

5 - PLAYER 5
 4 - PLAYER 4
 3 - PLAYER 3
 2 - PLAYER 2
 1 - PLAYER 1

Evaluation Toolkit

Delivery Release Phase	Well Done	Needs Improvement	Relearn	Comments or Prescriptive Measures
Elbow slightly bent prior to release	5, 4, 3	2, 1		4 - off elbow wide
Handle is turned remains rotated until just prior to release	5, 1	4, 3 1, 2		8 - WORKING ON THIS
Stone position is a maximum of 12" in front of sliding foot entering release	5, 4 3, 2			
Wrist position remains high above stone handle	5, 4 3	2, 1		
Grip on handle remains the same as set up position	4, 5	2, 1 3		3 - HOLD COUNTER ROTATION
Stone is rotated and released over a distance of approximately 3 feet.	4	5, 3 2, 1		
Handle position at final release point is at 12 o'clock	4, 1	5, 3 2		
Fingers and thumb leave the handle at the same time	5, 4, 3	2, 1		
Hand finishes in a relaxed handshake position directed towards target		4, 2, 5, 3		3 - Release to stick 5 - After sweeps hand across body on release instead of extending hand to broom

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Brushing	Well Done	Needs Improvement	Relearn	Comments or Prescriptive Measures
Knees bent with the body's weight on toes/balls of feet, feet out beyond the hips	5	4	3,2,1	
Bent at waist with head directly over the top of the brush head	5	2,1 4,3		
Grip is 1/3 and 2/3 position or as adapted to suit the athlete's height.		4,3, 2,1		
Open-Stance – foot motion is cross-country skiing, athlete remains on balls of feet Closed- Stance - foot motion is side-step and athlete remains on balls of feet	5	ALL		I'VE ASKED 2, TO LEARN CLOSED STANCE... NOT COMFY ALL EXCEPT 5 - NEED IMPROVEMENT
In position to see the playing end of the ice	ALL			
Scrubbing motion is quick, compact, side to side and directly in front of the stone	4,3 2,1			
Substantial downward pressure on brush which remains constant during travel down the ice	5	ALL REST		IMPROVING
Brush stroke is close to the stone or other athlete's brush				NOT BAD... ALL
Communication is ongoing		5,4 3,2	1	1- ZONES - NEW ; REST - NOT ONGOING
Brushers are looking up and down	2,4	3,1		
Timing devices are being used appropriately	5,4		3,2,1	NOT FAMILIAR OR COMFORTABLE WATCH

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Delivery Forward Slide Phase	Well Done	Needs Improvement	Relearn	Comments or Prescriptive Measures
Stone motion precedes the sliding foot's forward motion	3, 1 4	2- 5		1- Drive at same time as rock forward 0/5 better than 4/5 5- High hits
Stone motion forward is in a straight line directed toward target	3, 4 5	1, 3 5, 4	2	1- off wide stone sailing, 3 Same 5- Right left-right
Hips and sliding foot move forward together				
Hack foot pointed at target when leg drive is applied	3, 4, 5	2, 1		2- Knees- recover 1- Improving
Application of leg drive occurs at proper time and is shot dependent- body should be in a balanced position with hips ahead of the hack foot and sliding foot under vertical axis of body	4	Rest		4- Good leg drive on hits
Sliding foot moves gradually under the body's centre of gravity	3	2, 5, 4	1,	2- Not bad - quick + overly left on hits 5- left then under, 4- Right then more right
Sliding foot heel turns in slightly to increase base of support (optional)	1, 3, 2	4, 5		5- Pigeon toed sometimes 4- Straight + 5/3 turned slightly
Final position of the sliding foot under the vertical axis of body/centre of gravity	2	4, 5		5- off to under, 2- poor too 4- Foot can continue to right
Fairly upright body position	5, 4, 3	2, 1,		3- Balance Good
Brush arm position remains in the same as set up	3, 5, 2, 1	4,		Starts to move backwards
Trailing leg extends fully to a comfortable position straight behind the body	5, 3	4, 2,	2	4- counters foot moving to right 2- Twists + rides high
Sliding leg & foot supports body weight	3, 4, 5	1, 2		1- too high; 2- too high BUT
Athlete centre of gravity is low to the ice	3, 4, 5	1,	2	2- Rides high + unstable (CRABS) 1- " " BUT STABLE
Body and rock maintain position on delivery path through all movement		All		SOON: MAIN-AIM - string upper body
Shoulders remain level and square through all movement	1, 3, 4, 5	2		2- Starts low on R - or mid body/balanced issue
Throwing arm elbow slightly bent & relaxed	5, 1 3, 4	2		
Handle of stone remains set and in position throughout all movement	5, 4	3, 2, 1		3- Tendency to straighten too soon
Distance between the back side of the rock and the tip of the sliding toe is a maximum of 12"	3, 5	4, 2, 1		
Wrist remains high during entire forward slide	3, 4 5, 1	5-07 1, 2		5-07 condrop

