

Utica Curling Club

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uticacurlingclub.org

Curler Orientation Book



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Table of Contents

General Information	3
Curling Basics	4
Seasons and Schedule	10
Leagues – Fall Season	11
Bonspiels – Fall Season	14
Leagues – Spring Season	15
Bonspiels – Spring Season	17
Curling School and Instruction	19
Membership Structure and Dues	21

Who can Curl ?

Anyone can curl. The Utica Curling Club has members from age 7 to over 90, and we come in a variety of levels of physical fitness! What you see on TV is not the only way to curl. We have delivery techniques for folks with bad knees and backs, and are home to an active contingent of wheelchair curlers.

How much does it Cost ?

The biggest cost is the annual membership fee. There are a variety of types of memberships (see the end of this booklet for membership classes) . **First and Second year members get a substantial discount.** A full membership enables you to curl in up to 4 leagues a week with no additional fees (other than buying drinks when you win!). Curling in tournaments (bonspiels), does involve an extra fee for each bonspiel. Those fees (which typically include at least one meal) range from about \$30 for a local bonspiel to about \$85 for a bonspiel at another club.

What about equipment ?

Equipment for curling is simple: warm comfortable clothing, clean shoes, and a broom. The cost of shoes runs from \$85 to \$300, and there are less expensive alternatives (2 grippers and a pull-on slider will run about \$40). Good brooms start at about \$75 and can go for as much as \$190. The club also has brooms that can be borrowed during your first year.

Can I watch or try curling?

Yes, we'd be glad to have you come visit. We have events for non-curlers in October and the spring. See the Try Curling section of our webpage for upcoming events. Just want to watch? Email visitors@utiacurlingclub.org to arrange for someone to meet you and explain what you're watching!

How do I learn to Curl ?

Many people learn to curl playing in the regular leagues, having no experience beforehand. Team members and team skips take extra time to teach new curlers how to deliver and sweep stones. We have instructors who can give you excellent instruction to help you play better and enjoy the game more. In addition there is a Curling School that meets on Sundays from late October to early December especially designed to help you improve your game right away. Curling School is available to members at no extra charge, and to non-members for a fee.

Do you curl all year long ?

The curling season at the Utica Curling Club runs from mid-October to the end of March. There are opportunities to curl in the Northeast at other times of year.

Is it cold out on the ice ?

Not as cold as skiing! The ice temperature is about 24° F but the air temperature is usually around 40° F.

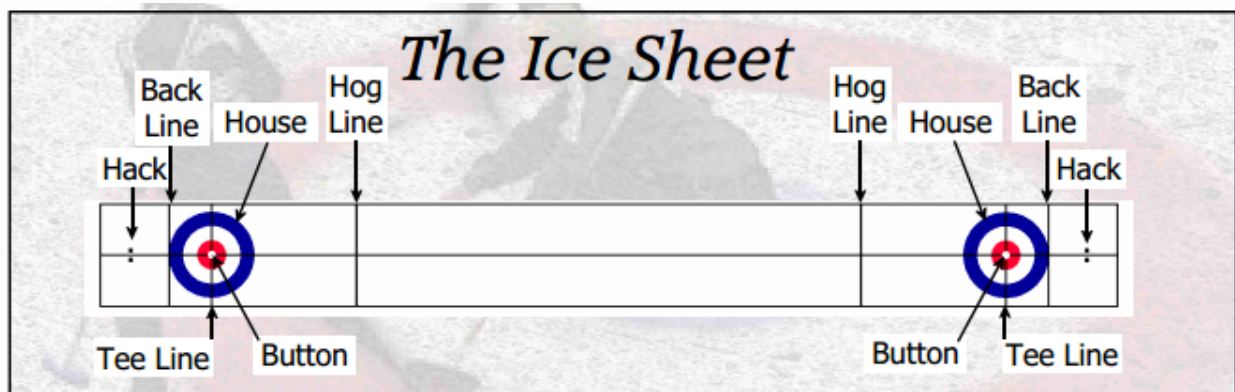
Curling Basics

The Positions:

- Lead - Throws stone 1 & 2 and sweeps the rest.
- Second - Throws stone 3 & 4 and sweeps the rest.
- Third (Vice) - Throws stones 5 & 6 and responsible in the house for the skips stones.
- Skip - Throws 7 & 8 and is responsible in the house for all other stones.

