

USA Curling

Level I Instructor Manual

Clinic Overview

- Class Roster / Registration Form
- Clinic Agenda
- Instructor Certification Criteria

Reference Materials

- Beginner's Clinic - Sample Agenda
- Safety & Stretching
- Basic Rules & Etiquette
- ABCs of a Good Delivery
- Power Generators & Delivery Sequence
- Delivering the Curling Stone 101 (Tschirhart)
- Sweeping
- Basic Curling Strategy

Test, Forms, & Evaluation

- Level I Exam
- Level I Clinic Registration Form
- Level I Instructor Certification Application
- Liability Forms
- Course Evaluation



INSTRUCTOR CLINIC REGISTRATION ROSTER

Clinic Level

Level One

Level Two

| | |
|-----------------------------|-------------|
| Lead Instructor Name _____ | City _____ |
| Lead Instructor Phone _____ | State _____ |
| Lead Instructor Email _____ | Date _____ |

CLASS PARTICIPANTS *(Please Type or Print)*

| | Name | Street Address | City | State | Zipcode | Telephone | Email |
|----|------|----------------|------|-------|---------|-----------|-------|
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Agenda

USA Curling - Level I Instructor Clinic

(60 minutes – start to delivery discussions)

Welcome, Introduce Clinic Staff, Overview of Agenda, & Sign Registration Form

Primary Purpose of Clinic – Train Instructors How to Teach Beginners

Participant Introductions – Name, Club, Instructional Experience, & Expectations

Urge Participation – Presenter is Guide on the Side & Not a Sage on the Stage

Review Contents of Level I Binder

Roles of Level I Instructors / Kinds of Instruction

Open House with Hundreds of People or Pre-game Two Minute Crash Course

Learn to Curl Clinics & Beginner Leagues

Junior Programs – Little Rockers, Juniors, School Leagues, etc.

Phy. Ed Programs – High School & College

Intermediate Refresher Clinics

Strategy Clinics

Others?

Implementation Process (Volunteer Organizations – This Means You!)

Recognize Need

Who Takes the Lead?

Recruit an Instructional Team

Design Instructional Offering to Meet Club Needs

Timing of Offerings

Identify Target Market

Promotions

Club Preparations – Only One Chance to Make a Good First Impression

Entry Way, Clubroom, & Bathrooms (only chance to make good 1st impression)

Playing Area

Ice Conditions

Microphone system

Loaner Equipment – Brooms, Sliders, Sticks, Duct Tape, Slider Crutches, etc.

Coffee, Hot Chocolate, Cookies, etc.

Greeters

Sign-in Sheet

Liability Release Forms

Name Tags

Curling Video & Promotional Materials

First Aid Kit Well-Stocked & Readily Accessible

Instructional Team

Instructor – Student Ratio (4:1 is ideal)
Identify Lead Instructor & Assistants
Teach Approved Techniques (Flat vs. Tuck, No Back Swing, etc.)
Don't "Show Off" or Intimidate
Agree on Agenda & Timeframes
Attitude & Attire – Make experience fun and look "cool"
Murphy's Law: The Best Recruiters Are Often The Worst Instructors
Give Information on a Need-To-Know Basis – Avoid Information Overload

The Big Day

Be Organized – Competing for People's Free Time
Don't Make Apologies – Positive Spin on Everything!
Present Clinic (see sample outline)
Make People Successful – Recognize Success
Look & Sound Like You're Having Fun – Have Fun – Be Jovial
Post-Clinic: Close the Sale – What Do You Want People To Do Now?

(60-75 minutes to break)

Presentations on Delivery, Sweeping, & Etiquette

Sample Beginners' Clinic
Safety & Stretching
Basic Rules & Etiquette
ABCs of a Good Delivery
Power Generators
Sweeping
Basic Strategy

Questions?

Break (15 minutes)

Present Sample Beginner's Clinic – On-Ice (60-90 minutes)

Break (15 minutes)

(45-60 minutes from break to adjournment)

Return to Classroom - Questions?

Level I Exam & Evaluations

Complete & Submit Level I Registration Form

Wrap-Up & Adjourn

Level I Instructor – Club Instructors

General Job Description (9/08)

A Level I Instructor is trained to work primarily with new curlers. Level I Instructors work mainly within their own club, helping beginners learn the game and novices to improve basic skills using delivery techniques identified as best practices by USA Curling. Activities of a Level 1 Instructor include:

- Serve as lead instructor at open houses or other public events, supervising volunteer instructors and ensuring that they are giving delivery instruction that is consistent with USA Curling standard practices.
- Instruct at junior curling programs for beginning curlers, school physical education programs, etc.
- Organize, promote, and deliver learn to curl classes for new curlers (generally 2 hours in length)
- Organize, promote and deliver basic skills clinics in their own clubs, targeted at novice curlers with 1-3 years of experience and those who have curling experience but have never received state-of-the art instruction. These clinics are aimed at reinforcing skills learned as beginning curlers.
- Organize, promote and deliver basic strategy courses in their own clubs, targeted at novice curlers with 1-3 years experience and those who have curling experience but have never received instruction in basic strategy. These clinics focus on simple game strategies and scenarios.
- Be available to the club as a resource for one-on-one instruction for novice curlers as needed or on a scheduled basis.
- Organize, promote and deliver multi-session instructional leagues or community education classes. Recruit volunteers to assist with teaching in these leagues and classes.

Initial Qualification Criteria

- Attend Level I instructor clinic.
- Pass written test at 80% or higher.
- Successfully complete First-Aid training course.
- Within 12 months of attending a Level I instructor clinic, spend at least 5 hours functioning as an instructor at a club learn to curl activity or some other instructional event using USCA-approved fundamentals and presentation techniques.

Continuing Education Requirements

Every three years, Level I instructors must:

- Stay current with the prescribed USCA instructional methods and presentation techniques.
- Document at least 15 hours of continuing involvement as an instructor – club level or higher.
- Pass written test at 80% or higher.
- Maintain First-Aid certification.

Level II Instructor – Advanced Instructors & Coaches

General Job Description (9/08)

A Level II Instructor has two main purposes: to work with intermediate and advanced curlers to improve their performance and to train aspiring Level I and Level II instructors. Being a Level II instructor is also a prerequisite for become a certified coach. Level II instructors provide training to experienced curlers on topics that bring their game play to the next level, including power generators, sweeping techniques, strategy, timing, etc. Level II instructors are also trained to conduct video tape delivery analysis. In addition to all the activities associated with a Level I instructor, a Level II instructor's activities include:

- Organize, promote and deliver Level I and Level II instructor clinics.
- Be available to new clubs in your region to help with demonstrations or open houses to help them develop interest
- Organize, promote and deliver Intermediate or advanced skills clinics.
- Organize, promote and deliver Intermediate or advanced strategy sessions, covering more complex game scenarios than would be addressed in a basic strategy session.
- Be available to your own club as a resource for one-on-one instruction for intermediate and advanced curlers either as needed or on a scheduled basis.
- Help develop and organize the overall instruction program at your club, making sure that there is adequate instruction available that serves curlers at all levels of experience.

