



PCCC SENATORS

Education manual **Addendum**

* Based on lessons given by various experienced Senators over the years

** IF THE LESSON IS TOO LONG, FEEL FREE TO PRESENT ONLY WHAT YOU DEEM MORE IMPORTANT, WITH YOUR OWN INPUT / EXPERIENCE.

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SAFETY ON ICE

Actions to improve your safety on the ice

Be careful when stepping onto and when stepping off the ice.

- Step onto the ice gripper first.
- Step off the ice slider first.

Keep your feet on the ice. Slide or walk. Do not run.

Keep your weight balanced on the balls of your feet. If your weight is on your heels, you will likely fall backwards and risk hitting your head.

Change your gripper before it wears out. If curling 3-4 times a week, it means changing your gripper twice a year. If you are curling more, change it every 50 games.

Do not try to sweep a peel or heavy weight takeout, or any delivery you feel is too fast. Know your abilities and stay safe.

Be aware of where rocks are at all times.

Do not stop a rock with your hand or foot. Using a broom is safer.

Do not lift the rocks. Slide them along the ice.

Never practice alone on the ice.

Wearing head protection:

- If wearing a halo or helmet, wear one with a chin strap.
- If wearing a cushioned hat or cap, be sure it is snug around your head and sufficiently cushioned. A chin strap would also insure it stays in place.

LEAD - Duties and responsibilities

Position Overview

The Lead is a precision shot maker. When properly placed the leads shots take advantage of the free guard zone and set up an offensive (or defensive) end for a team.

The two shots of the leads will set up the end. Along with the 6 shots they sweep, all shots will call for a great deal of concentration, and this focus is a source of pride for the lead.

All positions are equally important! It is just as vital for the lead to execute their shots as it is for the skip.

Duties and Responsibilities

1. Participates in the coin toss to choose the last rock in the first end (or choose the colour, as indicated by the skip)
2. Watches for the skips signal for the type of shot to execute. Asks for explanations if shot requested is not well understood.
3. Delivers the first two rocks of each end (Rocks 1 and 2). Delivers three rocks if the team is short one player. Returns to the hack as soon as the opponent's rock has been delivered.
4. Communicates his feeling about the draw weight he just threw to the sweepers (and skip).
5. When getting ready to sweep, watches the signal from the skip to understand the shot requested from the other team members
6. Starting at the Tee line, walks with the delivered stones and judges the speed of all rocks thrown by his team members as soon as they leave the player's hand. Exchanges judgement of the speed of the rock with the other sweeper and the skip.
7. Sweeps if it is required to have the rock reach its target area.
8. Sweeps to keep the rock on line when called for by the skip.
9. As soon as the swept rocks stop, returns to the throwing end of the sheet, **walking down on the side of the sheet with his broom close to the body**, so as not to block the opponent's next shot and not delay the game.
10. Moves the skip's rocks to the hack as soon as the opponent player has shot his / her rock, in order to speed-up the game.
11. At the finish of each end, **after the Thirds have agreed on the score**, if lead's team has won the end, lead locates Rock 1, moves it to the hack and gets ready to throw the first rock as soon as the skip has signalled the shot, and the sweepers are in place. (The third and second will take care of moving the other rocks to their resting spots)
12. If team has won the game, will offer a drink to the opposing lead.

SECOND - Duties and responsibilities

Position Overview

The Second is a take-out shot maker, as well as a precision shot maker.

Because of the free guard zone rule, the second position requires the delivery of fast and accurate shots for takeouts as well as draw behind guards or runbacks to gain control of the end and eventually place well positioned rocks to deny the opposition's takeout shots.

Seconds must have extensive knowledge of the impact of sweeping to carry the rock to its target location.

All positions are equally important! It is just as vital for the seconds to execute their shots as it is for the skip to make the scoring or bailout shots.

Duties and Responsibilities

1. Delivers rocks three and four in each end. Delivers three rocks if the team is short one player. Returns to the throwing position as soon as the opponent's rock has been delivered.
2. Watches for the skips signal for the type of shot when throwing and when the other players of the team are throwing. Asks for explanations if shot requested is not well understood.
3. Before the shot, communicates with his teammates on his feeling about the speed of the ice.
4. Starting at the Tee line, walks with the delivered stones and judges the speed of all rocks thrown by his team members as soon as they leave the player's hand. Exchanges judgment of the speed of the rock with the other sweeper and the skip.
5. Sweeps if it is required to have the rock reach its target area.
6. Sweeps to keep the rock on line when called for by the skip.
7. As soon as the swept rocks stop, returns to the throwing end of the sheet, **walking down on the side of the sheet with this broom close to the body**, so as not to block the opponent's next shot and not delay the game.
8. At the finish of each end, **after the Thirds have agreed on the score**, move the rocks to their resting spots with help of teammates.
9. If team has won the game, will offer a drink to the opposing second.

