

How to Use a Delivery Stick-Introduction

- **Consider use of a safety helmet and** make sure you have appropriate footwear to prevent slipping and to help maintain your balance. Grippers are recommended. (Runners get slippery when cold). A gripper is recommended for each foot rather than a slider on one foot **unless you can confidently maintain your balance with only one gripper.**
- **Clean the bottom of your rock and the ice immediately in front of your starting point.**
- Begin your delivery, in a standing position, either in the appropriate hack or along the centre line directly aligned with the intended target broom. A stick delivery can start from anywhere between the delivery end hack and the delivery end hog line. If the stick delivery does not start in the hack, the delivery rock must touch the centreline at the start of the delivery action.
- When ready, visualize your line of delivery through the center of the rock to the target of skip's broom. (TIP – pick spot on nearest hog line as aiming point)
- Align handle with target line and place delivery end of stick over handle of rock. Remember the delivery stick is merely an extension of your arm.
- Align the end of the stick as close as possible to your belly button. ***It may help to use both hands to centre the delivery stick as shown below.***

Correct	Incorrect
	

- When you look down the delivery stick, it should align directly with the intended target of the skip's broom at the other end of the sheet.
- Grasp the stick with your thumb on top of the grip pointing directly down your intended target line. This is referred to as the neutral or 12 o'clock position.
- Square your shoulders to the target broom and ensure your delivery is intended to occur in a reasonably straight line from the hack towards the target broom.
- Before you begin your delivery, determine which turn is required and rotate your wrist and forearm to set the handle at 2 o'clock for out-turns and at 10 o'clock for in-turns.
- For left-handed curlers this motion is the reverse and reference points are opposite.

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- With the handle of the rock now in its proper position, proceed forward slowly with your arm relaxed and slightly bent and the grip of the stick in the mid-section of your body, with your eyes, stick and rock aligned with the target. (TIP-It is important to keep the primary throwing arm's elbow as close to the thrower's body as possible throughout the entire delivery) (TIP – don't be afraid to get close to nearest hog line) (TIP – remember to leave the rock handle at 2 or 10 until the final release)
- When you are at the appropriate speed and release point, simultaneously extend your arm towards the target and gently rotate your wrist and rock handle back to the neutral or 12 o'clock position. (TIP - try not to lunge forward and do not let your delivery stick remain on the handle past the neutral or 12 o'clock position).
 - Your rock **MUST** be clearly released from the delivery stick before the rock reaches the hog line
 - You may rethrow a rock delivered with a delivery stick if the delivered rock has not crossed the delivery end hog line (you can not change the shot originally called)
 - You can not change the method used to deliver a rock during a game. If you start the game using a delivery stick, you must complete the game using a delivery stick.
- Ideally rocks should have about 3 full rotations over the full sheet to be most effective. (TIP – avoid spinners - 5 plus rotations or lazy handles – less than 1 rotation)
- After releasing the rock continue your slide or walking towards the target as a follow through and visually follow your rock all the way down the sheet. **This will** help you "read" the ice **and help you assess the effectiveness of your delivery.**
- Remember:**
 - To be effective you need to control the
 - Line of delivery
 - Pace of the delivery
 - Rotation of the rock
 - Point of release
- Stick Length**
 - A delivery stick should feel comfortable to the thrower when the delivery stick head is resting on the rock handle and the stick handle close to your belly button
 - A "long" delivery stick will often force your elbows "up" as you walk/slide toward your release point
- Stick Head**



Off the hosel - Sure Shot



Off the hosel - Asham



Off the end, lift-off - Olson/Excalibur





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Hinged-Adjustable Rotation

Delivery basics - One hour Introductory session

a) Rotation of the rock

Rotate your wrist and forearm to set the rock handle at 2 o'clock or rotate your wrist and forearm to set the rock handle at 10 o'clock, extend your arm towards the target and gently rotate your wrist and rock handle back to the neutral or 12 o'clock

Clinic exercise: i) participants stand facing each other near the boards;
ii) participants rotate the rock to either the 10 or 2 o'clock position;
iii) participants extend arm and rotate wrist to the 12 o'clock position and gently release rock;
iv) repeat several times from both the 10 and 2 o'clock positions.
v) For beginners, this is an easy exercise to repeat on their own prior to every game.

