



Glen Meadows Curling Club

Rock Talk

Our 2011 Curling Year
begins
with GMCA Mixed Bonspiel



A Event Winners: Team Wilson



B Event Winners: Team Fletcher



C Event Winners: Team Shortill



**DETAILS inside our
BIG ISSUE**



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GMCA Annual Mixed Bonsel results

Twenty-seven teams competed (20 from GMCA) Jan 7-9. Remarkably, the ages ranged from a mere 11 to a fantastic 88! Fun, great prizes, good banquet were shared by all.

As shown on the front cover of our issue, winning teams and runner up teams had much to smile about.

* **A Division:** Lynn Wilson rink of GMCA 1st defeating the Angrove rink from Victoria.

• **B Division:** Jason Fletcher team from GMCA 1st over the Jones team from Coquitlam.

• **C Division:** Dave Shortill's team from Mill Bay won out over the GMCA August team.

Upcoming 2011

Next issue of Rock Talk will feature

- interviews with you, our members. Stay tuned for some very interesting stories...

- more Tech Talk
- Curling Quizzes and Tips AND MORE!

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This issue, we have substituted two articles everyone will find useful postponing the member interviews feature until next issue when the up-close feature is ready to roll.....

Turn to page 8 for a look at the articles that cover topics such as:

- alignment
 - delivery
 - balance
 - rock speed
 - timing
 - release
 - 4 sweeping strategies
 - brush orientation
 - team communication
- AND MUCH MORE!**



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GMCA LEAGUE REPORTS

How to improve your curling 1000%

Until this week, GMCA needed a 25 to 30 inch flat screen TV. Good news... we bought one. No, it's not because we want to sit in the lounge eating chocolates and watching Oprah... the TV will be used for (A) our clinics and (B) youth leagues. You need to see yourself in action in order to improve. Check it out Sat. Jan 22 at the Clinic.

How to build for our future SEE Page 16

Kelset School has asked us if we could work with 125 students as we did last year. We did get a couple that came back to curl in our Novice league, so it is a worthwhile project. The challenge is to manage ice time. They want to have one hour sessions all on one day back to back (starting at 09:20 running to 13:40.) We would use three sheets using both ends of the ice. **Our challenge:** we need at least 20 volunteers to spread the work out.

Suggestions please

Day Ladies – have 9 teams for this draw. Closing Luncheon and AGM set for March 14.

Query: what to do re: scoring when people can't get to the rink because of snow. What do others do? Please send answers to Connie Clarke. Thanks.

Competitive League

The Christmas luncheon held December 20th benefited from prizes donated by the Flying Fish (Jack Bowman), Paul Addison, Steve Beggs, Team Bell and the league. After the lunch, guest speaker Jack Bowman (Chair of the Canadian Curling Association) who had just returned from the World Federation meeting in Switzerland, gave us an excellent update on the world scene.

This League plans semi- playoffs for March 21st and Finals on the 28th

Sunday Novice League

Following a successful Fall 2010 session, many of the new curlers have decided to join other GMCA leagues. Virtually all 2010 Novice curlers has signed up to return for the upcoming 2011 Sunday Fun League that starts January 23rd. All games commence at 1:00 P.M.

The schedule for the league is: January: 23, 30 February: 13, 20, 27 March: 6, 13, 20



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Youth Development League

Played first 2 games in Esquimalt. Both teams are very competitive and show great potential for the future. Not only do they play well, but they really look good in their new jackets with embroidered Club logo on the front, personal name on the back and our sponsor Wille Dodge Chrysler Jeep. A huge thanks to Roland Wille for participating in the costs of these jackets for our youth -- truly appreciated. Our teams are off to Victoria on Sunday January 16th where they will play each other. (Luck of the draw) If you want to see our youth in action, go to Victoria or join us at Glen Meadows Wednesday afternoons 15:30 to 17:30. Thanks,

[report filed by: Grant Marshall, Youth Development League Chairman]



Stick League Report [Saturday 1:00 pm]

We are the only club, that has a stick league following official stick curling rules. Our stick curling league is for **anyone** who wants to play a different form of curling - a quick game that only takes about an hour. Open to ALL, even curlers who use a traditional slide delivery – come, play a new form of the game. It develops a new skill (using a delivery stick), as well as gives practice reading ice, choosing strategy and calling shots, because both players on the team take turns skipping and delivering the rocks. Qualified instructors always happy to give individual or group lessons.

