



2010 Olympics Curling School

The 2010 Olympics Curling School is an introduction to the sport of curling designed for anyone who what to learn how to curl. In this three-week course, participants will learn the basics of the curling delivery and effective sweeping, rules, and basic strategy of the game. Each week, you will receive personal instruction in the classroom on-ice from experienced instructors, and have a chance to compete against other curlers of similar experience in supervised games. Get a jump on the next season and hone your curling skills now!

Lead Instructors: Roger Rowlett & Mary Jane Walsh, USCA Certified Level II

Meeting time: Sundays, 6:00-8:00 PM, Utica Curling Club, March 7, 14, and 21

What to bring: Wear warm, loose-fitting clothes. Bring a pair of athletic shoes (sneakers or tennis shoes) *with clean soles*. Brushes, grippers, and sliders will be provided by the club.

Eligibility & Fees: The Olympics Curling School is open to anyone 16 years or older who wants to learn more about curling. The registration fee of \$75 may be applied toward a first-year, resident, senior resident, associate, or junior plus membership for the 2010-2011 season.

Signup: Contact Roger Rowlett, curlingschool@uticacurlingclub.org to register. The school will be limited to 64 participants. *Individuals will be registered on a first-come, first-serve basis.*

Syllabus

Date	Topic	Instructional Elements
March 7	Delivery Basics	You will receive classroom instruction on the basics of the curling delivery. On-ice, you will learn how to maintain your balance throughout the delivery, the cadence of the curling delivery, and the proper grip and release of the stone.
March 14	Rules & Strategy	You will receive classroom instruction on the rules and basic strategy of the game of curling, as well as some basic game etiquette. On-ice, you will recap the basics of delivery, then try out your new strategy skills in a short game against fellow students.
March 21	Mini-bonspiel	You will try out your curling skills in a mini-competition, with awards and socializing afterwards