The Beginning of the game:

- The Leads on each team toss a coin to determine who has the last stone advantage (Hammer) in the first end.
 - In most cases the winner of the toss chooses to throw the last stone (Hammer), however they can instead chose color.
 - The loser of the toss chooses the color of stones for the team, or takes hammer if the winner of the toss did not choose hammer.



The Sheet

- Each curling sheet is 146 feet long
- About 14.2 to 15.7 feet wide.
- At each end of the sheet are a series of circles called the house.
 - The circles are 4 feet, 8 feet, and 12 feet in diameter – forming a target. At the center of the target is a small circle called the button.
- The tee line cuts through the middle of circles separating the front and back of the house.

Standing

- The Leads, Seconds and Thirds must position themselves between the hog lines and near the sides of the sheet unless they are about to sweep or deliver a stone. Skips of non-delivering team must stand behind the back line at the house until the opponents throw has been released.

- If you are next to deliver a stone, position yourself behind the hack and remain quiet and still as your opponent delivers. As soon as the opponent delivers his stone and his stone is still in motion, choose your stone and move into the hack area. Clean your stone and get set to deliver.
- If you are about to sweep, position yourself on the tee line approximately two feet from the sideline. As your teammate begins to deliver, start moving forward and to the center trying to “meet” the stone. You may begin sweeping the stone if needed.
- When you have stopped sweeping, return to the other end of the ice walking down the sides of the sheet. Do not walk down the center of the sheet, preventing the opponent from viewing the house. As you are walking back, try not to distract the opponent in the hack. Stop and remain still while the opponent is delivering.
- If games are still in progress when you finish, do not distract others as you leave, IE walking behind a player about to deliver.

When your team is throwing

- Teams consist of 4 players. Each player will throw two stones per end, alternating with the opponent. Your team throws one, the opposing team throws one, and so on.
- As the Lead is throwing, the Second and Third are sweepers, with the skip calling the shots.
- When the Second is throwing, the Lead and Third are the sweepers
- When the Third is throwing, the Lead and Seconds are sweeping.
- When it comes time for the Skips to throw, the Third takes over responsibility of the house and calls all sweeping for line. The Lead and Second remain as the sweepers for the Skip’s shot.

Completing the End

- Once all 16 stones have come to rest, the Thirds (Vices) from each team agree on how many stones are counting for which team. Leads and Seconds should not be in the house or move any rocks until the thirds agree on the score.
- Occasionally, when the counting stone or stones cannot be determined by the naked eye, a special measuring tool is used by the Thirds (Vices).
- Once all 16 rocks have been thrown down the narrow *sheet* of ice, the score for that end is counted based on the final positions of the stones in the *house*, (the group of circles on the ice that looks like a bull’s eye). Only one team can score in an end and the most any team can score is 8.. A team scores one point for every rock that it has closer to the center of the house than the other team.
- The Third’s (Vice’s) are responsible for posting the score on the scoreboard.
- The team scoring in the end throws the first stone in the next end. The non-scoring team has last rock advantage (Hammer)

Above excerpts from Glyn Pritchard of Fettercairn Curling Club

Free Guard Zone

- The free guard zone is the area between the hogline and the tee line, excluding the house.
- Any stationary stone(s) belonging to the opposition that is located in the free guard zone shall not be moved to an out-of-play position by the delivering team prior to the delivery of the 5th stone of the end.
 - Penalty: A stone that is delivered prior to the 5th stone of the end that results in an opposition stone being moved from the free guard zone to an out-of-play position shall result in the delivered stone being removed from play and all other stones that were moved being replaced as close as possible to their original position.

Sweeping

Sweeping makes a delivered stone travel farther and straightens out the curve of a delivered stone.