The BC Provincial Championship is in Chilliwack on March 19th and 20th this year. The Canadian Championship is in Maple Ridge March 23rd - 25th. These championships are open to anyone, just like a regular bonspiel. It is just a matter of putting in an entry. The cost is \$100 per team and includes 4 games and a banquet. I encourage anyone who wants to play in a BC Provincial or a Canadian Championship to put in an entry. My entry is already in!

[Report from - Dorothy Wright 250 656 – 9933]



From the Editor:

13 ways you know it's a **bad** curling day -- when...

1. pre-game, your skip singles you out, reminding you the team's season record is 2 wins and 9 losses then casually adds: "No pressure."
2. your second is spotted with the team on the next sheet negotiating a trade "...for our skip".
3. Russ Howard, Marc Kennedy, Marcel Laroque and David Murdoch show up to "*play a friendly game with you*".
4. your lead starts hiding the rocks.
5. the game is 8-0 by the second end and it isn't your team in the lead.
6. your sweepers are discovered hiding in the wash room.



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7. the opposition has to use the next sheet's score board to keep their count.
8. yelling "*Mine!*", your third wrestles with you for control of the broom.
9. the opposing skip smiles midway through the third end and offers to buy you "a consolation drink" and you accept.
10. your sweepers are too busy talking to notice the rock is already halfway down the sheet on an all-or-nothing shot.
11. before every shot, your new lead makes a sign of the cross, mutters something about "*another Hail Mary shot*" and closes his/her eyes.
12. you called for a gentle draw and your second explains away his/her heater with: "*I wanted to see what it would be like to throw just like Randy Ferbey!*"
13. your substitute shows up in neon-pink Norwegian curling pants and no broom.

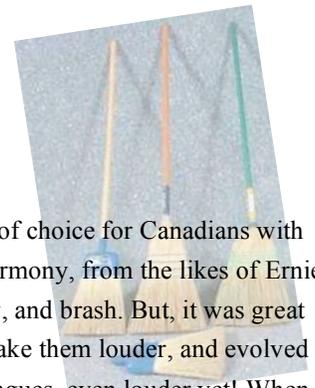
TECH TALK #2

THE HISTORY OF THE CURLING BROOM

In the beginning (the 60's is as far as my memory goes BACK) the corn broom was the broom of choice for Canadians with its sweet sound. Hearing two or three great sweepers 'whompa, whompa, whompa, in poetic harmony, from the likes of Ernie Richardson, Hec Gervais, and Ron Northcott was in sharp contrast to its also being loud, messy, and brash. But, it was great when you're young, strong and competitive. The corn broom evolved into leather tongues to make them louder, and evolved again in fabric brooms with plastic tongues and finally three finger fabric brooms with three tongues, even louder yet! When your team fell behind in points, you would bust out the new corn broom and whack chaff all over the ice with your sweeping hoping to invite picks and misses to get back into the game. It was exhilarating; it was loud; it was unfair.

The Scots curlers came over to the Air Canada Silver broom one year in the 70's, with horse hair brooms, and commenced to beat the Canadians at curling. That changed attitudes to curling brooms forever. Horse hair brooms became the rage for years to come. Wood was the choice of handles and heads for years, and came in horse and hog Hair and fabric. These brooms were worthy, and lasted for years before plastic became popular.

Hammer Broom, made in Campbell River, was the first all-plastic version with a swivel head and fabric face -- very popular, especially on the west coast. Believe it or not, they are still making this broom today after a few years of shut down. Sports Traders has just received a few new Hammer brooms and faceplates for sale after many years of not manufacturing. Shown below is a patent description to show you how long Canadians have been at the game.



United States Patent 3793668 - Olson, Paddle Brooms Ltd. (Edmonton, Alberta, CA) 1972

A curling broom which comprises a handle, a paddle attached to the handle, which paddle is made of synthetic material, and a fabric cover enclosing the paddle. The paddle is tubular in form and made of flexible plastic. The thin wall provides desirable "spring-back" and yet the tube design ensures sufficient rigidity. The walls are downwardly tapered in thickness to provide gradually changing flexibility. A slab of foam plastic is inserted within the tube for altering the weight and flexibility within narrow limits.



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Performance Brush Company (PBC) revolutionized the oval, swivel-head design, introduced at the Scottie's in the late 80's. A very effective sweeping tool, it allows three brushes to sweep in close proximity to the rock for maximum effect. This oval design is found on all major broom suppliers today. PBC makes the heads and sells them to all the shaft suppliers in the industry. The majority of our sales at Sports Traders is Performance heads.

