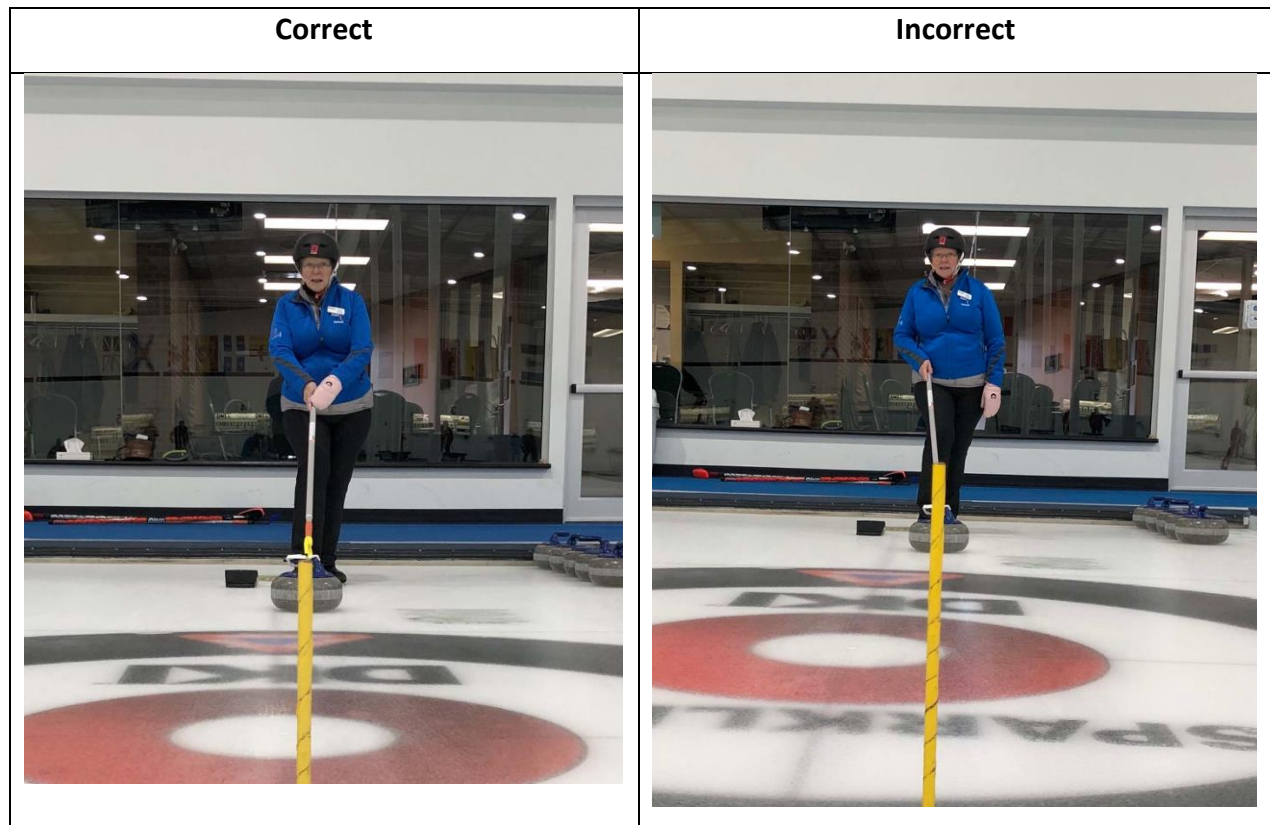


How to Use a Delivery Stick

- **Consider use of a safety helmet and** make sure you have appropriate footwear to prevent slipping and to help maintain your balance. Grippers are recommended. (Runners get slippery when cold). A gripper is recommended for each foot rather than a slider on one foot **unless you can confidently maintain your balance with only one gripper.**
- **Clean the bottom of your rock and the ice immediately in front of your starting point.**
- Begin your delivery, in a standing position, either in the appropriate hack or along the centre line directly aligned with the intended target broom.
- When ready, visualize your line of delivery through the center of the rock to the target of skip's broom. (TIP – pick spot on nearest hog line as aiming point)
- Align handle with target line and place delivery end of stick over handle of rock. Remember the delivery stick is merely an extension of your arm.
- Align the end of the stick as close as possible to your belly button. **It may help to use both hands to centre the delivery stick as shown below.**





- When you look down at the delivery stick, this should align directly with the intended target of the skip's broom at the other end of the sheet. The delivery stick should not be on a slant.
- Grasp the stick with your thumb on top of the grip pointing directly down your intended target line. This is referred to as the neutral or 12 o'clock position.
- Square your shoulders to the target broom and ensure your delivery is intended to occur in a reasonably straight line from the hack towards the target broom.
- Before you begin your delivery, determine which turn is required and rotate your wrist and forearm to set the handle at 1 o'clock for out-turns and at 11 o'clock for in-turns.
- For left-handed curlers this motion is the reverse and reference points are opposite.
- With the handle of the rock now in its proper position, proceed forward slowly with your arm relaxed and slightly bent and the grip of the stick in the mid-section of your body, with your eyes, stick and rock aligned with the target. (TIP – don't be afraid to get close to nearest hog line) (TIP – remember to leave the rock handle at 1 or 11 until the final release)
- When you are at the appropriate speed and release point, simultaneously extend your arm towards the target and gently rotate your wrist and rock handle back to the neutral or 12 o'clock position. (TIP - try not to lunge forward and do not let your delivery stick remain on the handle past the neutral or 12 o'clock position)
- Ideally rocks should have about 3 full rotations over the full sheet to be most effective. (TIP – avoid spinners - 5 plus rotations or lazy handles – less than 1 rotation)
- Remember your rock **MUST** be clearly released from the delivery stick before the rock reaches the hog line.
- After releasing the rock continue your slide or walking towards the target as a follow through and visually follow your rock all the way down the sheet. ***This will*** help you "read" the ice ***and help you assess the effectiveness of your delivery.***
- Remember to be effective, you need to control:
 - Line of delivery
 - Pace of the rock
 - Rotation of the handle
 - Point of release