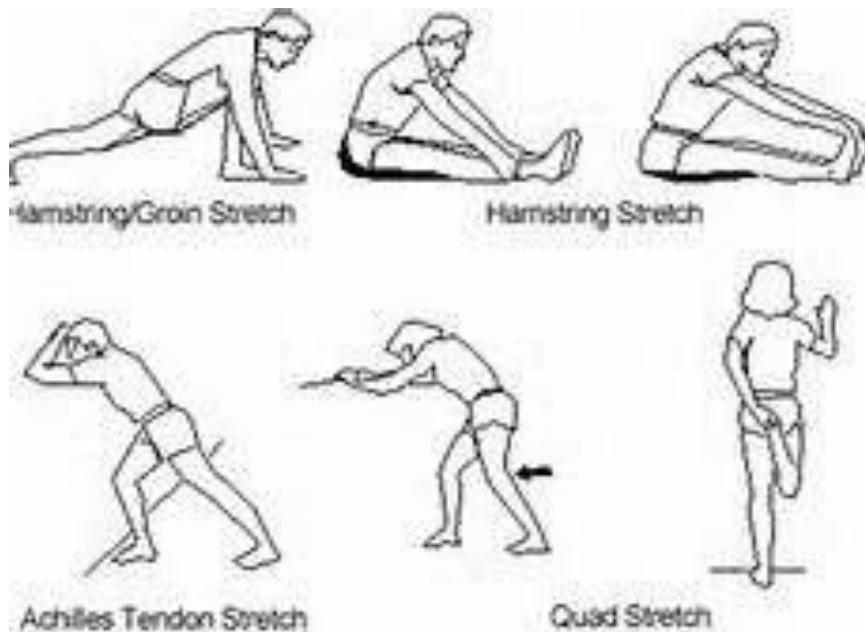
Cooling down has several benefits and should be done right after your game:

- It rids your cells of toxins built up during the game, such as Lactic acid
- Improves flexibility
- Can help improve Range of Movement
- Helps alleviate soreness and stiffness

An adequate cool down consists of:

1. A few minutes of decreasing aerobic activity (running on the spot etc)
2. Static stretching – stretch and hold for a least 30 seconds (legs, back, arms) while your muscles are warm and flexible. Check with a qualified coach/instructor for examples of static stretching – unfortunately you've seen some of them in the curling club before the game!!!!

Train yourself to do cool downs after your game you will really appreciate the results!!



<sup>3</sup>Colin Sinclair (author) as posted on <https://bramptoncc.com/newsStory.php?id=134>