



CLINIC #5 - STICK CLINIC

UPDATED : SEPTEMBER 16 2026

Duration: 3 hours

This 3-hour clinic is designed to provide information, instruction on and technical feedback for curlers who deliver using the stick. There will be off-ice components including background of stick curling, technical overview (delivery), etiquette, rules and equipment review, followed by stick-specific warm up routines, delivery instruction, sweeping instruction with technical feedback throughout. Opportunity will be given towards the end of the clinic for participants to ask additional questions or obtain further feedback.

Item	Duration	Description	Supplies Needed/ Resources Available
Introduction	20 minutes	Welcome • Introduce self, clinic topic and agenda • Carefully outline aim and objective of clinic This clinic is designed for those new to or versed in stick curling. This clinic will review safety, equipment, delivery basics and sweeping. Technical feedback will be provided throughout.	Agenda
Overview of Stick Curling	20 minutes	Equipment (10 min) • Demonstration of various styles of stick • Explanation of how to use stick as delivery device Rules & Etiquette (10 min)	Various styles of stick Plastic rock (if available) Rules of Etiquette for Curling Curling Etiquette

		• Explanation of rules of stick curling and how they differentiate from traditional curling • Discussion of Spirit of Curling and how stick curling was not designed to be an 'advantage' or the stick used in an advantageous way	Recommendations for Delivery Sticks in Recreational Play
Delivery Overview (off-ice)	30 minutes	Off-Ice Delivery Review (30 min) • Powerpoint review of delivery basics ◦ Stance ◦ Line of Delivery ◦ Turns, Release ◦ Follow Through • Explanation of mechanics, key aspects of each delivery component • Participants ask questions throughout • Demonstrate stance, turns and release during presentation	Off-ice hack (if available) Plastic rock (if available) Projector Computer Off-ice space/seating
Warm Up	10 minutes	Warm Up (10 min) • Light aerobic activities • Dynamic stretching • Sport specific stretches	Off-ice space Warm Up handouts

On-ice Delivery	30 minutes	On Ice Delivery Review and Demonstration • Cleaning the stone • Stance/set-up – foot in the hack, square to the target, arm comfortably extended in front of mid-line of body, feet parallel • Line of delivery – step into the hack after the shot has been called and broom has been placed down; shoulders, hips, feet square to the target • Grip, turn and release – positive rotation from the wrist while straightening the delivery arm • Follow through – continue to walk or slide with follow through in arm once rock released • Weight control – increase weight by walking/sliding faster from the hack and bending slightly forward from the waist at the release point	
Break	10 minutes	Off-Ice Break • Discussion of stick rules, spirit of curling	

Application of Skill	30 minutes	Application of Skill Break up into smaller groups and practice skill, clinicians circulate, observe and provide feedback.	
Sweeping	20 minutes	Overview (10 min) • Demonstrate hand positioning, footwork • Have participants stand on 12 foot circle, turn the same way, place hands on broom and slowly move around the circle (one direction first, second direction after with opposite hand down) practicing sweeping motion <i>Key Teachings:</i> • Open stance footwork (cross country ski motion) • Weight over balls of feet • Head over broom • Speed and pressure on broom head • Hands separate broom into thirds Application of Skill (10 min) • Have participants pick a side of the centre line and all practice sweeping on way	ALTC Sweeping overview



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		down, clinicians observe and provide feedback • At far end, stay on same side of sheet but turn around and practice sweeping with other hand down on way back	
Debrief/ Wrap Up	10 minutes	Wrap Up • Answer questions • Review key teachings	