



Curling School 2009

Curling School 2009 is designed for anyone who wants to learn how to curl, or is relatively new to curling and would like to improve his or her curling skills. The school is open to paid students, adult club members, and college student members. In this 7-week course, participants will learn the basics of the curling delivery and effective sweeping, rules and strategy of the game, and some more advanced techniques that will enhance your enjoyment and proficiency. Each week, you will receive personal instruction in the classroom and/or on-ice from experienced instructors, and have a chance to compete against other curlers of similar experience in supervised games. Curling school is designed to help the new curler become more proficient and more competitive, but above all, to make curling more fun!

Lead Instructors: Roger Rowlett & Mary Jane Walsh, both USCA Certified Level II

Meeting time: Sundays, 6:00-8:30 PM, Utica Curling Club, Oct. 25-Dec. 13

What to bring: Wear warm, loose-fitting clothes. Bring a pair of athletic shoes (sneakers or tennis shoes) *with clean soles* or a pair of curling shoes (see below). Brushes will be provided, or can be purchased. A limited number of grippers and sliders can be provided by the club.

What to purchase: It is highly recommended that each student purchase two grippers and either a slip-on slider or a gripper-slider. Club members are encouraged to purchase a pair of curling shoes as soon as possible. *It is easier to learn to curl with a slider or curling shoes.* Consult your instructors for recommendations. Shoes should have a slider thickness of at least 5/32 inch or better. For the session on interval timing and for club competition, you may want to consider purchasing an inexpensive stopwatch. You can purchase these and other curling items, including brushes, from the club shop.

Eligibility & Fees: Curling School is open to *adult and college members* of the Utica Curling Club at no charge. *Adult non-members* may register for \$100.

Signup: Contact Roger Rowlett, rowlett@colgate.edu or (315) 824-2638 to register. *Participants will be registered on a first-come, first-serve basis.*

Syllabus

Date	Topic	Instructional Elements
Oct 25	Delivery Basics	You will receive classroom instruction on the basics of the curling delivery. On-ice, you will learn how to maintain your balance throughout the delivery, the cadence of the curling delivery, and the proper grip and release of the stone. You will practice your delivery in a short game against fellow students.
Nov 1	Rules & Strategy	You will receive classroom instruction on the rules and basic strategy of the game of curling, as well as some basic game etiquette. On-ice, you will recap the basics of delivery, then try out your new strategy skills in a short game against fellow students.
Nov 8	Effective Sweeping	You will receive on-ice instruction about how to use your brush effectively to affect the path of the stone. After a delivery recap session, you will play a short game against your fellow students.
Nov 15	Line of Delivery	You will receive on-ice instruction to help you improve your line of delivery toward the target, using laser alignment and video analysis. After your instructional session, you will play a short game against your fellow students.
Nov 22	Interval Timing	In this on-ice instructional session, you will learn an important tool to developing your eye for weight judgment: interval timing. If you own a stopwatch, bring it to this session. You will practice your weight judgment skills in a short game against your fellow students.
Dec 6	Team Communication	You will receive classroom instruction about the basics of team communication, including the responsibilities of the skip, shooter and sweepers in game situations. You will practice your team communication skills in a short game against your fellow students.
Dec 13	Opportunities for Competition	You will be introduced to some wonderful opportunities for on-the-road competition for curlers with 5 or fewer years experience. Celebrate your completion of curling school by—what else?—playing a short game against your fellow students.