- If your team is throwing the stone, then anyone on your team may sweep from tee line to tee line. Normally that's the two sweepers, and sometimes the skip will come out from the house and help. The person throwing the stone can even stand up, hustle down the ice, and sweep their own stone! That's unusual, but perfectly acceptable. It should be noted that adding a third or even a fourth sweeper to the usual two has very little additional effect. Once the stone has traveled past the tee line, one person and only one person on your team may continue to sweep past the tee line.
- Your opponents may sweep your stone once it's past the tee line. This would be an attempt to sweep it out of the back of the house and out of play. Only the skip or vice-skip is allowed to do that sweeping! You have the right of way if you are sweeping your own stone. You may not interfere with your opponent's sweeping.



What do you do about burned rocks?

“Burning a rock” means touching a moving rock, with a player's broom, other equipment, clothing, or any item that might fall from a player or his/her equipment. **In all cases, when a rock is burned a player shall immediately announce the infraction to the Skip.**

A rock burned (touched) before the far hog line is immediately pulled from play. For rocks burned beyond the far hog line, all stones are allowed to come to rest after which the non-offending team has the option to:

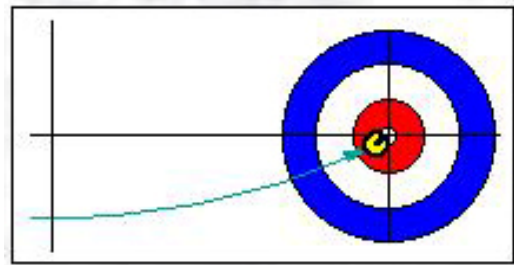
1. Remove the touched stone and replace all stones that were displaced after the infraction to their original position; or
2. Leave all stones where they came to rest; or
3. Place all stones where it reasonably considers the stones would have come to rest had the moving stone not been touched.

Types of Shots

Essentially, there are three basic types of curling shots, the *Draw*, *Guard* and *Takeout (or Hit)*.

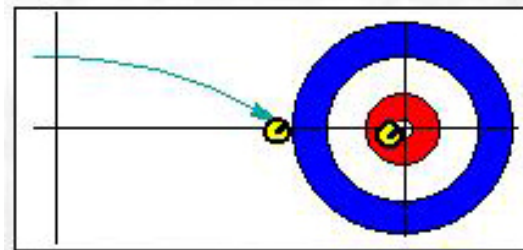
The Draw - The draw is the most basic shot in curling. They are shots that are only thrown hard enough to reach the field of play at the other end. Sometimes you draw behind another stone instead of leaving it exposed. Vigorous sweeping of a draw can make it travel up to 10 feet further.

- **Draw** - a shot that may curl around another rock into the house
- **Raise** – striking and moving another rock into a better position in the house
- **Freeze** - a draw that comes to rest touching another rock
- **Corner-freeze** - a draw that comes to rest on the edge of another rock

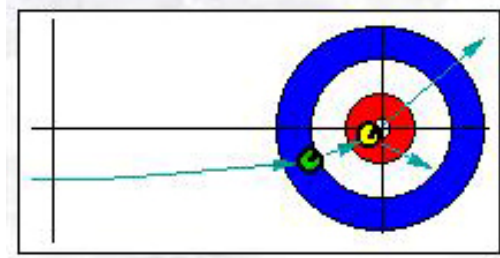


The Guard – Guarding involves delivering a stone at slightly less weight so that it blocks the path to the target stone. Positioning of the guard can be crucial – it may be perfectly in line, but if its too far away from the target stone, the opposition can draw around the guard. If it's too close, the opposition may be able to “Takeout” both stones simultaneously.

- **Center Guard** - a rock thrown short of the house in the center
- **Corner Guard** - a rock short of the house and off to the side



The Takeout or Hit – the prime objective of the takeout is to remove the opponents stone (or stones if the alignment is right). It is therefore played at a heavier weight than a draw. The picture shows a yellow-team stone about to be struck out by a green-team one. A secondary objective may be to leave the green-team in a good position in the house. In this case, fine judgment is needed to insure that the green stone hits the yellow at just the correct angle.



