



Curling School 2016

Curling School 2016 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 and adult club members, and 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 more advanced 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

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 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 on-site at the first meeting.

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

Syllabus

Date	Topic	Instructional Elements
Oct 23	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.
Oct 30	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.
Nov 6	Line of Delivery (core curriculum)	You will receive more advanced on-ice delivery instruction and analysis to help you improve your shot-making.
Nov 13	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.
Nov 20	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.)
Dec 4	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.
Dec 11	Practice and individual instruction (elective)	In this session, instructors will work individually with you to analyze and refine your delivery, or work on more advanced skills.