Initial Qualification Criteria

- Level I instructor for at least one year (may be waived by chairman of Training & Instruction Committee).
- Attend Level II instructor clinic.
- Pass written test at 80% or higher.
- Successfully complete First-Aid training course.
- Serve as an instructor at a Level II instructor clinic year (may be waived by chairman of Training & Instruction Committee if the applicant is seeking coaching certification and has worked extensively as a coach with a competitive team during the past 24 months).
- Within 12 months of attending a Level II instructor clinic, work with intermediate and/or advance curlers for at least 5 hours concerning USCA-approved upper level instructional activities, including delivery analysis.

Continuing Education Requirements

Every three years, Level II instructors must:

- Stay current with the prescribed USCA instructional methods and presentation techniques.
- Document at least 15 hours of continuing involvement as an instructor or coach.
- Document participation as a presenter in a USCA sanctioned clinic or camp during the past three years.
- Pass written test at 80% or higher.
- Maintain First-Aid certification.

Level III Instructor – State, Regional, & National Course Conductors

General Job Description (9/08)

A Level III instructor performs all the duties of a Level I and Level II instructor and actively promotes state-of-the art instruction in the United States by participating in national curriculum development and related presentations. Related activities include:

- Development of curriculum used by USA Curling.
- Prepare written articles or papers on instruction-related topics that have been published by a third party, such as the US Curling News.
- Serve as a primary presenter at Level II instructor clinics, skills camps, or junior camps.
- Prior or current active involvement on the USA Curling Training and Instruction Committee.

Initial Qualification Criteria

- Instruct actively as a lead presenter at USCA instructional clinics and/or camps at the state, regional, or national level for three continuous years.
- Be actively involved in national curriculum development and author articles related to curling instruction.
- Serve as the lead instructor at a Level II instructor clinic.
- Be thoroughly familiar with and teach according to approved USCA fundamentals and presentation techniques.
- Demonstrate the ability to give presentations on USCA programs.
- Have strong instructional and interpersonal skills.
- Successfully complete First-Aid training course.

Continuing Certification Requirements

Every three years, Level III instructors must:

- Participate as a lead instructor at one or more USCA sanctioned instructor clinics or camps using prescribed USCA instructional methods and presentation techniques.
- Provide documentation of positive evaluations from attendees at past clinics/camps.
- Be an active participant in activities of the USCA's Training & Instruction Committee.
- Maintain First-Aid certification.

Reference Materials

- Beginner's Clinic - Sample Agenda
- Safety & Stretching
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- ABCs of a Good Delivery
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- Delivery Sequence
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- Sweeping
- Course Evaluation

Beginners Clinic – Sample Agenda

(We start with the assumption that the club is clean and inviting, the playing area is warm and the ice is quick, promotions have been done, instructors are on hand, participants are flocking in and being welcomed, registration sheets are being filled out and name tags put on, and that folks are watching a video, looking over promotional materials, or visiting prior to the start of the clinic. A first-aid kit should also be well-stocked and readily available; safety signs should be posted).

Welcome by Lead Instructor

Introduce Other Instructors

Review Agenda – Expected Timeframe

Clean Footwear – Indicate that Curlers Usually have Dedicated Footwear – Explain Why

Head for Playing Area – Equip Participants with Brooms & Sliders (Set Aside for Now)

Stretching

Safety

Basic Rules – Scoring, Ice Elements, Equipment, Types of Shots, Etiquette, etc.

Throw Some Stones (without slider or broom – just kneel in hack & throw)

Sliders & Brooms – slide down & back (stress more safety!)

Scoreboard – while at far end, explain the scoreboard

Delivery Mechanics (Balance)

Training Wheels – kneel, forward press, elevate hips & bring back behind hack
while bringing back slider foot, slider foot forward & center, drive out
3-Point Delivery – progress to 3-point delivery with shooting hand elevated
3-Point Delivery with stone

Alignment

Curling sign language – what is skip asking shooter to do?
Align body & stone toward skip's broom
Practice slides toward cups and through cups

Grip, Turn, & Release (Apply Curl)

“A million dollar slide & a two-cent delivery = a two-cent shot!”

Wrist above handle – fingers pointing down

Cradle handle between 2nd & 3rd knuckles

Index & middle finger positioned over bolt hole

Rotate handle to 10 o’clock or 2 o’clock position

During last 4 feet of slide – rotate toward 12 & release

Practice cross sheet with partner – skip holds broom & gives turn signal

Break

Review “ABCs of a Good Delivery”

Alignment

Balance

Curl (Release)

Sweeping

Why – clean ice, warm ice, farther, & straighter

Mechanics

Position of sweepers

Safety – look down ice, avoid rocks in play, etc.

Who decides when (draws vs. take-outs)?

Practice down & back

Basic Strategy

Good first shots

With hammer – 2 or more or blank; Without hammer – force 1 or steal

Etiquette

Self-Policing

Be Ready When It’s Your Turn

Stay Out of the Way & Don’t Disrupt

Play 1-2 Ends

Instructor at Each End

Return to Clubroom – “Broomstacking”

Thank attendees for participation

Congratulate them on their achievements

Provide participants with instructional & promotional materials

“Close the Sale” – What would you like participants to do now?

Your club’s most important member is its newest member!

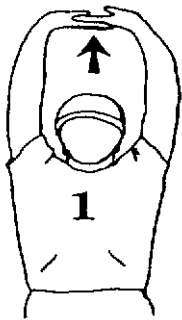
STRETCHING PRINCIPLES

1. Never stretch to point of pain
2. Never ballistic (bounce) stretch
3. Stretching should be static and steady
4. Don't compare yourself to other people
5. Don't hold your breath
6. Think about the stretch, tell yourself to relax
7. Hold the stretch for 20-30 seconds
8. Warm up briefly before stretching
9. Stretch before and after activity
10. Stretch - Relax - Hold - Stretch

