



**Glen Meadows Curling Club**

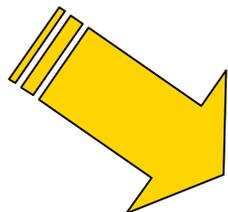
# **Rock Talk**

## **In this issue**

- **Brain candy curling or brain calories?**
- **TECH TALK #1 - What's New for 2011-12?**
- **SPORTS PROMOTION: Ever try to convince someone to try curling? Without success?**
- **Whatever happened to... ?**
- **Curling Exercises: Part 1 (CCA)**



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Glen Meadows Curling Club

# Rock Talk

## Brain candy curling or brain calories?

One bright light on the internet calculates there are 318,979,564,000 possible combinations of the first four moves in chess. What's that got to do with curling?

Have patience, I'll get to it soon enough.

Soccer players run on average as many as 6 miles during the course of a game ...so how far do you sweep in the average curling match?

Which brings us to the subject of calories.

Sure, sure I know websites (like the one from which I snaffled the screen shot) claim

Curling		
in one hour		
120 lb: 230	150 lb: 290	200 lb: 370

the average curling game consumes a mere 230-370 calories. Shame on them! That's their claim. Now watch while I perform some statistical magic to get your eyes rolling in amazement!

Unlike other games, curling requires both longer term strategy but short term tactics that are ever-changing, depending on whether 'the other team' is beating you all-hollow or not. Unlike other games, curling has only the four players (or three depending on whether one of the team members has a hangnail or severely strained ligament s/he is using as an excuse not to play) to execute the game plan. Baseball and hockey each have kazillions of players to carry out the plan with changes every minute or so. Not curling, no siree...

The crafty thinking required by curling actually eats up (pardon the pun), many, many ADDITIONAL calories per minute (not put into the ridiculously-ordinary calculations as to how much you burn during the average game) -- which might be a 70-minuter, or a 90-minuter or a way-too-long-minuter (especially when you are neck and neck with the opposition that just doesn't have the good sense to throw in the towel, broom and slider and say "Your team is soooo good, we give up!").

### The chart

Google, bless its brainy little network, claims "for certain mental activities ... there are both the 'at rest' and 'active' consumption of calories in the brain. ... In other words, once you've learned something requiring crafty but brilliant thinking (similar to the grand master at a chess game), and apply it during the game, you



## Glen Meadows Curling Club

# Rock Talk

are eating up more than the ordinary number of calories .So, should you decide your curling prowess is similar to a chess master, throw in the following number: during a tournament, a chess master consumes 6000-7000 calories a day thinking. Now Google didn't say how many calories also went to lifting his or her hand to move a chess piece, or slam a hand on the bell to signal "I have made my move" and so forth. Suffice to say, if you wanted to get out your calculator, you (I'm certain) could come up with a few hundred additional calories than the paltry number on the original chart I showed you at the outset. Brain calories being used up I'd say each and every time you are out on the ice – thinking, that is! If you chose not to think, you need to re-calculate and start subtracting.

### **Just where do they get these numbers?**

one minute kiss = 26 calories

the average rider in the Tour de France =

US children playing active video games = used three to  
you burn as many calories sitting down as you =

### **Is curling exercise? (excerpted from AssociatedContent)**

In jest, one internet 'wit' wrote a few years back: "...curling has a .066 coefficient of calories burnt per minute per kg of body weight. This about the same as walking briskly, golf, table tennis or coaching. It's more calories than water volleyball and surfing, but less than fishing in a stream, cricket and badminton. So is curling exercise? I'd say yes, but I'm guessing there is a net loss if you include the amount of beer drinking that goes on afterwards.

In blogged responses, curling afficianados said:

- I competed at the highest level in spoon bending and people used to ask the same question... of course it is!

- Just back from a bonspiel. I don't remember the last time my arms and body were so soar. It hurts to cough!

After three curling matches my team opted to forgo the drinking and sleep! Either I am too damn old or curling is exercise. My vote ---- CURLING is EXERCISE!

- When we exercise frequently we can notice a change not only in our shape but in our mood too.

More seriously, curling's delivery requires a good deal of flexibility and strength to make that flexibility useful.



## Glen Meadows Curling Club

# Rock Talk

## TECH TALK #1

### What's New for 2011-12?

ASHAM CURLING: Mr. Arnold Asham has hired an Italian shoe designer to design a new European look shoe called the *Luca Lovero on Ice*. All leather with a high-end slam disc slider and a distinct European-style athletic look about it this shoe is designed for the advanced curler with an eye for fashion. Super light-weight, this item is designed for your 'wild' side -- white, with silver trims and green and red circles. Looks great. Priced at the higher end \$289.99. In stock at Sports Traders.