Fiberglass shafts became very popular this decade, combining a lightweight broom at a reasonable price with the Performance head. Carbon fiber is the latest space age technology. Ultra lightweight, ultra-strong along with spectacular graphics, this type is slowly coming down in price.

What's new in brooms?

This is an exciting time for new curling products. It seems new products are now being introduced every year... Sports Traders is on top of them all, and will stock them all for you to check out.

- **Olson's** ISO-grid shaft with reactor swivel head. The shaft is carbon fibre latticed in grid form to create the world's lightest and strongest broom weighing less than two empty paper coffee cups! This is the lightest, most technologically-advanced broom today. [Price: in the \$229 range] • **Goldline's** Fiberlight shaft with a combination fiberglass and carbon mixture to create a very light and strong broom with Performance Heads. [Affordable price: \$89.00]
- **Balance Plus** Tapered carbon fibre ultra-lite shaft with it's new as-yet-unproven reflective heat oval sweeping pad. [Price: in the \$229 range] • **Asham's** ultra-light carbon fibre shaft with the new Boomerang head. This head is shaped like a boomerang, designed so three sweepers can sweep side by side and completely surround the running surface of the rock, and create a more effective sweep. [Price: \$200]
- **Custom brooms** with your own name and choice of graphics [any province, curling country or custom graphics of your choice with your own name on the shaft] is made of carbon fibre, with Performance head. If you pay attention to all the curlers on T.V. at the Continental Cup, Brier, Scotties, they all have these custom brooms showing their sponsors. [Price: \$200] • **8-Enders Brooms** with carbon fibre shaft and new Transformer interchangeable heads. New head features an ultra-lite horse hair broom with synthetic inserts to offer both hair and synthetic head all in one. New last year, this broom got rave reviews, and is available in Performance hair as well this year.

Hope you enjoyed your Curling Broom History Lesson .. Al Mellett TechTalk feature is brought to you by Vancouver Island's largest curling dealer: Sports Traders (508 Discovery St., Victoria, B.C.) where you can see all the above curling paraphernalia. & get a 10% discount (all Glen Meadows curlers). Check us out online, at www.sportstraders.ca

Advance notice: Sidney Shutterbugs Photo-op coming!

Plans be shooting a curling-themed shoot starring GMCA members in action between January and March 2011. The resulting best of the best will be displayed in MWC Atrium autumn 2011. The aim is to pre-arrange sessions with Shutterbugs who individually and as in groups will visit GM rink and catch all your curling finesse shots.



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Frequently Asked Questions (FAQs)

1 What are some curling terms I need to know?

Let's make this into a **quiz**.

Before you look at the answers, give your own definitions for these eight: board weight, call for line, fall, hack weight, negative ice, nip, normal weight, swingy ice. Ready? Let's go...

- **Board Weight** - shot (typically a takeout) thrown with just enough weight to come to rest at or just beyond the backboard. Also called bumper weight.
- **Call (for) Line** - to indicate to sweepers whether or not to sweep to affect the line of travel of a rock. Sweeping keeps a rock going in the same direction it was traveling when sweeping began for a longer period of time. Although typically, we speak of sweeping as making a rock go straighter, if it has already begun to curl sharply, sweeping will not "straighten it out" back to its original line of delivery. The person in charge of the house (typically the skip or vice-skip) calls line.
- **Fall** - place in the ice where rocks do not travel a normal path, but move quickly away from the intended line, most typically toward the outside of the sheet.
- **Hack Weight** - shot (typically a takeout) thrown with just enough weight to come to rest at or just beyond the hack.
- **Negative Ice** – surface condition for which the skip places the target broom on the opposite side of the final location than would normally be used for the called turn. Negative ice is typically employed for some shots on ice with a significant fall.
- **Nip** - to remove the very top of the pebble; evens the tops so that rocks glide faster.
- **Normal Weight** - takeout thrown with fairly heavy weight and is typically agreed-upon for a team. This takeout weight is heavier than hack weight and board weight.
- **Swingy Ice** -ice on which a rock, given a normal rotation, will curl more than expected - more than 4 feet.

