

## Nova Scotia Stick Curling Association

### Stick Curling Clinic Outline

<b>Time frame</b>	<b>Topic</b>	<b>Outcome</b>
30 min.	Off Ice Introduction Delivery Demonstration Instruction for Practice	Introduction of Association Demonstration of Delivery Technique Understanding of the Practice
1 hr. 30 min.	On Ice Practice delivery of the stone Set-up Travel Release	Understanding of recommended: Stick positioning Pace of travel Release of stone
30 min.	Off Ice Break Check in	Answer questions and address concerns
30 min.	Off Ice Instruction for the Practice The 2 Person Game Rules Roles	Introduction to 2 person game
1 hr.	On Ice Play a modified game	Understanding of rules and roles of 2 person game
10 min	Off Ice Wrap up and Evaluation	Participant feedback on clinic