

Starting to Slide

I follow all the steps in starting my slide (foot in the hack, crouch down, foot and rock forward, bum up with foot and rock come back, foot comes forward for a smooth slide).

Coach: _____

My throwing arm never touches the ice.

Coach: _____

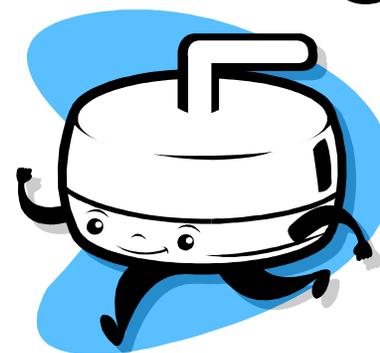
My sliding foot stays flat, under the middle of my body.

Coach: _____

My broom stays on the ice at my side.

Coach: _____

Little Rock Curling



Level 1

Curler:

Ice Safety

I always step on the ice with my gripper foot first.

Coach: _____

I always step off the ice with my slider foot first.

Coach: _____

I can slide up and down a sheet of ice with only my broom as support.

Coach: _____

Sliding – the Hack

I put my gripper foot in the correct hack for my slide.

Coach: _____

When I set up my slide, the ball of my gripper foot is against the back of the hack.

Coach: _____

My sliding foot is always flat on the ice.

Coach: _____

When I'm in the hack, I hold the broom with the correct hand, with the sweeping side pointed up

Coach: _____