

Using a Delivery Stick

By John Humphrey, Lakefield Curling Club

There is very little information about this method of delivery. John developed this basic lesson plan and it has been used very successfully with all levels of curlers.

- Wear a non-slip gripper on each foot.
- Position in the hack is the same as regular delivery but standing.
- The curling stick is simply an extension of your arm.
- For the in-turn, delivery position is at 11:00 o'clock (not the normal 10).
- For the out-turn, delivery position is at 1:00 o'clock (not the normal 2).
- Place the stone on a line from the CENTRE of your body to the brush.
- Place the curling stick on the handle of the stone. Remember here that the curling stick is simply an extension of your arm.
- Keep your delivery arm reasonably straight as you move forward.
- Walk forward at an appropriate speed to deliver the stone with the "speed" (or weight) that the skip has requested – always on the line to the brush.
- The stone must leave the curling stick before the stone touches the hog line as per the rules.
- Continue walking forward as a follow through, after the stone has left the curling stick.
- For an In-Turn, keep the handle of the stone at 11:00 o'clock until you get four feet from the point where you want to release the stone. Then slowly turn the handle of the stone to 12:00 o'clock over the last four feet.
- For an Out-Turn, keep the handle of the stone at 1:00 o'clock until you get four feet from the point where you want to release the stone. Then slowly turn the handle of the stone to 1:00 o'clock over the last four feet