



Curling Newsletter

Skatetown Ice
Arena

Volume 1, Issue 2
June 2011

Skatetown Curling Calendar

Bring-A-Friend Night

Monday, June 20 from 5:30pm to 7:40pm. Bring a friend who has not attended a curling event at Skatetown. Your friend plays for free with one paid admission. Instruction will be provided starting with off-ice intro at 5:30pm.

Fun Spiel, Sunday, July 3

10am-5pm. \$300 per team; \$75 per person. Three 6-end games. Maximum 8 teams. No curling experience needed.

Monday pick-up games

5:45-7:40pm. Come 15 minutes early to pick teams.

Sunday pick-up games

10:45am-12:40pm. A great way to wake-up on a Sunday morning!

Check current schedules at
www.skatetown.biz



Skatetown Ice Arena

1009 Orlando Avenue, Roseville
CA 95661
www.skatetown.biz
916.783.8550

Friend us on
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Release and Turns

When a rock is thrown, it curls (hence the name curling). You can control in which direction the rock curls by placing spin on the rock as you release it. Your skip will indicate which direction the rock should turn by holding one arm up. As you begin your shot, point the handle of the rock in the same direction as the skip's arm.

Release. The release is described as similar to releasing someone's hand after a handshake. The rock should slip lightly from the tips of your fingers. The spin is light and slow. You should not have to 'force the rock' to spin.

The OUT TURN



The IN TURN



Bring-A-Friend Night—June 20

Monday, June 20th is 2-4-1 night! You pay \$20 for your drop-in game and your friend comes for free! Applies only to friends who have not attended a curling event at Skatetown. There are only 24 spots available, so register early. To sign your friend up:

- Call Susan at 916.783.8550 ext. 115 with a credit card for \$20.
- Give us the name of your friend and we'll register both of you for the 20th
- Plan to arrive by 5:20pm so your friend has time to sign the waiver and fill in their name/address /email etc.
- Off-ice curling intro begins at 5:30pm in the party rooms.

Fun Spiel in Roseville—July 3rd



There is still time to sign up for Roseville's first annual Fun Spiel on Sunday, July 3rd from 10am until 5pm. Four teams have already signed up (one of the 4 is from the Bay Area).

Entry fee is \$300 per team and includes 3 six-end games.

To request a registration form, email marketing@skatetown.biz.

Why Players Sweep

People who are new to curling, or unfamiliar with its nuances, are often puzzled at the fact that players wield brushes and sometimes sweep the ice furiously as the granite stone is delivered down the ice. It may look slightly odd but the sweeping is an integral part of the sport of curling. A good stone in curling is one that requires to be swept because you have some control over where the stone will ultimately end up, so you can increase your chances of getting the stone to come to a stop exactly where you wanted it.

To understand why sweeping provides a degree of control, it's important to understand the role that friction plays in curling. There is friction between the ice and the underneath of the stone which means that a slightly underpowered shot will come up short. By vigorously sweeping the ice, the curlers can momentarily melt the ice. This lessens the amount of friction and this has two effects. Firstly, it reduces the speed of deceleration, meaning that the stone will end up going further than it otherwise would have. Secondly, it will cause the stone to stay to a straighter line. The stones curl most when delivered at a slow pace, so by maximizing the stone's speed, the players can reduce the amount that the stone swings from one side to the other.

Focus

Some people say that 80 percent of the game is mental. Curling requires intense focus—something that only comes with experience, and it's the reason curlers peak at a later age than many other sports.

Success comes one shot at a time. The best curlers focus on the process of the shot rather than its outcome. This ability to concentrate on delivery comes with experience, and experience is the most important factor in success.



How to Sweep



The curling brush is a long-handled brush, which is held two handed. You will have one hand lower down on the handle than the other and will then sweep the brush horizontally just in front of the stone as it makes its way down the ice. It's important that your brush head doesn't touch the stone and that your feet don't either, as any contact with the stone will

render the shot null and void. You also want to stay pretty close to the front of the stone to maximize the effect of the sweeping. Sweeping too far in front of the stone will be ineffective.

Usually, two players will undertake the sweeping, although occasionally the player whose shot it was will also join in. For the two assigned sweepers the usual approach is to have one on each side of the ice. They will come in and take their positions, deciding which of them is going to place his brush closest to the stone.

The technique of sweeping can be enhanced by having the lower of your hands quite far down on the brush handle and bending over towards the ice. This will mean that all of your weight will be transferred down through the broom and result in a more powerful sweeping motion. The other key technical element is your movement down the ice. For slow shots, it's easy enough just to walk alongside the stone and some amateur players do this. However, you will sometimes have occasion to sweep shots that are travelling faster and to stay level with the stone, you will need to slide smoothly along the ice. You will be standing sideways to the stone with your feet a little apart. To slide you will allow your lead foot to slide sideways and then slide your other foot after it. To begin with, the chances are that this will take a bit of perfecting and you may have to leave the faster shots to the experts. Be careful not to over-exert yourself as falls happen when players have valiantly attempted to keep pace with a stone that it travelling faster than their comfort zone.

It's worth watching some international curling to see the speed and exertion that goes into sweeping at that level. Even at amateur level, the sweeping component leads to an **excellent workout**. You will certainly know all about it if your teammates play two or three stones in a row that require end to end sweeping! It's also extremely satisfying and exhilarating when you succeed in coaxing a stone into the desired area, knowing that without your efforts it would have been a poor stone.

Curling at Skatetown Ice Arena

Pick-up games © Learn to Curl Clinics © Curling Birthday Parties © Curling Team Building Events

Online registration for pick-up games available at www.skatetown.biz