

Nova Scotia Stick Curling Association

Stick Curling Clinic Outline

Time frame	Topic	Outcome
45 min.	Off Ice Introduction Delivery Demonstration Instruction for Practice	Introduction of Association Demonstration of Delivery Technique Understanding of the Practice
1 hr. 15 min.	On Ice Practice delivery of the stone Set-up Travel Release	Understanding of recommended: Stick positioning Pace of travel (draw) Release of stone
30 min.	Off Ice Break Check in	Answer questions and address concerns
20 min.	Off Ice Instruction for the Practice The 2 Person Game Rules Roles	Understanding of the practice Introduction to 2 person game
1 hr.	On Ice Practice delivery of the stone Play a modified game	Understanding of pace and release Pace of travel (take out) Release stays consistent Play modified 2 person game
10 min	Off Ice Wrap up and Evaluation	Participant feedback on clinic