THIRD - Duties and responsibilities

Position Overview

The position of third or vice is multifaceted and requires all type of shots (takeouts, draws, freezes, taps,...) as well as watching the line on the skips shots.

The third is responsible for the scoring at the completion of each end.

The third makes sure there is no wasted time during the game and informs the skip when limit time of play might be reached.

All positions are equally important! It is just as vital for the Thirds to make their shots as it is for the skip to make the scoring or bailout shots.

Duties and Responsibilities

1. Delivers rocks 5 and 6 in each end. Delivers three rocks if the team is short one player (unless he is replacing the skip). Returns to the hack as soon as the opponent's rock has been delivered.
2. Watches for the skips signal for the type of shot when throwing and when the other players of the team are throwing. Asks for explanations if shot requested is not well understood.
3. Before the shot, communicates with his teammates on his feeling about the speed of the ice.
4. Starting at the Tee line, walks with the delivered stones and judges the speed of all rocks thrown by his team members as soon as they leave the player's hand. Exchanges judgment of the speed of the rock with the other sweeper and the skip.
5. Sweeps if it is required to have the rock reach its target area.
6. Sweeps to keep the rock on line when called for by the skip.
7. As soon as the swept rocks stop, returns to the throwing end of the sheet, **walking down on the side of the sheet with this broom close to the body**, so as not to block the opponent's next shot and not delay the game.
8. After his second shot, proceeds to the house, indicates ice condition to the skip, and confers with the skip.
9. Holds the broom for the skip's shots and calls the line
10. At the finish of each end, agrees with the opponent third on the score (may call for measuring and do the measuring with the opponent third). If team won, indicates the score on the scoreboard as soon as possible (for spectators).
11. If team has won the game, will offer a drink to the opposing third.

SKIP - Duties and responsibilities

Position Overview

The skip is the team leader and calls the strategy for each end.

The skip should be aware of the strengths and weaknesses of the team and of the opponent.

The skip must have the ability to read the ice in order to call the best team players' shots

The skip will be required to make all types of shots (takeouts, draws, freezes, taps,...) including bail out shots to limit the scoring of the opponent.

All positions are equally important, but clearly a missed shot by a skip will have more consequences on the score.

Duties and Responsibilities

1. Communicates the strategy for the game to the third (and the team).
2. Calls the shots (weight and line) and holds the broom for the other three members of the team.
3. Watches the line followed by all rocks (team players and opponent), and takes into account the broom to be given to the next rocks of his / her team mates.
4. Calls for sweeping to maintain the line of the team's rocks.
5. Exchanges information with the third regarding the ice conditions.
6. Changes to a plan B if the shot called will not happen.
7. Throws the last two rocks of the end
8. If team has won the game, will offer a drink to the opposing skip.

SLOW PLAY

Want to play 8 ends instead of 7 (or 6) in 2 hours?... Read carefully and apply...

