

Delivery Basics: STICK CURLING

CurlON Clinic Team Program

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Safety

- Always step on the ice gripper foot first
- Broom used as third point of balance when moving on ice surface
- Only move forwards on ice
- Do not pick up stones – only push/slide them
- Always be aware of surroundings



STANCE & ALIGNMENT

- **FOCUS: Set Up**

SET UP

- Initiated from hack
- One foot placed in hack
- Shoulders square to skip's broom
- Position rock in front of hack
 - 10 o'clock or 2 o'clock
- Attach stick to rock



STANCE & ALIGNMENT

ALIGNMENT

- Hold the stick on the mid-line of the body
- Elbow should be slightly bent
- Sight line is straight down stick to the target
- Hand holding the stick is the same as holding a rock
- Rock positioned in front of the hack foot



DELIVERY & RELEASE

- Start walking or sliding towards the hog line on the line of delivery
- Positive rotation from wrist at release point
 - Delivery arm then straightened
- NOTE: Rock needs to be clearly delivered before reaching hog line
- Follow through
 - Ensure more steps are taken
 - Hand is in handshake position
 - Arm extended
- Eyes should be kept up and on skip's broom (target) through delivery



WEIGHT

- Take out weight achieved by:
 - Walking or sliding faster from the hack
 - Bending slightly forward from the waist at release point
- Draw weight achieved by:
 - Slower walk or slide from hack
 - Body more upright
 - Mastering draw weight requires practice!



SOME IMPORTANT NOTES

- The stick was never intended to be used to take advantage of a situation
- Stick curlers must continue to maintain the integrity of the sport of curling



The Curling Delivery

- The “quieter” the better
 - The less extraneous movement there is, the less opportunity for error
- Focus on the fundamentals
- Accommodations available – we can help!