- **Normal** - a takeout thrown with enough weight to firmly remove another rock (a normal takeout undisturbed should hit the back wall and bounce back about a foot)
- **Hack Weight** - a takeout thrown with enough weight to gently remove another rock (a hack weight takeout undisturbed should come to rest at the back wall)
- **Peel** - a takeout thrown with very hard weight to remove rocks from play then roll out of the playing area also.
- **Hit & Roll** - a takeout that, after making contact with another rock, rolls to a designated place
- **Chip** - a takeout thrown to strike another rock at an angle and remove it sideways

Skips Calls and Signals:

Standard Broom Signals.

- The skip begins by telling you what kind of shot he wants i.e. draw, takeout, raise, split, or freeze.
- For the draw, the skip first taps the ice where the rock is expected to stop and holds the broom vertically over the target spot on the ice that the thrower aims at.
- For the takeout, the skip taps the rock that your shot is to remove from play and holds his broom as a target that the thrower aims at.
- For the raise (gently moving a rock to a more advantageous spot), the skip taps the stone and then holds his broom across his chest with both hands. The distance between his hands is the approximate distance that he wants the stationary stone to move. He will next tap the spot where he wants you to bump it.
- For the split, the skip will tap the stationary stone and the ice on either side of it. This indicates that he wants both the shooter and stationary rock to stay in the house. For the freeze (shooter comes to rest exactly in front of another stone), the skip taps the ice immediately in front of the stone he wants to freeze to.

Standard Hand Signals

- The first hand signal that the skip will give is for the turn that he wants.
 - If he holds out his right arm, he wants the stone to rotate clockwise. (This is an in-turn for right handers and an out-turn for left handers)
 - If he holds out his left arm he wants the stone to rotate counter-clockwise. (This is an out-turn for right handers and an in-turn for left handers)
 - Other hand signals are unique from team to team. The skips use hand signals since they are easier on his vocal cords than yelling, although there is a fair amount of talking going on between team members during the game.

Seasons and Schedule

The Curling season normally kicks off with the “Try Curling” nights in mid-October. These are two to three nights where the public is welcome to come in and try curling. Members of the Utica Curling Club provide guests with basic instruction in curling and have them deliver and sweep stones and, when time permits, play a short game against other guests.

Shortly after the Try Curling nights, all guests and current UCC members are invited to play in the “Our House is Your House Bonspiel”. Whether you plan to join as a member or not, you’re welcome to join in this fun one day bonspiel (similar to a tournament) where you will be paired up with some veteran curlers who will guide you through your first bonspiel.

Throughout the curling season there are many leagues and bonspiels to participate in. The leagues and bonspiels range from all men, all women, mixed (2 men and 2 women) or “open” which is any combination of men and women on a team.

The curling season is divided into two halves.

The Fall season (first half) runs from late October through mid-December.

The signups for the leagues in this season are posted on the club bulletin boards during the “Try Curling” week and email notices are sent out to members and included in the Curlogram newsletter. Bonspiel notices are posted about a month before the event and email notifications are sent to members through our member e-mail distribution list.

The Spring season (second half) runs from January through March.

The signups for the leagues in this season are posted on the club bulletin boards during the month of December and email notices are sent out to members and included in the Curlogram newsletter. Pay close attention to signup deadlines to be sure that you get in. Bonspiel notices are posted about a month before the event and email notifications are sent to members. Please check with another member if you are unsure of where to sign up so that you do not miss out!

- **Bulletin Board Locations** for League, Bonspiel and other event postings:
 - The Women’s Locker room for women’s leagues and bonspiels.
 - The Men’s locker room for men’s leagues and bonspiels.
 - The Mixed Board on the wall as you walk toward the locker rooms for mixed leagues and mixed Bonspiels.
- **Website** – uticacurlingclub.org
- **Curlogram** – The Curlogram is the monthly newsletter and includes news on upcoming events, past event results and other articles of interest. This is emailed to all members and is available from the club website.

Contacts: **Membership Questions -** membership@uticacurlingclub.org
 Dues Questions: dues@uticacurlingclub.org

Leagues – Fall Season

October to December

Signups normally start in October via postings and email.

Men's League – Fall Season:

1. Charbonneau - Monday 8pm, Tuesday 5:45pm

The Charbonneau is a fall competition consisting of two leagues. Members sign up via posted list and or Email. Teams are formed for each league by the chairman from the pool of curlers who have signed up for the leagues. The chairman attempts to make the teams as equal as possible and each team normally has a new curler on it. Games are 8 ends.

