Getting Started in Curling

Week 1 – Introduction to Curling and First Lesson
Agenda

• The League
• Why Curling?
• The Club
• Weekly Lesson Plan
• Equipment
• Curling Etiquette
• Lets head to the ice!
The League

• The program was designed by Curling Canada to teach adults to learn to curl
• No experience necessary, designed for new curlers
• Focus on instruction for the first 10 weeks
• Learn the basics the right way – with quality instruction
Why do people like Curling?

- Learn a new sport
- Meet new people
- Great exercise
- Inexpensive
- Any age can play
- Leagues for everyone – mixed, open, mens, ladies, seniors and juniors
- Can be a competitive and/or recreational experience
- Winter weather non-factor
- Social component at all levels
- Very popular in Canada
Introduction to the Curling Club

• [Add specific information about your curling club here – ex. Hours of operations, kitchen hours, parking information, locker room information, volunteering opportunities, club events, information about leagues etc.]
Weekly Lesson Schedule

• Week 1  – Introduction
• Week 2  – Three Step Delivery
• Week 3  – Five Step Delivery
• Week 4  – Releases and Grips
• Week 5  – Line of Delivery
• Week 6  – Review and Practicing the Delivery
• Week 7  – Weight Control
• Week 8  – Weigh Judgement
• Week 9  – Six End Game
• Week 10 – Six End Game
Goal

• To have fun and teach you the basics of curling, so you can successfully play in an adult league

• To learn in a safe and supportive environment
Equipment

• What you need to bring every night:
  – Comfortable clothes
  – Stretchy pants, loose jacket (no jeans)
  – Mittens and/or gloves (hat if you’re cold, no scarves)
  – CLEAN running shoes (not warn outside/street shoes)
Curling Etiquette

- Be on time!
- Curling is all about sportsmanship
- Handshake (before & after) the game
- Coin Flip to decide who throws a rock first during a game
- Positive talk on ice – “nice shot”
- Stand to side when not shooting (like golf)
- Never been an on-ice fight
- Winners buy losers a drink (reciprocate)
Schedule – Week 1

- On-ice familiarization (This isn’t hockey!)
- Introduction to Curling Ice (Pebble)
- Introduction to Curling Rocks
- How to use grippers and sliders
- How to sweep
- Everyone throws a rock tonight!
Questions?