GMCA LEAGUE SCHEDULE

Men's Monday	Monday	7:00pm and 9:00pm
Seniors Competitive	Monday	1:00pm
Ladies Day	Monday & Wednesday	9:00am
Ladies Evening	Tuesday	7:00pm
Men's Masters	Tuesday and Friday	8:30am and 11:00am
Mixed Wednesday	Wednesday	7:00pm
Junior (Elementary & Middle School)	Wednesday	until Christmas 3:30pm
Men's Thursday	Thursday	7:00pm and 9:00pm
Mixed Friday	Friday	7:30pm
Stick	Saturday	1:00pm



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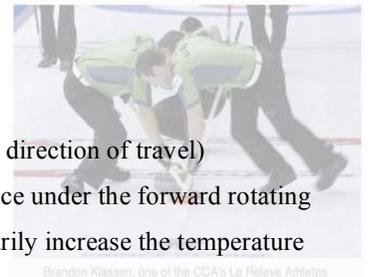
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Junior Rocks (8 to 11)	Sunday	until Christmas 10:00am
Novice	Sunday	1:00pm
Youth (High School)	Friday	2:00pm

How to improve your sweeping

From The sports science of curling By John L. Bradley Journal of Sports Science & Medicine (2009) <http://www.jssm.org>

It has been shown that the motion of a stone and the amount of curl is due to the thin liquid film between the stone and the ice. Sweeping the ice in front of the stone can change this stone-ice interface by two possible mechanisms in theory: 1) increasing the ice temperature momentarily; 2) smoothing the ice by removing frost or debris. However, in frost-free conditions, any reduction in surface roughness (polishing) will have a negligible effect compared to the roughness of the stone. Therefore, in these conditions raising the temperature of the ice by sweeping has the greatest effect on the reduction in friction between the stone and the ice. In one game, a player could theoretically sweep for up to 1.7km per game. Hard sweeping for 20 seconds can produce a typical average heart rate of 170bpm.



Strategies to improve sweeping performance.

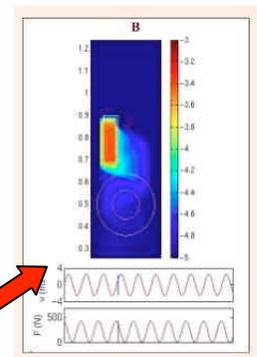
The curl is produced due to the lower friction under the forward rotating side of the stone (in the direction of travel) compared to the backward rotating side. This is due to greater rotational velocity relative to the ice under the forward rotating side of the stone causing greater heat generation under that side of the stone. This will momentarily increase the temperature of the ice under that side of the stone, causing a reduction in friction. This results in the stone curling to the right or left.

During sweeping, the peak downwards force occurs when the brush head is closest to the curler's feet. This will influence the pattern of heat generation in front of the stone. Depending on the handle of the stone, sweeping on the left or right of the stone can then enhance or partially correct for the friction asymmetry and therefore enhance or reduce the curl of a stone. This asymmetric generation of heat from sweeping will occur regardless of sweep length.

To sweep faster or harder?

Both of these strategies will affect stone-ice friction. The stone will obviously be moving fastest when it is released by the curler and moving slowest as it crosses the hog line and moves into the house. Increasing downward pressure of the brush onto the ice will generate more heat and a consequent reduction in friction between the stone and the ice. {see thermal image on left – red is broom head in front of rock]

Sweeping faster (greater brush head velocity) will also increase the heat generated causing a corresponding reduction in stone-ice friction. Doubling the downwards force will increase the heat generated at the brush head by a factor of 2 and doubling the sweep velocity will increase the heat generated by a factor of 1.55.





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However, sweeping over the same piece of ice more than once has greatest impact on heat transferred to that part of ice and hence greatest reduction in stone-ice friction. The objective of sweeping is to raise ice temperature and the maximum temperature rises occur where successive brush strokes **overlap**. Generally speaking, sweeping faster to sweep the same piece of ice several times has a greater effect on reducing stone-ice friction than applying more pressure.

This changes with the speed of the stone. If the stone is moving at 2metres/second, a typical brush head used in a conventional sweeping style (just in front of the stone perpendicular to the direction of travel), will need to sweep at a rate of 10Hz (sweep 10 times per second) for the brush to cover the same area of ice more than once. As it is difficult to sweep fast while maintaining a high level of downwards force, sweep speed is most important at faster stone velocities (sweeping also has less of an effect on a faster moving stone:

As the stone slows down, the speed of sweeping required for the brush head to sweep over the same area of ice more than once goes down. When the stone is **moving slowest** in the house, sweeping is **most effective**. Here, greater downwards force will have more influence than sweep speed as it is easy for the brush head to sweep over the same area of ice several times at such slow speeds.

