

# INNISFAIL STURLING (STICK CURLING)

Many individuals have joined the growing numbers who are utilizing the “*stick method*” of delivering curling rocks. It provides the goal of learning a skill that would allow them to continue or re-enter the sport. Stick curling is a relatively new derivative of the traditional game but has achieved its popularity through its appeal to individuals with physical limitations, disabilities or simply a desire to take up curling later in life. Using this method has allowed them to re-enter the sport or to just continue a cherished activity. The “*stick*” used is a throwing aid that allows for the delivery of the rock from a standing position and results in a much less physically demanding activity than the traditional method.

Sixty percent of our current senior curlers are utilizing the “*stick*” in either the regular Seniors Mixed League (Tue. & Thur.); Ladies League (Mon.); or, the Mixed Stick League (Wed.). Most are participating in more than one of these choices.

## Sturling Game

Each team consists of two players who remain at opposite ends of the ice. The two opposing curlers at one end alternately deliver six stones, while their teammate’s skip that end. The next end roles are reversed, and the partners deliver the stones back. This results in each player delivering 18 stones, in a game that takes about 1 hour. Sweeping is allowed only from the hog line to the back of the house at the playing end. The basic skills of curling (accurate line, weight and rotation) are still required with game strategy shared equally by both team members.

Teams are drawn up to allow for two split seasons with the change occurring over the Christmas break. They will play two one hour games with a short social break in between.

A pre-season instructional clinic will be provided and as required, on-going individual training throughout the playing season for existing and new coming players. Assistance with and recommendations regarding equipment requirements will also be available.

Anyone interested in more information come see us at the open house and registration in October or contact:

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