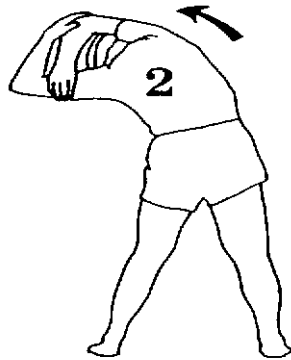
Before and After

CURLING

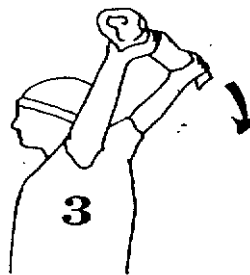
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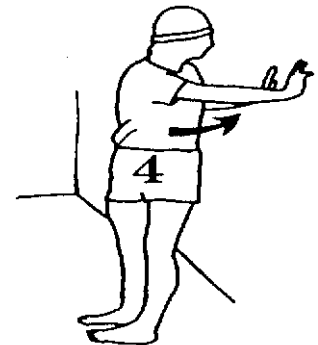
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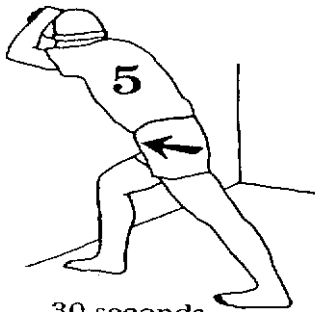
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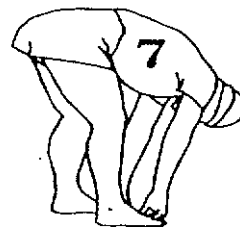
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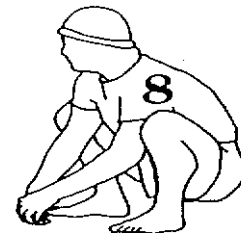
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30 seconds
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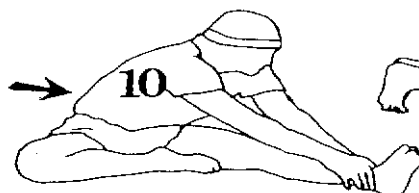
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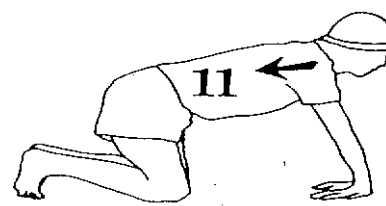
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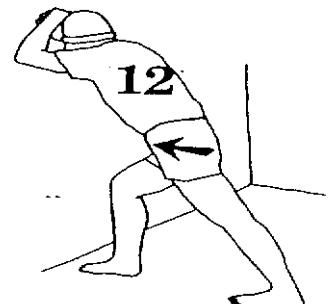
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30 seconds
each leg
(page 36)



20 seconds
(page 40)



20 seconds
each leg
(page 71)

Basic Rules & Etiquette

(Note to Instructors: Avoid information overload for beginners – give them information on a “need to know” basis. After an introductory session, refer beginners to USCA instructional brochures for more detailed rules, terms, and basic etiquette).

Basic Rules

- Scoring
- Shot Types – Draws & Take-Outs
- Ends Per Game & Shots Per End
- Players & Positions
- Ice – Pebble, House, Lines, Hack, etc.

Basic Etiquette

- Start On Time
- Have Clean Shoes
- Be Courteous – Don’t disrupt opposition & acknowledge good shots
- Be Ready When It Is Your Turn – Move rock to hack as soon as opponent’s rock is in motion
- Don’t Damage The Ice – Kneeling, hand prints, dirty shoes, etc.
- Stand To Side of Sheet When Opponent is Shooting
- Shake Hands with Opponents Before & After Game

ABCs of a Good Delivery

(Compiled by Jon Mielke, Capital Curling Club – Bismarck)

Alignment

A proper delivery focuses on an imaginary line that runs from the hack foot to the skip's broom. Everything in the delivery, from the initial set-up to the release, should be parallel or perpendicular to this line. The shooter's hips and shoulders are perpendicular and the rock is directly on top of this line at all times. The slider foot should move parallel to this line during the forward press and drawback. Out of necessity, the slider foot must move slightly sideways to get centered under the chest but, at that point, it must move straight along the line of delivery, directly behind the stone. Introducing other side-to-side motions in the delivery will necessitate corrective actions somewhere else. Avoid the need to correct – stay straight.

Balance

Proper balance results when the slider foot is flat on the ice and centered under the chest, directly behind the stone. If possible, the slider foot should be angled out to effectively increase slider width. The broom head should remain on the ice at all times at approximately the 10 o'clock position and gripped at a location that allows the shoulders to remain parallel to the surface of the ice.

Proper balance starts with the initial set-up in the hack with the feet about shoulder width apart with the heel of the slider foot about even with the toe of the hack foot. The shooter should be able to crouch in the hack in a very relax position.

Weight transfers will shift body weight from both legs to the hack leg and then to the slider foot during the course of the delivery. All of these transfers must take place smoothly while maintaining balance. Rhythm is an extremely important component of a balanced and effective delivery.

Curl (Grip, Turn, & Release)

Grip the rock by placing the middle knuckles of your fingers on the bottom of the handle and wrapping your thumb over the top. The pad of the thumb rests on the side of the handle; the handle is gently pinched between the thumb and the side of the index finger. Grip the stone directly above the middle of the stone. Keep your wrist high and your palm off the handle.

The leading edge of the handle is cocked to either the 10 or 2 o'clock position, depending on the turn that is being played, and is held there until approximately the last four feet of the slide. At that point, the handle is gently rotated toward the 12 o'clock position and released with the hand in a handshake position.

Power Generators

(Based on No-Lift Delivery)

Rock speed may be derived from four distinct power generators:

- Weight shift
- Body drop
- Leg drive
- Arm extension

Weight shift occurs when a shooter is in the most upright and back position and begins to move the body toward the skip's broom. Additional power is generated as the shooter's body moves down toward the ice (body drop). Still more power and speed are created when leg drive is exerted with the hack foot. A final source of power may come from arm extension but shooters must be extremely careful not to push the stone – doing so may affect the rock's alignment plus it will produce faulty interval stopwatch times.

Most power is generated by the body drop and leg drive. The amount coming from each will be dictated by ice conditions and the shot being played; a harder body drop and more leg drive will typically be applied when shooting takeouts or when playing on heavy ice.

Excessive elevation during the draw back and the subsequent body drop during the ensuing portion of the delivery may unduly complicate the delivery. Lower is better – strive to achieve a “sitting in a chair” position at the far point of the draw back portion of the delivery.