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<p>Delivery Pull Back Phase</p>	<p>Not Applicable</p>	<p>Well Done</p>	<p>Needs Improvement</p>	<p>Relearn</p>	<p>Comments or Prescriptive Measures</p>
<p>Forward Press is slight movement of stone along line of delivery (optional)</p>		<p>1, 2, 3, 4, 5</p>			
<p>Both legs are used to lift hips</p>		<p>5, 4, 3, 1</p>	<p>2</p>		<p>Revisit!</p>
<p>Stone is pulled back in a straight line on the line of delivery</p>		<p>2 4, 3</p>	<p>1, 5</p>		
<p>Sliding foot and hips move back with/or slightly after the rock</p>		<p>ALL</p>			
<p>Brush moves back the same distance as the stone</p>	<p>ALL</p>	<p>ALL</p>			
<p>Sliding Foot moves straight back and remains parallel with hack foot</p>		<p>4</p>	<p>1 2, 5, 3</p>		
<p>Hips are elevated so that the knee of hack leg remains bent (approx. 90°)</p>			<p>ALL</p>		
<p>Hack foot, knee, and foot remain pointed at target</p>		<p>1, 3, 4, 5</p>	<p>2</p>		
<p>If throwing a takeout shot, slight weight transfer to the heel of the sliding foot at the farthest pull back point</p>		<p>4</p>	<p>Revisit</p>		<p>Revisit!</p>
<p>Hips remain level and square throughout all movement</p>		<p>3, 4</p>	<p>5, 1, 2</p>		
<p>Shoulders remain level and square throughout all movement</p>		<p>5, 4, 3</p>	<p>2</p>		
<p>Handle of stone remains rotated to the appropriate position throughout all movement until release</p>		<p>5, 4, 1</p>	<p>3, 2</p>		

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**Canadian Curling Association
Performance Factors Checklist**

Delivery Set-Up Phase	Well Done	Needs Improvement	Relearn	Comments or Prescriptive Measures
Approach hack from behind		ALL		NEED TO REMIND ALL
Ball of foot in back of hack	3,4,5	1,2		
Foot and ankle alignment in hack pointed to target	4,5,3	2,1	2	2- Legs splay open + point
Sliding foot parallel to the hack foot and flat on ice	1,3,4,5	2		2- -
Sliding foot heel even with toe of hack foot	1,3,4,5	2		
Ensure hips are square to target	4,5	2,3,1		
Hack leg knee pointed to target	3,4,5	2,1	2	
Body weight evenly distributed on both feet	4,5,1	3,2		
Torso in upright position, head up, eyes looking forward	ALL			
Shoulders level & square to target	5,4,1	3,2		3- Distribute body wt evenly
Brush head up & even with stone	4,5,3,2	1		1- 45° angle to body.
Brush handle placed comfortably under arm, across the small of the back. Balance/Stability Device is highly recommended.	4,5,3,2,1			2- MAYBE TRY JORDAN E TRIS
Brush hand grip ensures shoulders are square	1,3,4,5	2		
Stone is positioned on line of delivery (centre of the stone is in front of throwing arm pit)	4	5,3,2,1		
Stone handle set to proper rotation - 10 o'clock position for clockwise - 2 o'clock position for counter clockwise	ALL			
Grip is firm, wrist high over centre of gravity of the stone	2,3,4,5	1		1- MUST BE DEEP WRIST
Elbow relaxed and pointing downward	ALL			
Handle held in second joint of fingers and thumb placed on side of the handle opposite the fingers	ALL			
Forefingers remain together and firm on handle	4,1	5,2,3		REVISIT KICK
'V' between thumb and forefinger point to opposite shoulder	ALL			

REVISIT + STONE POSITION (TO KNEE)