Brush orientation

Any sweeper will struggle to effectively sweep a stone travelling at a velocity of 1.0 m·s⁻¹ or higher. Depending on the orientation of the brush head in front of the stone, the entire running band can be covered. However if during sweeping the longitudinal axis of the brush head is parallel to the direction of stone travel (as illustrated in Figure 2) there is greatest chance that part of the brush head will sweep the same area of ice more than once on faster moving stones resulting in **much more effective sweeping**. Being in the house area of the sheet for most of the game The skip will have most need to sweep a slow moving stone,. The lead and second will mainly sweep faster-moving stones as they approach the house. Skips may find the use of downwards force more effective and sweeping speed **not** as vital to reducing the stone-ice friction as the other team members sweeping when the stone is travelling faster.

4 sweeping strategies

Sweeping is the most physical aspect of curling. As mentioned, depending on the rotation of the stone the side the curler stands when sweeping the stone can have very different effects on the stone trajectory. The preferred sweeping side may even change during the course of a throw --for example -- if a stone needs to stay straight to get past a guard stone then curl get into a scoring position. The geometry of a stone is such that the running band of the stone (the area in contact with the ice) is 0.05m from the outside of the stone **Sweeping closest** to the stone will have the greatest impact on the stone-ice friction, allowing the shortest time for the ice to re-cool before the stone travels over the swept area. The ice temperature re-cools very quickly following sweeping. Sweeping 0.05m in front of a stone that is travelling from a half a meter to a full meter per second means 0.2sec will elapse before the running band passes over swept ice. In this time the ice temperature that had been increased due to sweeping can fall from approximately -3.7°C to -4.7 °C. Here then are the four strategies:



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- 1 • Sweeping further than 0.05m in front of the stone allows a longer period to elapse before the stone reaches the swept ice, further lowering any reduction in stone-ice friction due to sweeping. This can be useful in situations when a skip **does not want a stone to be swept** (for example if it is moving too fast).
- 2 • Sweeping one metre or more in front of a stone will clear any debris but the ice will have re-cooled completely when the stone reaches the swept area.
- 3 • Pairs of sweepers who practice can change mid-way through a delivery who is sweeping with high intensity next to the stone. If the two curlers are on opposite sides of the stone, changing who is sweeping next to the stone mid-way through the stone trajectory will impart some ability to 'steer' the stone on the ice. Changing sweeping sides will allow the stone to stay straighter or curl more depending on the stone rotation.
- 4 • The ability to **sweep on either side of a stone** is also a considerable advantage to tactics and strategy of a game and better conditioned curlers will be more able to achieve this skill more effectively.

Curl USA offers Canada some tips...

Link: www.usacurl.org/delivery.htm Research and Write-up by Bernard Madden



Technique - Technique consists of delivery and sweeping.

Delivery - Much of the enjoyment of curling comes from delivering a rock consistently well. A sound curling delivery requires accomplishment in four technical areas: • **Alignment**, • **Timing**, • **Balance**, and • **Release**. Delivery must be straight, movements properly coordinated, the body in balance, and release controlled and consistent. As skill improves, so does accuracy. In addition to technical aspects, sound delivery requires a delicate "feel" for weight, and sound mental skills.

⇒ • **Alignment** - Alignment refers to how you set up in the hack. A successful shot will travel down a line of delivery, which reaches from the middle of the rock at the delivering end all the way to the skip's broom at the far end. The simplest cause of missed shots is failure to set up properly in the hack. [Here is an 8-point step-by-step:](#)

1. While still standing, grip your broom a foot or two from the brush head, place the ball of your foot at the back of the hack and aim it at the broom.
2. Square your shoulders and hips to the line of delivery.
3. Crouch down, staying square to the broom. Keep your back straight, but relaxed.
4. Place your sliding foot flat. It should be heel to toe in relation to the hack foot, with space between. Body weight is about evenly distributed on both feet.
5. Place the broom comfortably under your arm and on your back, with the brush head slightly ahead of the sliding foot resting on the ice (brush up).
6. Comfortably flex your throwing arm beside the hack leg, with the rock slightly ahead of the sliding foot. The rock should



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be on the centerline, perhaps slightly to the shooter's side.