Delivery Sequence & Rhythm

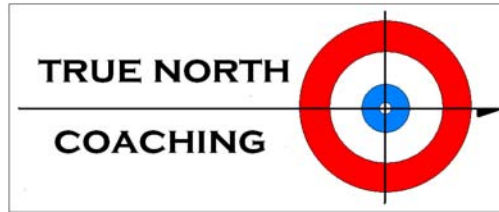
- Forward Press
- Draw Back
- Start Forward Motion
- Position Slider Foot
- Apply Leg Drive
- Slide

Overall cadence: Forward Press, Rock / Foot – Rock / Foot – Slide)

1. Forward press – starts rhythm and breaks rock's inertia. Body leans forward. Right arm (for right-handed player) is not stiff but leaning forward does move rock forward, too.
2. Rock/Foot – the rock is pulled back by bringing the hips back (not by pulling strictly with the arm). The slider foot comes back at the same time but goes back farther than the rock – to a point where the toe of the slider foot may be about even with the heel of the hack foot. At all times, the shooting arm is kept relaxed but extended. The rock stays out in front of the head. If it gets under the chest, the shooter will have to pull it forward with the arm to get it back in front – something to definitely avoid.
3. Rock - Rock begins to move forward – caused by the hips moving forward. (hips indirectly connected to the shoulder and arm and rock – all move forward together).
4. Foot – slider foot moves forward and then sideways to a point under the center of the chest. Stop at balance point. This is an extremely important event in the overall sequence. If it doesn't happen, the shooter will probably be out of balance and may experience lateral draft.
5. Slide – the rock and torso have moved slightly forward. There is now room for the slider foot behind the stone and under the chest. The slider foot is positioned and leg drive is applied.

At all times, the body and the rock must be lined up toward the skip's broom. The rock must be centered on an imaginary line that runs from the hack foot to the broom. The slider foot moves in to a position that is on that line, behind the stone, and under the chest. At that point, primary leg drive is applied. This sequence and positioning will enhance balance and reduce the risk of lateral draft.

The shooter's weight should be distributed on both feet prior to the forward press but slightly more weight is on the hack foot. Through the draw back, the majority of weight is shifted to the hack foot. Weight is then shifted to the slider foot once it is positioned under the chest and leg drive is applied.



(a subsidiary of TRUE NORTH CURLING INC.)
PRESENTS THE COACHING SERIES...

“A PANE IN THE GLASS”

Delivering the Curling Stone 101

by Bill Tschirhart (2007)

No single technical change has so captured the imagination of the curling world than the *no back swing delivery* (which for the purpose of the remainder of this article shall be dubbed the "no bs delivery" [enough with the snickering]). It's now the industry standard. When I instruct at summer camps, in clinics etc. and say "backswing" to the young athletes, they think I'm talking golf!

There have been video-tapes made about this style of delivery and certainly it is an integral part of the curriculum in virtually every nation's instructional program. So why spend more time on this topic? It's what **hasn't** been said about the no bs delivery that concerns me so indulge me and let me get this off my chest. As those who know my words best would expect, first some history. Two events occurred in quick succession that gave rise to the no bs delivery.

First, ice technicians were provided with the equipment and expertise to make ice that was relatively faster and more consistent than ever before. Second, juniors used their creativity and intellect to come up with a delivery that was the perfect complement to the "new and improved" ice surface. Many of these juniors had come through the "little rocks" program at their local curling facility. Most of the instructors cautioned the burgeoning curlers to keep the little rock on the ice at all times (more to protect the ice area around the hack I suspect) but it worked for a variety of reasons. It did keep the ice chips around the hacks to a minimum and it was safer. But most importantly, it made the actual delivery much less complicated than the much beloved *back swing delivery*.

It was the simplicity of the no bs delivery that encouraged those neophyte little rockers to stick with it when strength and experience gave them license to enter the world of full size granite curling stones. It seemed logical to them that if at the point of release the athlete should be more or less behind the stone anyway, why not position the stone in front of the body right in the hack? It was a great idea but could one summon enough leg drive to propel that amount of granite at take out velocity? Aye, there's the rub! The answer, through participant observation was a resounding "yes"! But how to accomplish the task was the issue!

So, we've touched upon the first pillar of the no bs delivery. Position the stone so that it is *close to a spot in front of the hack in which the athlete's hack foot resides*. Some coaches and instructors get very precise with this, demanding that all the athletes on the team place the stone so that it is directly in front of a particular toe of the hack foot. Once done, it means that the athlete, the stone and the target brush are on the same line (the line of delivery).

It is my observation that in reality, most curlers position the stone so that the middle of the stone is opposite the inside edge of the hack. In fact, when I record a delivery, that's where I place the stone. I then aim my laser beam at the center of stone on the striking band. I do that because regardless of the position the athlete places the stone for his/her version of the no bs delivery, my laser will still strike the stone at some point, perhaps on the middle, but somewhere.

Since we're only attached to the stone in one way and that's with our hand, the basic grip has four components: *a) the second finger pads should be on the bottom of the handle b) the side of the thumb should be on the side of the handle c) fingers should be together and d) the wrist should be high so that the fingers are approximately ninety degrees to the handle.* This should position the hand so that the axis of rotation of the wrist is superimposed on the axis of rotation of the stone (directly above the bolt of the stone). Lastly, the gooseneck of the handle should be positioned so that it is at 10 o'clock for the clockwise rotation and 2 o'clock for the counter clockwise rotation so that the stone can be released with the gooseneck at the 12 o'clock position.

Before I leave the grip, I want to make one strong point. Don't be fooled by the elite athletes you see on TV. Their grip might not look like the one I've just described. It's that way for two reasons. The vast majority of those athletes, likely as juniors, did learn the basic grip and that leads to the second point. For a variety of reasons, not the least of which is a vast amount of skill, they have customized that basic grip to meet very specific needs that only an elite athlete can appreciate. Oh yes, when asked by curlers about wearing a glove on the delivery hand, I refer them to the number of curlers they see on TV who do so. Enough said!

Place the ball of the hack foot on the sloped portion of the hack and the entire sole of the sliding foot in contact with the ice surface so that the weight of the body is more or less equally distributed on both feet. The heel of the sliding foot will be approximately beside the toe of the hack foot. Now the kicker! There should be a space between the feet (about the width of the handle of a curling brush). Stay tuned for the reason.

Now let's look at the sliding device. If you're using a brush as your sliding device, it should be positioned so that the handle rests just above the hip with your hand on top of the handle about 2/3 of the way from the end of the brush handle and the head opposite the stone (throughout the entire delivery). That last part rolls off the lips of instructors and the keys of this computer very easily but it's extremely important and deserves attention. So many curlers hold the brush properly in the hack but by the time the stone is at the critical release point, the head of the brush is now well behind the position of the stone. A good test in practice is to become aware of your peripheral field of vision. If at the point of release, the head of the brush is not in your peripheral vision as you focus on the target, then you might wish to address this issue because when the brush head is not in your peripheral vision, it is going to have an effect (and not a good one) on the position of your body. Essentially, when the brush is not opposite the stone, the body (as noted by the shoulders) is twisted and no longer square to the target. Not good!!! Now that we have the hack position issue settled let's get that stone moving.