Additional points to address:

- Try not to let your delivery stick remain on the rock handle past the neutral or 12 o'clock position as this may cause the rock to have excess rotation (spinner).
- Try not to "straighten" your rock handle before you reach your point of release, as this will cause the rock to have too few or no rotation (lazy handle).
- rocks should have roughly 3 full rotations over the full sheet to be most effective

b) Line of Delivery

At your starting point, when you look down the delivery stick, it should align directly with the intended target (skip's broom) at the other end of the sheet.

Square your shoulders to the target (skip's broom) and ensure your line of delivery is in a reasonably straight line from your starting position towards the target broom.

Walk or slide out to the near hog line.

Clinic exercise: i) participants stand in their starting position;
ii) participants rotate the rock to either the 10 or 2 o'clock position;
iii) participants walk/slide to a target on the near hog line (e.g., red cup)
iv) participants extend arm and rotate wrist to the 12 o'clock position and gently release rock;
iv) repeat several times from each side of the centre line.
v) For beginners, directional guides such as ropes or sticks on the ice can provide insights as to the "straightness" of the line of delivery.

Additional points to address:

- If the curler's starting point is not in or touching the hack, the rock to be delivered must be touching the centre line;
- Try not to "straighten" your rock handle before you reach your point of release, as this will cause the rock to have too few or no rotation (lazy handle).

Swivel-Techno Curling Stick

Delivery basics - One hour Introductory session

a) Rotation of the rock

Rotate your wrist and forearm to set the rock handle at 2 o'clock or rotate your wrist and forearm to set the rock handle at 10 o'clock, extend your arm towards the target and gently rotate your wrist and rock handle back to the neutral or 12 o'clock

Clinic exercise: i) participants stand facing each other near the boards;
ii) participants rotate the rock to either the 10 or 2 o'clock position;
iii) participants extend arm and rotate wrist to the 12 o'clock position and gently release rock;
iv) repeat several times from both the 10 and 2 o'clock positions.
v) For beginners, this is an easy exercise to repeat on their own prior to every game.

Additional points to address:

- Try not to let your delivery stick remain on the rock handle past the neutral or 12 o'clock position as this may cause the rock to have excess rotation (spinner).
- Try not to "straighten" your rock handle before you reach your point of release, as this will cause the rock to have too few or no rotation (lazy handle).
- rocks should have roughly 3 full rotations over the full sheet to be most effective



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c) Point of Release

At your release point, simultaneously extend your arm towards the target and gently rotate your wrist and rock handle to the neutral or 12 o'clock position.

Clinic exercise: i) participants stand in their starting position;
ii) participants rotate the rock to either the 10 or 2 o'clock position;
iii) participants walk/slide to a target at the other end of the sheet;
iv) participants extend arm and rotate wrist to the 12 o'clock position and gently release rock at their release point;
iv) repeat several times from each side of the centre line.
v) For beginners, directional guides such as red cups on the near hog line and ropes or sticks on the ice may provide insights as to the "straightness" of the line of delivery.

Additional points to address:

- Try not to lunge forward at your point of release;
- Your rock must be clearly released from the delivery stick before the rock reaches the hog line;
- Your delivery "follow through" may take you over the hog line;
- You may rethrow a rock delivered with a delivery stick if the delivered rock has not crossed the delivery end hog line (you can not change the shot originally called);
- You can not change the method used to deliver a rock during a game. If you start the game using a delivery stick, you must complete the game using a delivery stick.

d) Pace

The pace that the participant walks/slides is used to determine the speed of the rock.

Clinic exercise: i) participants throw a "draw" from each side of the sheet;
ii) participants throw a "take out" from each side of the sheet;
iii) repeat i) and ii).

Additional points to address:

- Try to increase your pace (walk/slide faster) to increase rock speed;
- Try not to use your arms (push) to increase rock speed.

Clinic Dynamics

- a) Recommended 4 participants per instructor
- b) **Rotation of the rock and Line of Delivery** portions of the clinic can be conducted in each house (i.e., both ends)
- c) **Point of Release** and **Pace** portions of the clinic use the full sheet
- d) A supply of different and adjustable sticks should be available



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