TOURNAMENT CURLING: Has re-designed their main shoe line, coming out with two beautiful 'classic-look' shoes: the *Ultima* and *Ultima Sport*.

For Balance Plus fans, these all-leather shoes arrive at half the price at \$179.99 complete with 5/32 inch thick split sliders. Also in stock at our store.

PERFORMANCE: Has the ultimate sweeping replacement pad, called *The Equalizer*. Advertised in curling magazines as 'The EQ'. This patented technology was secretly created for Team Canada 2010. 'Brushing produces heat. In the past, more heat was produced by using more and more abrasive fabrics. The abrasive fabrics currently being used can wear off the pebble, causing flatter ice and increasing the difficulty in making quality shots. EQualizer technology will keep the heat produced close to the ice where it is needed. EQualizer brush-heads feature less abrasive fabrics leading to less ice damage and the reduced friction requires less effort to sweep. Retail at \$29.99. at Sports Traders.



**Don't forget: Glen Meadows members get a 10% Discount**

Report by: Allan Mellett, Pres. Sports Traders, Victoria. Thanks, Al.



## Glen Meadows Curling Club

# Rock Talk

### PROMOTING THE SPORT

#### **Ever try to convince someone to try curling? Without success?**

Hand that person this excerpt from an article by Bruce Deachman: *'Expand your contact with the world...TRY CURLING!'*

I've been covering curling as a journalist for the Ottawa Citizen for five years now, from its elite performers to the once-a-year neophytes.



Over a million Canadians curl at least once every year at one of the country's 1,200 clubs.

About three-quarters of a million curled at least a monthly basis this past year, and most curl on a fairly non-competitive basis. According to the Print Measurement Bureau's most recent figures, curlers tend to be slightly above-average in areas traditionally associated with success; more white-

collar workers than in the country in general, with a higher education and higher earnings than the national average. Yet, curling is the sport with perhaps the greatest grassroots base. As Jean Sonmor wrote in her book, *Burned by the Rock*, "These Canadians are farmers, fishermen, stock-brokers. They run computers, hairdressing salons or supermarkets. The mix is as diverse as the country."

There are as many reasons to curl as there are curlers.

- Compared to sports like golf, hockey or skiing, curling is affordable, while the cost of equipment is hardly daunting when stacked beside just about any other activity.
- The entry-level skills required are minimal, too.
- Curling clubs openly welcome curlers of all ages and abilities. You're never too young or too old to start curling.
- With 1,200 clubs in Canada, you're never too far from one either, whether you live downtown in a sprawling



## Glen Meadows Curling Club

# Rock Talk

metropolis, or in the shadow of a lone grain-elevator.

- In terms of curling's fitness and cardiovascular benefits, it is an excellent sport for all ages with the output of energy, especially when sweeping teammates' rocks, fairly self-regulated. In other words, you can get a good workout when you want one, but you can also avoid undue stress when necessary.

None of this, not the reasonable cost, the accessibility, or the health benefits, accounts for why most people curl... Curling, at its heart, is a social sport. Not only do you have three teammates cheering you on, but every team you play against is part of curling's fraternity. You shake hands before the game and again afterwards, join one another for a post-game soda and social. With every game played, your contact with the world expands, as the six degrees of separation become five, then four, three, two, one and, finally, non-existent.

Rural curlers already know this. In many communities, the curling club was the third public structure built, just after the church and school. Curling, in smaller, rural populations, is the thread that ties the community together through long, cold winters.

In cities, curling provides meaningful human contact after a day of avoiding conversation in elevators and eye contact in traffic. It offers an opportunity to be a part of the community again, while enjoying the benefits of competition.

No matter where you participate, though, curling grabs hold of you by its very grassroots and pulls you, the sport's heart, to where the people are, to where you can feel what it's like just to be. It connects us all to one another.

## Whatever happened to... ?

Remember all those Shutterbugs Club photographers crawling over our ice mid-winter last year (January-February 2011) trying valiantly to take pictures of members mid-throw or mid-sweep or mid-yell? It's not easy to take good curling pictures. It's a challenge.

At Mary Winspear, you might still see on display one lone picture of a Glen Meadows curler as part of the 'Motion' theme., sponsored by Shutterbugs, originally intended to show nothing but curling in the cold, frigid and frosty confines of our select sheets.