Some athletes will first move the stone forward slightly. This is the time-honored "forward press". It's clearly a preliminary movement much like the "wind up motion" that a baseball pitcher will employ prior to drawing the ball back. Dr. Al Reed formerly of the University of Ottawa explains this press motion is a "trigger mechanism" to the delivery of the stone. It is my experience that modern curlers are about evenly divided on this press thing. To date more and more athletes are dispensing with the press since the drawing of the stone back toward the hack accomplishes the same goal (that of breaking the friction that exists between the ice and a stationary stone). For my part, when working with athletes I leave it entirely up to them. If they use it fine. If they don't, well, that's fine too!

Let's get one thing clear about the entire motion of the stone. Remember, the whole idea behind the no bs delivery is to keep the stone "on the line of delivery". All the motions of the stone, both forward and back must be in a straight line! It may be a three stage event (press, back and forward) or a two stage process (back and forward). Whatever you choose, keep the stone on the line of delivery.

When we noticed so many athletes using this "new" delivery it was assumed that athletes would be able to draw the stone back and forward on the same line with relative ease. We were wrong! We noticed that many athletes were drawing the stone back on the line of delivery but there was a noticeable "bulge" as the stone began its forward motion. Usually this action was small and quick and by the time the athlete was in the slide (what we call "bottoming out") the stone was back on line once again. For my part, I would point it out, or better, the athlete would notice it on a visually-recorded delivery but when questioned about it, I would give it a cursory comment and leave it at that. I left it up to the athlete to

make the adjustment. If an adjustment was deemed necessary by the athlete, I suggested that the "bulge" existed because the athlete was moving his/her body over the top of the stone. The downward pressure of the body on the stone caused the bulge. The remedy involved making sure that the stone is kept in front of the body. My mantra suggested to them was, "Follow the stone!"

Remember that sliding foot? As the stone moves back toward the hack foot, the sliding foot will move backward as well and if you employed that "silly little space" between the sliding foot and hack foot, you will be able to move the sliding foot backward in a straight line. A very good thing!!! Many curlers position the sliding foot in front of the hack foot. When they move the sliding foot backward it must move around the hack foot, usually to a position behind the hack foot. When the forward movement begins, the sliding foot now must move around the hack foot once again. The expectation of the athlete is to now slide straight but the part of the body upon which the athlete is about to attempt that straight slide is following a curved path. Need I say more?

Maintaining the space between sliding foot and hack foot is the best way to accomplish the straight movement of the sliding foot but not the only way. Some very good curlers set up as in the previous paragraph and move the sliding foot in that "C curve" motion but when the sliding foot comes forward around the hack foot, there is a distinct, albeit short, pause. Then the sliding foot can move straight forward. Many of our elite athletes wrap the sliding foot around behind the hack foot then step over the ankle of the hack foot and place the sliding foot back onto the ice to begin the forward motion. From an overhead view, the sliding foot does move straight but part of its journey is off the ice.

Of the three methods of moving the sliding foot straight, I strongly recommend the first. The second is OK and the third requires much practice. It's your choice!

We have been referring to the backward movement of the sliding foot but we're really talking about the movement of another body part, the hips. The area around the hips is where the center of the body's weight is housed. That's important to remember!

From that "draw back" position, the stone is moved forward and the sliding foot is moved into such a position so that you can slide in a straight line with the stone to the release point where it is released with a positive rotation toward the skip's brush.

Permit me a coaching point. Clearly, as the athlete enters the slide portion of the delivery, as instructors and coaches we have the driving urge to add the phrase, "Move your sliding foot to a position under the mid-line of the body (i.e. below the sternum)." That's correct, but I don't do that anymore and here's the reason why. When I "say", "Move your sliding foot to a position under the mid-line of the body" most athletes hearing that add an adverb phrase ...*"as quickly as you can"*. And when you move the sliding foot laterally as quickly as you can, it has a tendency to maintain that path resulting in a drift, the bane of so many recreational curlers. By not saying anything the sliding foot moves to that mid-line position gradually, with a straight slide the result. It's a natural movement for the body so that the athlete does not fall down. Remove that phrase from your coaching instructional admonitions and see what happens!

Now that the athlete has entered the slide portion of the delivery, ***the weight of his/her body should be evenly distributed on the slider***. I say this more often in clinics than any other phrase. It's key to eliminating the dreaded "drift" that plagues so many recreational curlers. When the weight of the body is evenly distributed on the slider, it's virtually impossible to drift. There are some other spinoff benefits as well but this is the big one!

Now, about that rub to which I referred earlier and this is where the vaulted no bs delivery's star in the curling heavens dims slightly but first, another history lesson.

For this we again need to return to the days of the back swing delivery. Even though this type of delivery is ancient history, it had some good aspects. There is nothing more natural in the physical world than a pendulum. It wasn't an accident that clocks ran accurately for centuries thanks to the reliability of the pendulum. In the back swing delivery, the delivery arm is nothing more than a pendulum with the

stone being the weight on the end of the pendulum arm. Since the length of the arm does not change, the amount that the weight is drawn from its rest position determines how fast the weight moves (my gr. 11 physics teacher would be proud). When back swingers are asked how they change the momentum applied to the stone I often get the answer, "I drive harder out of the hack". That might be true but most likely the curler providing that response does so due to something else that gets changed and that's the length of the back swing. The extra drive from the hack simply allows the athlete to "follow the stone" (where have you heard that before?). Now, to be sure, some curlers with a back swing delivery do indeed control the momentum of the stone strictly through leg drive (with the length of the back swing remaining constant) while still others use a combination of the two. It's imperative that every curler knows how he/she does it since *weight control is the most important skill in our game!*

To this point, you might wonder why the back swing delivery has largely been replaced. Well, that great attribute just described was more than offset by the fact that when a back swing curler assumes the hack position, the stone is positioned to the side of the athlete (close to the center line) to allow the stone to swing back on a straight line. When the stone swings forward, the curler has to move his/her entire body in behind the stone (not an easy feat). Essentially the body weight moves across the line of delivery and sometimes (much too often for the recreational curler) that body keeps moving in a lateral direction making the accurate delivery of the stone a real challenge to say the least! Now we're back to the no back swing delivery which removes that problem entirely. But, what to do about weight control without that pendulum?

This is the "meat and potatoes" of this essay and a question I get asked constantly. The answer appears simple, leg drive! But that's not a good answer as it is not entirely accurate from my perspective. Allow me to explain.

Since there is no back swing, there must be something else that must change. Let's, for the sake of argument say that it's strictly leg drive. We have some interesting empirical data on this matter.

My friend Dr. Gavin Reid conducted a study with John Morris, currently playing third for Kevin Martin and a two time world junior champion. The question examined was whether an elite athlete like John could drive out of the hack with the same force time after time. John was asked to place a very sophisticated insole device into his hack shoe. It measured the downward pressure on this foot. The data was then downloaded to a computer where the appropriate software displayed results for Dr. Reid. The conclusion was that John could not apply a force with his drive leg of equal magnitude in succession. Now, enter the amateur sleuth, yours truly, to say that I think Dr. Gavin's standards were high to be sure and that the employment of a fine tuning mechanism (i.e. delivery arm extension) plus the brushing affect of two competent brushers more than makes up for a deficiency in leg drive reliability. Nonetheless, it's something to think about. But let's return back to our weight problem.