2. Rink - Wednesday 8pm

The Rink is currently the first (lowest) level of the men's skip's ladder (see below). Teams are formed by a skip's draft from the pool of curlers who have signed-up for that league. Games are 8 ends.

What's a Ladder?

The Men's Ladder is a progression of levels or leagues that any curler who wants to skip (captain) a team will follow. The Ladder consists of four men's leagues:

Rink (Newer skips) - Fall

Tom Garber (2nd level) - Spring

Allen (3rd level) - Spring

Sims (Top level) - Spring

The ladder is a means for skips to gain experience against skips of similar skill and experience. New skips must begin in the lowest level (Rink league). At the end of each league, generally the four skips with the best record in each league will move up to skip a team at the next level and the four skips in each league with the worst record will drop down to skip a team at the next lowest level.

If you are not a skip, the "ladder" doesn't apply to you and it does not represent any specific experience level required. Feel free to join a league on any night that is convenient for you.

Women's League – Fall Season:

1. Calder – Monday 5:45pm

The Calder is the first (lowest) rung of the women's skips ladder (see Below). Teams are formed by a skip's draft from the pool of curlers who have signed-up for that league. Games are 8 ends.

2. Mary Clark – Tuesday 10am Alternate years since 2011

Games are 8 ends. This time slot had traditionally been a women's ladder competition. If there are not sufficient numbers of women daytime curlers this league will not be held and instead curlers can play in the Mixed Tuesday "Fun League".

3. Roemer – Tuesday 10am – Alternate years since 2012

Games are 8 ends. This time slot had traditionally been a women's ladder competition. If there are not sufficient numbers of women daytime curlers this league will not be held and instead curlers can play in the Mixed Tuesday "Fun League".

4. All – American - Wednesday 5:45pm

The All-American is a non-ladder competition, sponsored by the USWCA (US Women's Curling Association). Chair(s) create the teams from the pool of curlers who have signed up for the leagues; Games are 8 ends.

What's a Ladder?

The Women's Ladder is a progression of levels or leagues that any curler who wants to skip (captain) a team will follow. The Ladder consists of three women's leagues:

Calder (Newer skips) - Fall
Lambert Grant (Middle level) - Spring
Glenplaidies (Top level) - Spring

The ladder is a means for skips to gain experience against skips of similar skill and experience. New skips must begin in the lowest level (Calder league). At the end of each league, generally the two skips with the best record in each league will move up to skip a team at the next level and the two skips in each league with the worst record will drop down to skip a team at the next lowest level.

If you are not a skip, the "ladder" doesn't apply to you and it does not represent any specific experience level required. Feel free to join a league on any night that is convenient for you.

Mixed and Open League – Fall Season:

1. Tuesday Daytime League – Tuesday 9:45am

Fun mixed league sponsored by the Glengarries. Teams organized by chair from the pool of curlers who have signed up for the leagues, category A and B women skips. Exact format to be determined. Games are generally 8 ends.

2. Open League – Tuesday 8pm

This is a non-medal league that is a great way to prepare your teams for a bonspiel, or just to curl with a group of friends. Signup as a team or add your name to the sub list. Teams can be any combination of men and/or women. Open to teams of all skill levels. Games are 8 ends

3. Boerger Fun and Fitness – Thursday 4pm

A fun mixed league with 6-end games. Chair(s) create the teams from the pool of curlers who have signed up for the leagues. Games are 6 ends.

4. King's Cup – Friday 5:30pm and 7:30pm

A fun mixed league with 6-end games. Teams are formed for each league by the chairman from the pool of curlers who have signed up for the leagues. Whichever league you choose to join, you will play at the same time each week. League winners are determined in the final week by a playoff between teams with the best win/loss records from the 5:30pm draw versus the 7:30pm draw. Games are 6 ends. Finals are 8 ends.

What's a Mixed League ?

Mixed curling, also known as Coed curling, is played by men and women together. A normal mixed team consists of 2 men and 2 women with the positions alternating in gender.

What's an Open League ?

Open curling is played by any combination of men and women..