## Glen Meadows Curling Club

# Rock Talk

To show you just how hard it is to take captivating pictures of curling to indicate that speed is involved, skill, balance, endurance and all those good things, here's my most memorable still photo from the 2010 Olympics.

A prize to the person who can identify both the curler and the team.

The bet's on you can't!

Now, don't get me wrong – Shutterbugs club is well known for taking super shots around the Peninsula (and beyond). A tip of the curling broom to the brave souls who came out, gave of their time and energy

to try to capture the essence of this unique sport. My take on the challenge we posed last year in our attempt to show people how great a sport it is? My lone, half-foot picture (above) says it all!



### • Curling Exercises: Part 1

CCA in August 2011, started to promote this web address for [www.startcurling.ca](http://www.startcurling.ca) ([www.debutezlecurling.ca](http://www.debutezlecurling.ca)). Set up as a resource for players new to the sport of curling, the aim is to have people get more comfortable before they throw their very first stone. Veterans can also benefit. So, read on and learn the Warrior II, the Plank and others.

#### **Sweeping 5 minute warm up**

- line up to sweep the center line. self-check:
  - ✓ Stance is 45 degrees to the line of delivery
  - ✓ Inside arm down with hand half way down the handle
  - ✓ Down hand uses overhand grip to provide pressure
  - ✓ Up hand uses an underhand grip
  - ✓ Drive broom head with upper shoulder
  - ✓ Shuffle feet instead of walking

Sweep the center line for half the sheet. Don't change sides, switch hands and sweep back.

CurlTech suggests you should force yourself to switch hands and sweep on both sides.

#### **Use two or three stretching exercises**



## Glen Meadows Curling Club

# Rock Talk

Deep-knee bends and the curling extensions off ice

Fit to Curl, written by Canadian elite curler and veteran skip, John Morris, (right) is an entire book devoted to the physical conditioning required by the sport, but here is a small sampling of exercises for curling conditioning.



### **Kneeling Lunge Stretch**

Curling's delivery requires limber hip flexors. To loosen them up, try the kneeling lunge stretch. Start out with one knee on the ground, the other leg in front bent at a 90 degree angle, weight centered. Push your hips forward slightly until you feel the stretch. If that isn't challenging enough, scoot the front leg forward, maintaining the 90-degree bend. Don't let yourself sink into your hips too much.

### **Lunges**

To get in and out of a delivery posture and keep themselves upright in it, Olympic curlers need strong legs. Lunges target the quads and glutes, and help curlers practice keeping their balance in a lunge position. Stand with one foot flat on the ground in front of you and the ball of the other foot on the ground behind you. Keep most of your weight on the front foot and slowly lower yourself to a 90-degree bend. Slowly return to the starting position. Keep your shoulders and hips aligned throughout the lunge. Never lock your knees.

### **Plank**

Even though curlers use brooms and gliders to steady themselves during their delivery, they have to be able to do most of the stabilization themselves. Core strength is essential to stability. The plank is a particularly effective static core exercise. Start out with your knees and elbows on the floor, elbows directly below your shoulders. Extend your legs behind you one at a time, and lift your hips so that your shoulders, hips, and ankles form a straight line sloping toward the floor. Pull your navel in toward your spine to keep your hips from dropping. Don't let your head drop. Keep your spine as straight as a board.



## Glen Meadows Curling Club

# Rock Talk

### **Warrior II**

We've established that curlers need flexibility, strength, and stability. Yoga is great for developing all three. Warrior II pose builds leg strength while opening up the hips and engaging the abdominals. Start with one straight leg in front and one straight leg in back, toes pointing forward. Turn the toes of your back foot out slightly, aligning the back heel with the front heel. Turn hips and shoulders toward the back leg, lift your arms to shoulder height, and look over your front shoulder. Bend your front leg moving your body laterally forward toward the front foot. Make sure your hips and shoulders are aligned and that your weight is distributed evenly. Don't bend your front leg past 90 degrees; your knee should never move past your ankle. If you're wobbly, try thinking about kicking the floor away with your front heel as you hold the position, and remember to keep your core engaged.

### **Push Ups**

So far, we've focused on the most evidently athletic aspect of curling, the delivery. But think about the last time you mopped the kitchen floor. Were you slightly sore the next day? Now imagine doing that at triple the speed for about 100 feet for each of the 80 rocks delivered in a game. That takes some serious arm strength and stamina. Push ups are a sweeper's friend. They target the triceps and back for sweeping and engage the core for maintaining balance on the ice. Hand positions can vary, but keep your hands at shoulder level. For best results, go for the largest range of motion possible. Make sure not to lock your elbows. As in plank position, don't drop your head or hips.