If we recall the back swing delivery, the further the weight of the pendulum is drawn from its rest position, the faster it moves (swings). In the no bs delivery, we have something to make up for that "pendulum weight". It's the weight of the body (centered at the hips). If we move it back further, then like the pendulum, we build up kinetic (potential) energy. In the back swing delivery, the release of that energy was easy as the stone's natural tendency was to return to its rest position but in the no bs delivery, we have to make it happen.

From this point on I'm going to use some terms that are now commonplace among instructors. That drawing back of the hips to a certain point is called the "park" position. When the athlete enters the full slide portion of the delivery, we call that "bottom out". The release is, tah dah, "release" (and don't forget "follow through" as the last step).

This is where I'm going to suggest that there is an important similarity (surprisingly enough) between the two types of deliveries. In the back swing delivery, especially if the athlete uses the length of the back swing as the primary mechanism for weight control, the stone describes an imaginary arc in the air. I suggest that in the no bs delivery, an imaginary arc is described as well but in the no bs delivery, the arc is described by the hips of the athlete. On other words, weight control with a no bs delivery is nothing more than a matter of time, the time taken from "park" to "bottom out".

As an example, let's assume that it takes one second for an athlete with a no bs delivery to go from park to bottom out. Assuming no fine-tuning mechanism, just a clean release the stone will travel a certain distance down the ice. On the next shot, again assuming that all the other parameters of line, release, rotation and no fine-tuning are constant, the time from park to bottom out is 1.5 seconds, the stone will not travel as far. Conversely if the aforementioned parameters are once again constant, but park to bottom out time is now 0.5 seconds, the stone will travel further than either of the first two. Try it with a stopwatch. Stand beside the athlete. When the hips start forward, start the watch. When the hack foot leaves the hack, stop the watch. With a no bs delivery, this park-to-bottom-out section is critical as it's the key to weight control. If you use more leg drive you are simply shortening the park-to-bottom-out time and if you employ less leg drive then you lengthen that time. Look, every curler MUST be able to articulate how he/she varies the weight of the stone. The curler who can't is on thin ice indeed!

That's fine as far as it goes but what about the central question? How do I shorten the park to bottom out time sufficiently to generate full take out weight. Here's the "new stuff"!

Think of a large pane of glass positioned at the hacks. When you're in the hack position, part of you is in front of the pane of glass and part of you is behind. When you raise your hips to shoulder height (don't let the shoulders rise) and draw them back to that "park" position (with the sliding foot coming along for support), you are essentially "loading the gun". The movement of the weight of your body forward and down to the bottom out position is what really propels the stone forward. But, when you're behind the pane of glass, if you were to take the direction of most instructors and "push" you'll go BACKWARD since you are BEHIND the point where the pushing (hack) foot is located. No, the first motion forward is a PULLLING motion as you attempt to break that pane of glass. When you get the center of the weight of your body (hips) over the hack (i.e. breaking the glass), there is a transition from pull to PUSH. That transition is not a natural act for many curlers learning the no bs delivery, me included. Generating enough forward momentum then changing from pull to push and doing it seamlessly is no mean feat. Many curlers during initial attempts have a slight pause "at the glass" to be sure the weight of the body is in front of the hack so that push can begin. They literally waste the pull portion. As a result, they cannot summon enough force from the residual push to impart take out weight.

So, there's the key. Draw the hips back to "load the gun" (i.e. develop "kinetic or potential energy) then pull forward as hard as you can until the center of the body's weight moves slightly forward of the hack then push without pausing.

Thankfully, there is another source of power. It's the sliding foot. Essentially, if we get the sliding foot moving quickly, the whole body moves quickly. So, consider lifting the sliding foot from the surface of the ice to get it moving faster. Don't forget how important it is to move it forward as straight as possible. There was a time that we would have not suggested an athlete ever take the sliding foot from the ice surface but for take-out weight in the no bs delivery, it's all but essential to do so.

There are two more sources for power in the no bs delivery. You can release the stone earlier in the slide but the best way to add more power is to position your hack foot higher in the hack. It's like magic so give it a try!

Making the transition from pull to push is the aforementioned "rub" to which I initially referred. That's probably going to take some practice. Oh, practice, what a novel idea!

Enjoy working with your athletes. I'll see you soon behind a pane in the glass!

Sweeping

(Compiled by Jon Mielke, Capital Curling Club – Bismarck)

Introduction

- Sweeping is the margin of error that often separates good teams and really good teams
- As a shooter – use your sweepers - don't be heavy and don't be wide

Purpose – clean & heat

Impact – farther and straighter

Note: Timing of sweeping is critical – may actually increase curl

Technique

- Side to side (watch width of stroke)
- Finish away from stone
- Pressure and velocity
- Upright posture - upper body weight and both arms pressing down broom's shaft
- One on each side of stone
- Position of sweepers on the ice prior to delivery – behind back line to outside of sheet
- Communicate desired shot – sweepers talking to each other and shooter once shot is called by skip

When to Sweep

- Shooter – Communicate line and weight
- Skip – Communicate line; weight as shot nears house
- Sweepers – Judge weight on draw shots
- Timing is critical, especially on come-arounds
- Who do you listen to?

Timing Stones

- Interval timing
- Things to watch for – arm extension or pull-back
- No substitute for judgment

Sweeping Drills

- Not in my house
- Progressive hog line



Articles



Brushing 101

Wednesday, January 04, 2006 | Source: by Bill Tschirhart

We work hard to back up what we teach and preach with empirical data. Sorry to say that this is not the case with the skill of brushing. Most of what we think we know comes from participant observation. That being said, here IS what we think we know.

TO BE EFFECTIVE, YOU MUST BRUSH QUICKLY, WITH AS MUCH DOWNWARD PRESSURE AS POSSIBLE.

Now there's a revelation, but there's much more to that than first appears. Let's deal with the downward pressure part first.

When curlers switched from corn brooms (ah, what a loss to the game from an aesthetic perspective) many decided that to maximize downward pressure it was necessary to grasp the handle of the brush as low as possible. It really did "look" as though the athlete was pressing down really hard as opposed to one who grasped the brush higher on the handle. In fact, just the opposite proved to be the case. You can easily test this out for yourself and your teammates.

Get an ordinary bathroom scale and assume that low hand position. Press down with the brush on the scale and get a reading. Now, position your hands higher on the handle. Get the weight of your body on the balls of your feet and angle the brush as close to perpendicular as you can. Now press down and read the scale. I have an old corn broom that says you have increased the downward pressure substantially!