7. Grip the rock by placing the middle pads of your fingers under the handle. Your knuckles will be on one side of the handle and your thumb on the other side touching your index finger. Be sure you are gripping the handle directly above the middle of the stone. Keep your palm off the handle and your wrist high.

8. Turn the rock in toward your body for in-turns, and out away from your body for outturns. The position should be at 10 o'clock or 2 o'clock, depending on the turn.

➔ **• Timing** - Timing refers to a finely tuned sequence of movements during the delivery. The separate parts are integrated into a continuous, fluid motion essential for accuracy and consistency. There are three major movements during the delivery: Press, Drawback, and Slide.

Press Once you are comfortable with your set up in the hack, the delivery motion begins with a forward press. Simply move the rock ahead a few inches down the line of delivery, basically to initiate motion and get the rock unstuck from the ice. Be sure to keep the rock's turn position during the press.

Drawback Pull the rock straight back on the line of delivery and draw back the sliding foot. Simultaneously elevate your hips and draw them back behind the hack. At the peak of the drawback, your body weight is anchored and about evenly distributed on both feet. Your sliding foot is now about toe to heel in relation to your hack foot, with space between. Maintain the rock's turn position.

Slide The transition from the drawback to the forward slide involves a significant weight transfer as your hack foot pushes out of the hack. Forward movement is initiated by the rock, followed closely by the sliding foot. Your hack foot thrusts you forward and your body weight shifts almost entirely onto your sliding foot during the slide. Your hack leg trails directly behind your body. By keeping the timing and movement controlled as the sliding foot gets centered, one fluid motion is created. Your sliding foot position is the key to balance.

➔ **• Balance** - Your sliding foot must be flat to the ice and centered under the chest to achieve a balanced slide. If possible, angle your sliding foot out to increase the sliding area and provide surer balance. The broom can provide momentary support but should not be relied on for maintaining balance. A balanced delivery means you won't be leaning on the rock and will be able to impart a positive turn upon release.

➔ **• Release** - The rock is released during the last few feet of the delivery. Until that time, your throwing arm remains comfortably flexed and the position of the rock handle is still turned as it was during set-up. Using the good grip established at set-up, turn the handle from the turned position to 12 o'clock as you simultaneously extend your arm. Release the rock cleanly and follow through so that your hand finishes in the "handshake" position. The rock should rotate about two and one-half times during a draw shot.



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Delivery Tips for the 4 Technical areas:

➔ • **Alignment** Notice your sliding foot does not start along the line of delivery in the hack position. Some curlers try to force the foot over quickly when coming out of the hack. What they do not realize is that they actually cause a drift problem by trying to correct a situation that will naturally correct itself if allowed to. The best way for the sliding foot and body to end up along the line of delivery is simply to forget about placing the foot on the line and just slide at the broom. By the time the body is extended into its slide position, the sliding foot will be along the line of delivery.



Unlike your sliding foot, the rock is always on the line of delivery. It is important to remember that the line of delivery runs from the skip's broom to the middle of the rock, not to the center of the curler's body. It is up to the curler to get the body in behind the rock during the slide. Some curlers' bodies and sliding feet are directly behind the rock; others are running along a line parallel to the stone's line of delivery.

➔ • **Timing** Many curlers kick out of the hack as soon as the forward slide begins. Leg drive should begin after the rock and your sliding foot have started forward so that body weight can be shifted smoothly from hack leg to sliding foot. To improve leg drive timing, practice delivering without the rock. Allow the sliding foot to move in gradually. As body weight is shifted to the sliding foot, initiate leg drive. Delivering without a rock is also a good way to check to see if your delivery is balanced.

• **Balance** If your body weight is not centered over your sliding foot, other makeshift adjustments may have to be developed to steady your delivery; you may rely on the rock, the broom, or your trailing leg for balance. Some common symptoms of a balance problem are: putting a hand down immediately after releasing the rock, going up on the sliding toe, unsteadiness during the slide, leaning heavily on the broom, or a circular drift toward the end of the slide. Such habits can be perfected, but do not produce a position as stable as the one created by centering weight over your sliding foot. Typically, the sliding foot either does not come far enough under your chest or it ends up more under the waist or hips than under the chest.

➔ • **Release** The point of release should follow completion of timing and balance. A release is too early if it occurs simultaneously with, or prior to, achieving a balanced position over the sliding foot. Too late of a release point will allow more opportunities to inadvertently take the rock off line, or crowd the hog line. Establishing a comfortable release point greatly increases consistency.

