

Greater Kingston Curling Investing in the Future

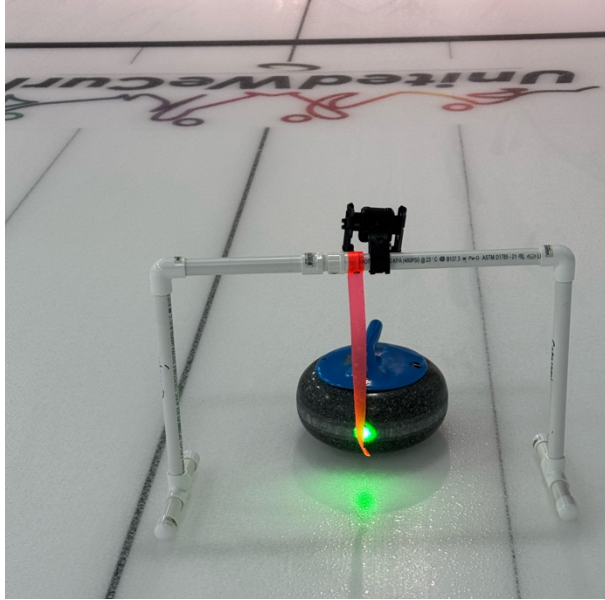
The game of curling continues to evolve. High performance athletes must continue to hone their game for the best results. Having access to equipment that helps with that process is a key to success.

Greater Kingston Curling has provided each member club with a laser, a delivery target complete with a phone mount to videotape deliveries, timing systems to work on hit and draw speed, and a SmartBroom for sweeping analysis. Look for them in use at your local curling club.



A laser is used to provide a target at the far end of the sheet of ice. It is positioned to shine on the middle of the rock in front of the hack.





The curling target is positioned beyond the near hog line before the break point. The laser should shine on the ribbon (a rock can be placed in the middle of the target to confirm it is positioned correctly). Curlers can videotape themselves delivering with a smart phone placed on the phone mount of the target.

In addition, rocks (or plastic cones) can be positioned with a space slightly wider than a rock width apart at the near hogline.



The delivery can be videotaped and the position of the laser on the rock will indicate any movements off the line of delivery.

The timing devices are set up at the backline and the two hoglines to provide backline to hog split times and hog-to-hog intervals. Curlers can work on draw weight and getting consistent hit weights.



The Smart Broom provides an analysis of pressure applied on the push and the pull stroke and velocity of broom head movement.