Although the evidence is in that this "high hands position" will indeed produce greater downward pressure, what's the sense assuming this position if the stroke rate is significantly reduced as an undesirable side effect? It's not! Therefore a compromise is in order between hand position, body position and handle angle which will allow for the greatest amount of downward pressure and maximum stroke rate.

In research and development, literally as I write this on a sunny June morning in 2002 here in Calgary, is an "instrumented brush". This device, when placed into the hands of a brusher will once and for all, gather data which will prove to the athletes that adjustments can improve his/her ability to brush effectively. I can't wait for this device! But, back to participant observation. Let's talk hands.

It is generally accepted that it is best if the palm of the upper hand faces

"up" while the palm of the lower hand faces "down". The handle of the brush is then secured between the upper arm of the higher arm and the rib cage. Remember; keep those hands as high on the handle without sacrificing too much stroke speed as possible.

OK, so far so good but we can't brush in a stationary mode. We must move with the stone to be brushed so let's now talk "footwork".

GOOD BRUSHERS CAN BRUSH FROM EITHER SIDE OF THE STONE AND WILL WEAR GRIPPERS ON BOTH FEET.

Another change that brushing brought about is the relative positions of the two brushers. Let's return for a moment to those days of old when the brushers were, tah dah, "sweepers".

Both sweepers were usually, not always but usually, on the same side of the stone. This made sweeping in unison much easier and due to the nature of the action of the broom, two sweepers could literally be shoulder-to-shoulder without disturbing one another's footwork. This is NOT the case when two "brushers" brush. The footwork is entirely different.

I like to describe the footwork when brushing as a combination of basketball shuffle and cross-country skiing. Generally the feet face toward the target of the stone (especially the front foot). And even though the brusher wears grippers on "both feet" (more about that in a moment), the feet can still "slide" enough to make the movements of the feet smooth. But, this cross-country ski action takes up a lot of space, certainly much more than the footwork of those two "sweepers" so it would be awkward at best if two brushers were on the same side of the stone. It is difficult to describe in words the action of the feet. It really is trial and error. You adopt a method which allows you to maximize brushing effectiveness (see first brushing point in this article).

The gripper/gripper idea first started when brushers realized that to brush "on the opposite side of the stone", it placed the "slider foot" as the rear or push foot. This was awkward and somewhat dangerous. So the answer was to place one's gripper over the slider while brushing on that "opposite side". Little did we know that other, very positive spin offs would occur. They include; added safety (especially for "older curlers"), increased heart rate recovery due to the fact that the athlete must "walk" back to position rather than use the push/slide method and greatly reduced stress on the knee of the slider leg (again a huge advantage to older curlers). Who would have thought? It is now commonplace for curlers to go "gripper/gripper" for all the skills of the game except executing the actual delivery of the stone. If you have not made the switch to gripper/gripper, I urge you to do so. Now!

Grippers are not expensive. Get new ones each year. They dry out quickly and shed easily. They are the primary cause of "picked stones"!

USE A BRUSH THAT IS SUITABLE TO THE ENVIRONMENT.

Most elite curlers agree that under frosty conditions, a hair type of brushing

device might have an advantage over a synthetic device. Ice technicians tell us that from a pebble wear perspective, the synthetic brush head "appears" to actually wear down the pebble to a greater degree than a hair device. The type of device selected is very much a compromise between the needs and wishes of the team and the athlete. Don't select a brush that is too heavy or too long for example. Oh, by the way, no tests which have been conducted have proven that one type of generally accepted brushing device is more effective than any other! But, tests certainly have demonstrated that brushing is effective in helping the stone to maintain its momentum!

Besides the actual "brushing surface" of the brush, the head of the brush tends to be manufactured in different lengths as well. Right now the most well-known brushing tandem are "Huff and Puff" (a.k.a. Marcel Roque & Scott Pfeifer) the front end for the world champion Randy Ferber/Dave Nedohin team. They both use very long brush heads as do the "other" well-known brushing duo for Wayne Middaugh (Scott Bailey and Ian Tetley). I must admit that I don't really understand why they use such a large brush head. The running surface is only about half the diameter of the stone. It's rather small. Even a "small head" brush, placed at the correct angle will keep a portion of the brush head in contact with the ice in front of the running surface at all times (a key point for most excellent, competitive brushers). It's a matter of personal preference. Some brush heads are "angled" to the handle of the brush so that the brush head moves across the path of the stone in such a way as to always be perpendicular to the path of the stone. That certainly promotes maintaining a portion of the brush head in front of the running surface of the stone.

Of course, from a rules perspective, the brush must "move" across the path of the stone with the last stroke clearly being away from the path of the stone. Most officials are quite lenient on the definition of "move".

BE AS FIT AS YOU CAN TO BE THE MOST EFFECTIVE BRUSHER YOU CAN.



Level I Instructor Exam

What should an instructor do to get ready for a beginner's clinic (promotions, clubroom, ice, attire, demeanor, etc.)?

Name the four positions on a curling team and briefly explain their roles.

What are the two most basic types of curling shots?

Describe a proper set-up position in the hack (ball of hack foot, slider foot, shoulders, hips, broom, rock location, handle position, eyes, etc.).

Describe the three major movements in a "PDS" curling delivery.

Describe the sequence that is often used to teach a balance slide (training wheels, free hand, & with rock) to beginning curlers.

What are the "ABC's" of a good delivery? Which is most important?

Name three things that a curling broom is most commonly used for?

Name two things that sweeping does to curling ice?

How does sweeping affect a curling shot?

Describe a proper release (starting point for imparting turn, position of handle prior to and at release, hand position prior to and following release, etc).

Name five key etiquette points that new curlers should be mindful of.

PARTICIPANT RELEASE

Oct 2007

The undersigned hereby makes the following representations: (i) that the undersigned understands that the sport of curling is played on ice and requires physical fitness; (ii) that the undersigned possesses such physical fitness; and (iii) that the undersigned understands that the risks of participating in any curling activity could involve serious injury or death.

In consideration of being allowed access to the Ice House (as defined below) as a participant in any curling activity in the Ice House, I, the undersigned, for myself and my estate, successors, heirs, beneficiaries, administrators, trustees, representatives, and attorneys do hereby remise, release, acquit, and forever discharge (i) _____ (club name), a _____ (state) _____ (type of entity -- corporation, limited partnership, etc.) (the "Club"); (ii) the United States Curling Association, Inc. ("USCA"); (iii) the <regional curling association (""); (iv) the respective successors and assigns or each of the Club, USCA, and _____ and (v) the respective employees, officers, and directors, but only while acting in their capacity as such, of each of the Club, USCA, and _____ (collectively, the "Releasees") from any and all actions, causes of action, claims, demands, and liabilities, both in law and equity for damages and any court costs and legal expenses and fees associated therewith in respect of physical, mental, and bodily injury occurring to me while participating in any curling activity in the Ice House prior to the Expiration Date (as defined below); provided, however, that in the event such injury was caused, in whole or in part, by the wilful, intentional, reckless, or grossly negligent action or failure to take action of any Releasee, such Releasee shall not be so remised, released, acquitted, or discharged hereby; and provided, further, that nothing herein shall be deemed to limit or exclude any action, cause of action, claim, demand, liability, payment, reimbursement, other benefit, or any court costs or legal expenses and fees that I or my estate, successors, heirs, beneficiaries, administrators, trustees, representatives, or attorneys might have or seek against (a) the Club's "Participant Medical Accident" insurance coverage, (b) any other participant participating in any curling activity in the Ice House, or (c) against any other person or entity other than a Releasee.