Take-outs will generally be released earlier than draws. A draw shot released at the top of the house will travel a different path and will have more time to curl than a rock released near the hog line. If the release point varies too dramatically from one shot to the next or one curler to the next, the skip will have a tougher job reading the ice. The same is true for rock rotation. A more rapidly rotating rock will travel a straighter path. A slowly turning rock (if it doesn't lose its handle) will tend to curl more. Consistent rotation makes it easier for the skip to read the ice.

➔ • **Weight Control** Once into your slide and committed to a certain amount of leg drive and momentum, fine-tuning of weight may still be needed. A curler with a high upper body position and gradual lowering motion may have an advantage judging



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and correcting weight. During the slide, keep your upper body high, but relaxed, and gradually lower it as the rock is being released. This lowering motion is begun only when a balanced slide position is established. It is not a thrusting motion, but a steady movement. Leaving a slight bend in your throwing arm also allows you the chance to get a feel for the weight. Extending your arm is not a shoving motion, but a steady movement. A lowered upper body and extended throwing arm is the sign of a good follow through.

➡ • **Timing Rocks** An important aid in developing weight control is using a stopwatch to time shots. A common method of timing rocks is to start the stopwatch at the moment the rock crosses the near hogline and let it run until the rock comes to rest at the far tee-line. The longer it takes for the rock to reach its destination, the faster the ice is and less weight is needed. On the other hand, the less time it takes for the shot to get there, the heavier the ice, and the rock will have to be thrown harder. Timing shots gives all team members a shared idea of draw weight.

An even better method for timing shots called "interval timing" gives feedback for a shot in progress. It measures the time between the rock passing over the near back line (some curlers use the near tee-line) and the near hogline. The shorter the time interval, the faster the rock is traveling, and sweeping may not be required. Conversely, the longer the time interval, the slower the rock is traveling, and sweeping may be required.

Timing take-outs during practice, typically from hogline to hogline, can also be beneficial. Team members able to throw similar take-out weights make it easier for their skip to read the ice.

➡ • **Sweeping** [see also our other article on sweeping]

Strong, effective sweeping can significantly affect the distance a curling rock travels. Good sweeping can lengthen the distance of a draw shot by over 10 feet. Sweeping can mean the difference between winning and losing.

➡ • **Effectiveness** Sweeping effectiveness is a function of three elements: Coverage, Speed and Pressure.

Judgement Effectiveness is the crucial physical component of sweeping, but it is even more important to be able to judge when to sweep. Those who know when to sweep are keepers. all shots - your team's and your opponent's. Observe the **distance** the rock needs to travel, the **speed** of the rock, and - most importantly - the rate at which the rock is slowing down. Sweepers have the best perspective on the weight of the stone. It is their responsibility to judge weight and sweep draws to the spot the skip called for.

Communication

Sweepers and the skip should maintain communication on every shot. Use a few routine words to cover the types of sweep calls (hurry, ho, yes, no, line, room, light, heavy, etc.). Know what shot is called and where the broom is placed. Skips are usually very good at letting you know if the rock needs to be swept for line.

Likewise, sweepers should call out the weight of the shot upon release and as it progresses down the ice.





Glen Meadows Curling Club

Rock Talk

Sweeping Tips

- Look up when sweeping. Be aware of where you are and what the situation is at all times.
- Sweeping without a slider on can be more effective since it allows both feet to dig in to get the job done.
- Clean the line of delivery before every shot.
- Stay with the rock until it comes to a complete stop.
- Be prepared for alternate shot calls from the skip.
- Watch rock placement. Stop sweeping if the rock is curling too much. A long guard is better than a close rock that is not guarding anything. A good practice routine is to sweep the rock so it ends up in a certain area of the house. First call out where you think it will end up, then make sure that it does. This drill helps develop not only weight judgment, but also good communication skills.

Use the Curl BC corporate ID number to save at Best Western hotels in BC

Curl BC members can use the Curl BC Corporate ID Code: 01504820 to receive discounted rates at BC Best Western properties. There are two ways to enjoy savings: 1. Call 1-800-WESTERN and provide the agent with your corporate discount number. 2. You can start making your reservations through their newly redesigned and easy-to-use website, www.bestwesternbc.com. Once you have picked your hotel, simply enter your corporate discount number. *Please note that these are the only two ways of using this code to receive your discounted rates. This code cannot be used by presenting it to the hotel front desk clerk. Go to <https://goldcrownclub.bestwestern.com/> to join the Best Western Rewards Program to earn extra benefits from each stay.