Bonspiels - Fall Season

What is a bonspiel?

A bonspiel is a “tournament” that can range from only one day to multiple days depending on the event. The event can be men’s only, women’s only, mixed (2 men / 2 women) or open (any combination of men or women). In-house UCC events will always have a sign-up sheet so look for the sign up on one of the bulletin boards within a few weeks before the event. Sign up as part of a team or as a single and the chairperson(s) will find you a team.

Bonspiel events at the UCC during the first half of the season are:

Our House is Your House (October - Open) – First in-house bonspiel of the year. This one day event is open to guests as well as UCC members. It is a perfect opportunity for new members or guests to play on a team with current members and experience a bonspiel. Teams will be organized by the bonspiel chairperson.

Utica/Schenectady/Albany Women’s Friendly (October/November – Women’s) – A one day “friendly” event between the Utica, Schenectady and Albany Curling Clubs. The host club for the event will be rotated each year between the three clubs.

Empire State Bonspiel Play downs (November – Women’s) – This is an in-house play down event to determine which two teams will qualify for the Empire State Bonspiel in January.

Turkey Spiel (November – Mixed) – A one-day fun in-house event with teams determined by the bonspiel chairperson. Players rotate positions each end which adds to the excitement. All bonspiel prizes are turkey themed – try not to end up with the Turkey Spam!

Early Friendly (December – Mixed) – A multi-day in-house bonspiel with medals for the first two events.

Wheelchair Invitational (November or December – Wheelchair) – U.S. Open Invitational for wheelchair teams from various curling clubs.

Murray Club Championship (December – Men’s) – A competitive in-house bonspiel to determine the UCC Men’s Club Champion. The winner of this event, as well as the next four highest ranked teams will receive an invitation to participate in the Mitchell Invitational bonspiel in January. One additional team will be randomly drawn out of a hat and will receive the 6th and final invitation to the Mitchell bonspiel.

Leagues – Spring Season

January to March

Signups normally start in December via postings and email.

Men's League – Spring Season:

1. Tom Garber - Monday 8pm

The Tom Garber is the second level of the men's skip's ladder. Teams are formed by a skip's draft from the pool of curlers who have signed-up for that league. Games are 8 ends.

2. Allen – Tuesday 7pm

The Allen is the third level in the men's skip's ladder. Teams are formed by a skip's draft from the pool of curlers who have signed-up for that league. Games are 8 ends.

3. Sims – Wednesday 8pm

The Sims is the fourth and highest level in the men's skip's ladder. Teams are formed by a skip's draft from the pool of curlers who have signed-up for that league. Games are 8 ends.

Women's League – Spring Season:

1. Lambert Grant – Monday 5:45pm

The Lambert Grant is the middle level of the women's skip's ladder, Teams are formed by a skip's draft from the pool of curlers who have signed-up for that league. Games are 8 ends.

2. Glenplaidies – Wednesday 5:45pm

The Glenplaidies is the Top level of the women's skip's ladder, Teams are formed by a skip's draft from the pool of curlers who have signed-up for that league. Games are 8 ends.

If you are not a skip, the “ladder” (men's or women's) doesn't apply to you and it does not represent any specific experience level required. Feel free to join a league on any night that is convenient for you.

Mixed League – Spring Season:

1. Tuesday Daytime League – Tuesday 9:45am

Fun mixed league sponsored by the Glengarries. Teams organized by chair from the pool of curlers who have signed up for the leagues, category A and B women skips. Exact format to be determined. Games are generally 8 ends.

2. Boerger Happy Hour – Thursday 4pm

A fun mixed league with 6-end games. Chair(s) create the teams from the pool of curlers who have signed up for the leagues. Games are 6 ends.

3. Crawford – Friday 5:30pm and 7:30pm

A fun mixed league with 6-end games. Teams are formed for each league by the chairman from the pool of curlers who have signed up for the leagues. Whichever league you choose to join, you will play at the same time each week. League winners are determined in the final week by a playoff between teams with the best win/loss records from the 5:30pm draw versus the 7:30pm draw. Games are 6 ends. Finals are 8 ends.