The Ice House shall mean the single room containing _____ sheets of ice in which the sport of curling is played in the building located at _____ (street address), _____ (city, town), _____ (state) owned and operated by Club. The Expiration Date shall mean the date which is one (1) calendar year after the date this Release is executed below.

I certify that I am at least eighteen (18) years of age and have the legal capacity to execute this Participant Release on my own behalf.

I hereby revoke any and all releases of liability, waivers, and indemnifications previously executed by me in favor of any of the Releases.

BEFORE SIGNING BELOW, I WAS GIVEN THE OPPORTUNITY TO READ THIS PARTICIPANT RELEASE AND TO CONSULT WITH AN ATTORNEY AS TO ITS SIGNIFICANCE. BY SIGNING BELOW, I UNDERSTAND THAT I AM WAIVING SIGNIFICANT RIGHTS. I UNDERSTAND THE MEANING OF THIS PARTICIPANT RELEASE AND THE RIGHTS I AM WAIVING. NOTWITHSTANDING THE FOREGOING, I HAVE CHOSEN, OF MY OWN FREE WILL, TO EXECUTE THIS PARTICIPANT RELEASE.

Date: _____, 20____

(signed) _____

Print name: _____

PARTICIPANT RELEASE

Oct 2006 Minor

The undersigned, being a parent or legal guardian of the minor curler ("Minor") indicated below, hereby makes the following representations: (i) that the undersigned is legally responsible for the Minor and legally empowered to act for, on behalf of, and to execute this Participant Release and thereby bind the Minor; (ii) that the Minor will comply with the rules and regulations of the Releasees (as defined below); (iii) that the undersigned understands that the sport of curling is played on ice and requires physical fitness; (iv) that the Minor possesses such physical fitness; and (v) that the undersigned understands that the risks of the Minor participating in any curling activity could involve serious injury or death.

In consideration of the Minor being allowed access to the Ice House (as defined below) as a participant in any curling activity in the Ice House, I, the undersigned, for the Minor and the Minor's estate, successors, heirs, beneficiaries, administrators, trustees, representatives, and attorneys do hereby remise, release, acquit, and forever discharge (i) _____ (name of club), a _____ (state) _____ (type of entity -- corporation, limited partnership, etc.) (the "Club"); (ii) the United States Curling Association, Inc. ("USCA"); (iii) _____ (regional curling association) ("_____"); (iv) the respective successors and assigns or each of the Club, USCA, and _____; and (v) the respective employees, officers, and directors, but only while acting in their capacity as such, of each of the Club, USCA, and _____ (collectively, the "Releasees") from any and all actions, causes of action, claims, demands, and liabilities, both in law and equity for damages and any court costs and legal expenses and fees associated therewith in respect of physical, mental, and bodily injury occurring to the Minor while participating in any curling activity in the Ice House prior to the Expiration Date (as defined below); provided, however, that in the event such injury was caused, in whole or in part, by the wilful, intentional, reckless, or grossly negligent action or failure to take action of any Releasee, such Releasee shall not be so remised, released, acquitted, or discharged hereby; and provided, further, that nothing herein shall be deemed to limit or exclude any action, cause of action, claim, demand, liability, payment, reimbursement, other benefit, or any court costs or legal expenses and fees that the Minor or the Minor's estate, successors, heirs, beneficiaries, administrators, trustees, representatives, or attorneys might have or seek against (a) the Club's "Participant Medical Accident" insurance coverage, (b) any other participant participating in any curling activity in the Ice House, or (c) against any other person or entity other than a Releasee.

The Ice House shall mean the single room containing _____ sheets of ice in which the sport of curling is played in the building located at _____ (street address), _____ (city/town), _____ (state) owned and operated by Club. The Expiration Date shall mean the date which is one (1) calendar year after the date this Release is executed below.

In the case that the Minor requires urgent medical attention and I cannot be reached, I hereby authorize (i) emergency personnel and medical practitioners selected by any of the Releasees or other chaperone of the Minor, in their reasonable judgment and sole discretion, to take any and all necessary measures on behalf of the Minor and (ii) the disclosure of the information set forth below to emergency personnel and medical practitioners by any of the Releasees or other chaperone of the Minor/

I hereby revoke any and all releases of liability, waivers, and indemnifications previously executed by me in favor of any of the Releasees.

PARTICIPANT RELEASE, page 2

BEFORE SIGNING BELOW, I WAS GIVEN THE OPPORTUNITY TO READ THIS PARTICIPANT RELEASE AND TO CONSULT WITH AN ATTORNEY AS TO ITS SIGNIFICANCE. BY SIGNING BELOW, I UNDERSTAND THAT I AM WAIVING SIGNIFICANT RIGHTS. I UNDERSTAND THE MEANING OF THIS PARTICIPANT RELEASE AND THE RIGHTS I AM WAIVING. NOTWITHSTANDING THE FOREGOING, I HAVE CHOSEN, OF MY OWN FREE WILL, TO EXECUTE THIS PARTICIPANT RELEASE.

Date: _____, 20____ Parent sign _____

Name of Parent _____
(Please print)

Name of Minor: _____

Address: _____

Age: _____

Medical Insurance Carrier: _____

Policy/Group Number: _____

Allergies, medical conditions, current medications: _____

Emergency Contact Name and Relationship: _____

Emergency Contact Telephone(s): _____

USA Curling - Level I Instructor Clinic

Evaluation

USA Curling is committed to the continuous improvement of our instructors, training tools and systems. Please take a few minutes to answer some questions regarding the clinic you just completed.

Clinic Date/Place _____ / _____

Lead Instructor: _____

What was the most useful part of the clinic?

Do you think there was enough time to cover the material? Yes No

Did the instructors present the material in a clear fashion? Yes No

Were your questions addressed adequately? Yes No

Were there enough instructors to assist you on the ice? Yes No

Do you feel prepared to improve your delivery? Yes No

Suggestions to improve the clinic:

Please comment on the overall value of the clinic.

Please return your completed questionnaire to the instructor.