For more information see page 5 of December 2010 edition page 5 of Curl BC's newsletter The Curling Connection.

<http://cts.vresp.com/c/?CurlBC/413a7586f7/f9f8202767/53d680b8da>

Ladies Valentine Bonspiel February 10-13, 2011



Welcome to all curlers!

At: Esquimalt Curling Club Contact Marion Hamilton

250 – 382-0894



Glen Meadows Curling Club

Rock Talk

GMCA Contact List -- 2010/11

- President--Grant Marshall 656-1025
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- 2nd Vice President – Tara Houle 656-7950
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- Past President – Paul Addison 652-8182
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- Secretary – John Larkin 656-4630
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- Monday afternoon Competitive League – Lawrence Woytowich 250-655-1602 tbird57@shaw.ca
- Men's League – Kelly Lovell 655-4744
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- Tuesday evening Ladies - Carol Nowak 655-3317
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- Wednesday Evening Mixed– Wayne Scott 655-9269
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- Friday Mixed– Dan Worrall 665-1049
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- Masters League – Dave Bolster 652-2053
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- Sunday afternoon League -Lynn Wilson 655-2043
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- Stick Curling – Dorothy Wright 656-9933
ptsid@telus.net
- *Curl B.C. Rep. – Lawrence Woytowich 655-1602 &
Joyce Mylymok 656-2003
- Rock Talk – Editor, Marilynne Miles Gray 655-0313

Curl for Fun Sunday League

As we did last year, we are incorporating our Sunday League Novice folks who, I must say show great promise, with other members of the Curling Association.

This is your opportunity to come out for 8 weeks (Sundays 1-3) and have some fun with friends, neighbours and even relatives. The format is very flexible and we will try to accommodate folks who want to curl either with or against “friends”.

On January 23, the day after the Curling Clinic (2-5) we will start with making up some teams from those present and having a game.

Coaches will evaluate the skill level of participants and we will make up teams for the next three times. On Week 5 we will re-shuffle the teams and have an additional three games followed by a wind-up on March 20.

Come on out and relax, make a few shots and most importantly have some fun. We do want some experienced curlers to lead teams. All skill levels are welcome. Each week there will be a coach present who will help you if you want to touch up any issues with your technique or to help novice skips.

Cost – only \$90 for the 8 sessions.

Look forward to seeing many of you there.

Dan Eakins and Paul Addison



Glen Meadows Curling Club

Rock Talk

THINK WHAT POSITIVE IMPACT YOU CAN MAKE ON THE SPORT

volunteers needed

To All Members
Once again this year I am looking for your HELP !!!!
Kelset Elementary School have asked us to help them coach 125 students in the game of curling.

Here is the plan:

Wednesday February 2 & 9

Grade 5 students with previous experience last year.
12:20 - 1:20 PM and 1:20 to 2:20 PM
- lessons run for 1 hour with 2 lessons each Wednesday



WHAT TYPES OF HELP?

• last year players: need refreshing on safety, turns and delivery (est 30 minutes)
We will use 3 sheets of ice - 6 coaches for each hour of play or come and help for the 2 hours
- inside people to give the kids directions and deal with the shoes etc as we did last year.

Wednesday February 23rd & March 2nd

Grade 4 students with NO previous experience.



- the first hour basic information - safety, turns and throwing.
12:20 to 1:20 PM and 1:20 to 2:20 PM

WHAT TYPES OF HELP?

6 coaches for each hour or come and help for the 2 hours
- some inside help will be needed (as above)

The rewards:

Last year we did get a couple of kids come and curl with our Novice League, and now that we have our Junior League running we hope more kids will get involved.

Please let me know by e-mail if you can help out.
Grant

NOTICE

upcoming Juan de Fuca mixed bonspiel.
> last weekend in January
28-29-30
22 teams confirmed would like to have 24 if interested ...
call Carol Hamilton
250-478-0416

Kerry Park Bonspiel

Kerry Park Men's (now OPEN) BONSPIEL

Wed February 9 – Sunday February 13

Kerry Park Curling Club, Mill Bay

Open to all - men, women, mixed

Out of town teams given draw relief

\$240 per team

To reserve your spot or information

email: kpbonspiel@live.com

phone: (250) 733-2301