1. Arrive early to the club, and be ready in the lounge at least 15 minutes before your draw time so you can listen to the whole lesson. A good knowledge of the rules and the comments of our experienced skips will give you a better understanding of the play.
Do not miss the lesson for a last minute practice (on a different sheet than the one you will play).
Only exception is for the players doing the ice (pebble and nip).
2. Go down to the ice **5 minutes** before the official start time, to allow for all players to clean shoes (24 players), shake hands, toss for the hammer and the skips to proceed to the far end.
3. Thirds and skips should be aware of the latest time when the first stone of the 8th end must be thrown.
4. Only 5 **seconds** lost at each shot means $16 \times 7 \times 5 = 560s$ over 7 ends = **+9.5 minutes delay**... This means less time to analyze the shots and/or not being able to play the 8th end...
5. **As soon as a stone of your team has stopped moving (as well as all other ones hit), the ice BELONGS to the opponent. So move away to the sidelines immediately.**
6. If you are the next thrower, while your opponent prepares to deliver a stone, you can take off your griper, take your stabilizer, etc... while staying on the board behind the hack. Remain motionless while your opponent is delivering their stone.
7. **As soon as** the stone of the opponent has passed the nearest hog line, step on the ice, move your stone, clean it and watch the trajectory of the opponents stone. (For future reference)
8. If you are not delivering the next stone, stop outside the hog line near the throwing end.
9. Skips should help parking the stones as they are removed from play.
10. Game strategy and calling the shots is the skips responsibility. Other players should refrain comment unless called for by the skip. Even Thirds should use restraint in their comments.
11. Thirds should not spend too much time to decide on the scoring stone. Get the measuring device. Time is precious.
12. When the Thirds have agreed on the score, move the stones to their resting area, except for the **lead** of the winning team: **find your stone and get into the hack!**
13. Thirds should post the score as soon as possible, latest after the second stone of the following end has come to rest. Good for the teams, draw masters... and the spectators.
14. Skips should give the call to their lead as soon as the lead is in the rack. Commenting on the past end with the other skip while the lead is waiting adds delay to the game...
15. Normally a player from the losing team will quickly clean the ice with the mop after the last end, so the ice can be prepared for the next draw without delay.

ALL COMMENTS ABOUT THE STRATEGY OF BOTH SKIPS OR ABOUT THE WEATHER OR ABOUT THE LATEST CANADIANS GAME ARE BEST KEPT FOR THE BAR...

LINES OF DELIVERY (LOD)



REDELIVERING A STONE

WHEN

1. If a stone has not reached the nearest T-line, it may be redelivered by the player.
2. If an extreme circumstance significantly distracts the thrower during the course of the delivery, the stone can be redelivered.
3. If the handle of the stone comes off (or loose), the stone can be redelivered.

HOW

1. Redelivering a stone must be done within 3 minutes.
2. A redelivered stone must be delivered for the SAME SHOT as called for previously - same broom (ice), same weight. A call cannot be changed for a redelivered stone.

TAKE OUT WEIGHTS

DEFINITIONS

The definitions below are general. Check with your skip before the game, as other interpretations have been encountered through the years at the club, or between different players.

For instance, a skip might ask you to throw "your" normal takeout weight (to throw the weight you usually like to throw when making your shot). This weight may differ from one player to another (usually between hack and controlled weights).

By order of increasing speed:

HACK weight

Your stone should come to rest gently at the level of the opposite hack.

BOARD or BUMPER weight

Your stone should come and rest against the board (bumper).

CONTROLLED weight

Three feet past the bumper. Sweepers can still have a "relative" control / influence on the direction / curl of the stone.

NORMAL weight

Faster than controlled, but not as hard as peel.

Sweeping will not really impact the direction / curl of the stone.

PEEL weight

Heavy take out weight. Forget sweeping.

Important Note:

FOR ALL TAKE OUTS, SWEEPERS SHOULD STILL FOLLOW THE STONE DOWN THE ICE IN ORDER TO PREVENT THE STONES FROM GOING ONTO THE NEXT SHEET.

COMMUNICATION

Good communication within your team is a key component to the success of your team.

1. The skip communicates the shot requested to the player. If you are not 100% clear on the shot requested, ask your teammates or the skip for clarification!!!
2. The thrower can also communicate his perception of the weight (or line) right after he has released the stone. "I think Heavy... Light... inside... I pushed it...".
3. The sweepers should **communicate the speed of the stone to the skip** immediately, and correct as the shot progresses. The sooner the skip will know the speed of the stone, the sooner a plan B can be implemented, if necessary. In some cases, it needs sweeping right after it leaves the hand of the player. In other cases it is better to wait until the last possible moment, for the most curl possible.
4. The skip (or third when in the house) is responsible for the line of direction. When communicating / calling for sweeping (or not), CLEAR signals should be used. "GO", "NO" and "WOO" seem the same to some ears... So do "UP" and "YUP"...!
More simply...:
 - hand up vertically like a policeman to show stop... and shouting a clear "**NO**".
 - quickly moves the broom head to show sweep and shout a clear "**YES**"... or "SWEEP".
5. A skip yelling /screaming "HARD" at you is merely encouraging you not to stop doing what you are already doing well.
6. In some cases you might get three different calls for sweeping, contradictory probably...
 - one call from the skip
 - one call from the thrower
 - one call from the skip on the sheet next to you...What will you do? First try to ignore the call from the next sheet, even if louder by far.
7. To sweep or not to sweep? Trust your instincts. You will improve with time and experience

SWEEPING

EQUIPMENT

200 years ago, sweeping was done with a "corn" broom. But it was leaving debris on the ice. Then came the "rink rat", a broom made of rough fabric. Then came in the 50's the "hair" broom. Over the last 25 years we have had the evolution of the "Synthetic" broom, which melts the ice a bit more than the hair broom.

