

## Sweeping

When I sweep, my broom goes across the path of the rock.

Coach \_\_\_\_\_

My feet are usually shoulder width apart while I'm sweeping.

Coach \_\_\_\_\_

When I'm sweeping, I lift my head up to watch where the rock is going, and to see the skip.

Coach \_\_\_\_\_

I understand the sweeping words used by the skip.

Coach \_\_\_\_\_

I can sweep a takeout weight rock.

Coach \_\_\_\_\_

# Little Rock Curling



## Level 2

Curler:

## Finishing the Slide

When I finish sliding, my sliding foot is flat on the ice under the middle of my body.

Coach \_\_\_\_\_

The toe on my sliding foot is pointing straight ahead, or a little bit to the outside.

Coach \_\_\_\_\_

My trailing leg is stretched out straight behind me, with the toe turned in or straight.

Coach \_\_\_\_\_

My broom is beside me, in the same position as when I left the hack.

Coach \_\_\_\_\_

My hands and knees aren't resting on the ice.

Coach \_\_\_\_\_

## Sliding – Advanced

I can slide without holding on to a rock, with good form.

Coach \_\_\_\_\_

I can slide past the tee line without losing my balance.

Coach \_\_\_\_\_

I can slide between two pylons without touching either of them.

Coach \_\_\_\_\_