Bonspiels - Spring Season

Calder Conley Hurd (January – Mixed) – An in-house multi-day bonspiel with medals for the top three events.

Mitchell Men’s Invitational (January – Men’s) – This is a men’s multi-day international invitational bonspiel. It is not open to UCC members except those who have qualified during the Murray Men’s Championship held in December. This bonspiel is very rich in tradition and has been held since February 1885.

Charity Challenge (January for high school level and a date TBD for adults) - This is a one day “curl for a cause” event that is open to non-curlers to get together, try their hand at curling and raise some money for their favorite charity. Each team will be coached by a member of the Utica Curling Club. The adult Charity Challenge date varies from year to year due to scheduling conflicts but is generally held in February or March.

Empire State Bonspiel (January – Women’s) – An invitational bonspiel that is rotated between four different host sites within NY State: Utica, Schenectady, Rochester and Ardsley (NY). Each club has provided a trophy and the winner trophies and medals for these events rotate based on the host club for that year.

UCC Mixed Championship (January – Mixed) – A competitive in-house bonspiel to determine the Mixed Club Champion as well as which Utica teams will be invited to the Cobb Invitational bonspiel held in February. A minimum of six Utica teams will be invited to represent Utica in our Cobb bonspiel based on their order of finish with one of the six being randomly selected from a hat.

5 Year and Under Bonspiels – These multi-day events were started by the Grand National Curling Club (governing body for curling in the Eastern U.S.) and the U.S. Women’s Curling Association and is limited to curlers with 5 years or less of curling experience. This is an ideal opportunity for new curlers to gain experience at playing different positions and playing against other teams of similar experience level. For many new curlers, these events are often the first out of town bonspiel experience at which new lifelong curling friends are made.

Francis Dykes (Men’s) 5 Year and Under (February)

Raymond Kayser (Mixed) 5 Years and Under (February)

Elizabeth Childs Challenge (Women’s) 5 Year and Under (March)

Cobb Invitational (February – Mixed) – An international invitational multi-day bonspiel with extensive social activities for bonspiel participants. One of the highlights of our curling season. UCC teams qualify for this based on their order of finish in the UCC Mixed Championship (above) with one of the six being randomly selected from a hat.

Glengarry Challenge (March - Women's) - A competitive in-house bonspiel to determine the UCC Women's Club Champion.

Utica / Rochester Friendly (February/March - Mixed) – A one day, fun “friendly” between the Utica and Rochester Curling Clubs. The location alternates each year. Utica teams compete against Rochester teams for total points scored. The club with the highest total team points wins the “Tankard Cup” and the losing team earns the honor of housing the “Monkey” trophy for the year.

Rose Bonspiel (Late March – Mixed) – The final (closing) in-house bonspiel of the year. This is a points based bonspiel where silver prizes are awarded to the 1 game high, 2 game high and 3 game high points winners and runners up. The bonspiel finishes on a Saturday afternoon and is followed by a closing dinner and party when we shut off the ice compressor and members break out the ice skates.

Season ends ☹️

UCC Golf Tournament (May/June – Open Captain and Crew Format) – Because we miss seeing you, we also hold a golf tournament in late Spring that is open to all members and non-members. Watch for information during the months of February and March.

Important Bonspiel Reminders

- If you don't have a team, don't be afraid to sign up as a single and we'll try to pair you up with others
- Even if you decide not to curl, you are welcome to join us for dinner, drinks and/or entertainment at many of the in-house bonspiels. If you're not sure, ask a veteran member of the club and he/she can help you.
- Be sure to check the membership categories on the following page to be sure you are eligible for a league or bonspiel that you are interested in. Generally, as a first or second year curler, you are eligible for all in-house bonspiels and are considered to be a full dues paying member for that purpose.

Curling School and Instruction

Curling School 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 adult club members at no charge and to adult non-members for a fee. The course consists of a core curriculum of basic skills, and additional elective curriculum of more advanced skills. Each week, you will receive personal instruction in the classroom and/or on-ice from experienced instructors.

Curling school is designed to help the new curler become more proficient and more competitive, but above all, to make curling more fun!