* In 2016 a new fabric has been banned from the professional competitions. It was proven that it was making tiny scratches in the ice, which could influence the path of the stone... and it was damaging the ice.

HOW TO

1. Clean your broom head **ONLY ABOVE THE GARBAGE CAN** at each end of the sheet.
Otherwise you will leave some debris on the ice or on the board (to be picked up later by a shoe, and then found again on the ice...).
2. For all stones, be ready to simply clean the ice in front of the stone, without any pressure.
3. Hold the broom at an angle of 45 degrees. Position your hands at 1/3 and 2/3 of the broom handle. Use your body weight to increase pressure on the broom head.
4. Look under a stone: you only need to sweep the path of the running band(5")... which means you can sweep with short quick movements, 6 inches in front of the stone, with the broom head never going past the edges of the stone.
5. The sweeper on the inside of the curl should take the front of the stone for maximum impact. The other sweeper will communicate with the skip.
6. Keep a safe distance between brooms(when 2 sweepers) so as not to bump brooms and possibly burn the stone!
This is even more critical as you go around the guards, and even more in the house.
7. Adding a third sweeper has basically no impact.
8. Your last brushing stroke should always be away from the stone, and lift your broom head only when out of the stones running path, so as not to leave debris on the ice.
9. Best sweepers have strength in their arms / upper body and a good body / arm position, but also have a good judgement of the speed of the stone, based on years of experience.
10. Sweeping will burn quite a few calories... including the 4 kms or so you will walk by the end of the game. Don't forget to hydrate during the game. Drinking after the game is also highly recommended, if nothing else to replenish fluids in your body.

SWEEPING A MISSED SHOT

Reasons for missed shots:

- Wrong broom given by skip
- Player misunderstood call of shot
- Shot not “hitting” the broom
- Shot too light
- Shot too heavy
- Shot delivered with not enough “handle” (rotation)
- Shot a “spinner” (too much rotation)
- Stone picked on the ice

Sweeping or Brushing a missed shot:

- Sweepers/Brushers need to be aware of the shot called.
- Judging for weight is sweepers/brushers responsibility - let the skip know weight a.s.a.p.
- When skip calls for sweeping (if inside line of delivery), most effective sweep is first 10 feet after release. This will delay the stone from slowing down and hold the line.

- If shot is light:
 - sweep for maximum distance
 - sweep for a guard
 - let it hog

- If shot is heavy:
 - don't sweep
 - sweep for a raise
 - sweep for a takeout
 - sweep it out the back of the house

ALL ARE POSSIBLE DEPENDING ON THE GAME SITUATION.
COMMUNICATE WITH YOUR SKIP(PLAN “B”)

STICK SPECIFICS

GENERAL

ALL rules, tips and comments on curling still apply. Only the delivery method changes.

A good shot is still a shot with the **right line of delivery (to the broom), the right weight, and a proper rotation** of the stone (3-4 turns).

Note: Recommended stick curling delivery is with grippers on both feet.

The stick is an extension of your arm. One degree offset at the level of your hand will translate into far more degrees offset at the level of the handle of the stone.

Same preparation as for sliding delivery. Start with cleaning your stone.

Place the stone enough distance away from you (the length of the stick). Use your hand or foot to move the stone around (do not use your stick).

Place the head of the stick firmly around the handle of the stone.

Grip the stick as you would the handle of the stone. Not too tight, not too loose.

Foot can be on the hack or (better) resting flat on the front part of the hack.

Square your shoulders to the direction of the skips broom.

Decide mentally of the speed of your walk.

The stone handle should be at 10 am or 2 pm.

Walk straight to the broom with your arm slightly bent in front of you, not to the side.

Smoothly extend your arm towards the broom, and turn your wrist to 12 o'clock to impart rotation at release.

Your walking speed is key for the weight to be delivered. Walk faster for take-out than for a draw. Practice different speeds of walking.