Core curriculum. The first 3 weeks of Curling School are primarily aimed at first-year curlers. In these sessions, participants will learn the basics of the curling delivery, rules and etiquette of the game, and techniques of effective sweeping. New curlers are encouraged to attend all of these sessions.

Elective curriculum. The last 4 weeks of Curling School focus on more advanced aspects of curling, including strategy of the game and some techniques that will enhance your enjoyment and proficiency. The elective curriculum is appropriate for curlers with 0-5 years of experience. We ask that curlers RSVP for these sessions by contacting the instructors at curlingschool@uticacurlingclub.org

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

Meeting time: Sundays, 3:30-5:00 PM, Utica Curling Club

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 fit recommendations. Shoes should have a slider thickness of at least 5/32 inch or more. 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, curlingschool@uticacurlingclub.org or (315) 824-2638 to register. Participants will be registered on a first-come, first-serve basis.

Curling School Syllabus

Topic	Instructional Elements
Delivery Basics (core curriculum)	You will receive instruction on the basics of the curling delivery. 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.
Rules & Effective Sweeping (core curriculum)	You will receive instruction on the basic rules and etiquette of curling. You will receive on-ice instruction about how to use your brush effectively to affect the path of the stone.
Line of Delivery (core curriculum)	You will receive more advanced on-ice delivery instruction and analysis to help you improve your shot-making.
Team Communication (elective)	You will receive on-ice instruction about the basics of team communication, including the responsibilities of the skip, shooter and sweepers in game situations.
Interval Timing (elective)	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. (If you do not own a stopwatch, one will be provided.)
Strategy (elective)	In this session, you will be introduced to strategic aspects of the game, how to interpret shot calls, and how to conduct the game as a skip.
Practice and individual instruction (elective)	In this last session, instructors will work individually with you to analyze and refine your delivery, or work on more advanced skills.

Membership Structure and Dues

- **First Year Member \$300** - Individuals who have never curled before. All curling benefits.
- **2nd Year Member \$375** - Individuals who have previously curled one year at the Utica Curling Club. All curling benefits.
- **Resident \$470** - All curling benefits and voting privileges.
- **Senior Resident \$400** - Age 65 or older by November 1st. All curling benefits and voting privileges.
- **Non-Resident >40 \$400** - Individuals residing outside a 40 mile radius around the club. All local curling benefits.
- **Non-Resident >100 \$130** - Individuals residing outside a 100 mile radius around the club. All local curling benefits.
- **Wheelchair \$200** - Individuals who curl from a wheelchair. Limited to wheelchair leagues, one day events, or games scheduled to start before 5:00pm, excluding any ladder competitions, club championships, or play downs.
- **Fall Season \$275** - All curling benefits for the first half of the season.
- **Spring Season \$350** - All curling benefits for the second half of the season.
- **Associate \$350** - Age 18-24 by October 1st.
- **Plate Glass Plus \$180** - Former Resident, Senior Resident, or Non-Resident members only. Limited to one day events, or games scheduled to start before 5:00pm, excluding any ladder competitions, club championships, or play downs.
- **Plate Glass \$50** - Former members. No curling benefits
- **Junior Plus \$170** - Age 16-20 by October 1st with prior curling experience. Eligible for junior curling plus one men's, women's, or open league (not mixed) during each half of the season. Participation in the adult leagues is limited to undersubscribed leagues i.e., fewer adults enrolled than available curling slots.
- **Junior \$50** - Age 12-20 by October 1st. Eligible for junior curling.
- **Little Rocker \$40** - Age 5-12 by October 1st. Eligible for junior curling.
- **College Plus \$170** - Full-time college students with some prior curling experience. Eligible for college curling plus one men's, women's, or open league (not mixed) during each half of the season. Participation in the adult leagues is limited to undersubscribed leagues i.e., fewer adults enrolled than available curling slots.
- **College \$50** – Full time college students. Eligible for college curling (typically Sunday afternoons)
 - The bar and dining room are available to Members and their guests.
 - If your membership includes curling privileges, you have access to leagues as noted above and ice is available for practice if there are open sheets.
 - Children are allowed in the glass area (warm room), and dining area on Friday nights with the exception of certain events.
 - Lockers are available to members at no charge – bring your own lock.