

Curling Class Notes – Week 2 (Sweeping / Sweeping Style)

- **(NOTE: There is still debate (and research) about what is the most effective sweeping technique.) Many opinions and even that has changed multiple times over the years (new brooms, horse/hoghair, new sweeping rules, etc..) Our thoughts are below..**
- **General Sweeping Items**
 - o Having strong sweepers (and accurate distance readers) is a HUGE advantage over teams with less efficient sweepers.
 - Gives the shooters more tolerance to not be as precise with their initial release trajectory / distance.
 - o It is easier to keep a rock straight than it is to get a rock to curl
 - o On good ice conditions (14 second hog to hog), 2 average/above average sweepers can carry a rock roughly 5-6'. (Enter note about practicing draws).
 - o The faster the ice, the more that sweeping effects total distance (and by extension, curl.)
 - o You can carry the rock a greater distance by going easier early and hard late rather than hard early and easier (tiring) late.
 - o Better sweepers are more effective on faster ice.
 - o Better sweepers are more effective on swingier ice.
 - o The only real rule to sweeping now is you need to finish your brush stroke.
 - o **Unless you are a physical specimen that works out constantly, you will not be able to sweep a rock the entire distance without losing effectiveness towards the end of the shot, much less EVERY shot for the entire game.**
 - Because of that, you need to allocate your sweeping resources in the most efficient way possible. **(See alternate sweeping style.)**
 - o We believe the closest person has roughly 85% of the total effect on a rock whereas the outside person only has 10-15% %. 3rd person...almost 0.
 - o When sweeping, you should sweep at 10 degrees off the vertical. "flat" style for the straight side, "blade" style for the curling side.
 - o If the rock is close to where it needs to be, someone should be cleaning.
 - o The newer the broom pad, the more effect you will have.

- You likely need to change your broom pad way more often than you'd like to. (Top teams will change every game...every other at the most.)
- o Speed vs. pressure?? The great debate!
 - It's all about friction!
- o Blade vs. flat head?? (Another debatable subject.)
- o **CLEAN THE ROCK IF IT IS ANYWHERE CLOSE!!!**

Other curious sweeping things of note.

- o You have to be AT LEAST an average ability sweeper to get a rock to actually curl.
- o Sweeping hard right after release greatly alters the intended path of the rock and greatly limits your ability to manipulate both path and distance later.
 - Tougher to get around guards.
 - Committed to an outside line.
 - Shallower rock trajectory.
 - **SO, the longer you can wait (clean) without sweeping hard, the sharper (more angled) your rock trajectory will be at the end of the shot.**
 - Do you take more ice because of this???
- o If playing a 10 second hit or more, the outside person's ability to get a rock to curl is minimal to non-existent.
- o "High" cleaning will not affect distance, but it WILL keep a rock from "picking". (I don't see enough people "High cleaning"...or general cleaning for that matter.)

• Standard Team Sweeping style

- o Inside/Outside sweeping
 - The "inside" person takes the rock initially.
 - The "inside" person will continue to take the rock until a call for the outside person to curl the rock comes from the skip.
 - Names are fine if it is understood that the outside person's name means the rock needs to curl.
 - o Instead of names, we suggest yelling "straight", "clean" or "curl".
 - The 2nd person can certainly help later if needed.

- **A sweeping style to consider??**

- For draws and light weight hits (11 seconds or longer), we have sweeper A "plow" for the 1st 50-75% of the shot. (Sweeper B concentrates on weight calling.)
- Sweeper A then moves up from the rock allowing for sweeper B to jump in and take the rock from there. Once sweeper B is in position, sweeper A then pulls off and becomes the primary weight caller.
- Sweeper A may choose to help sweep the final few feet if necessary.
- The initial "plower" would be the person who is going to shoot next. That way the heart rate stays lower right before they shoot.
- **Sweeping action** - Whoever is in that first position, you get DIRECTLY behind the rock to plow. Broom head (flat style) directly in front of the rock and push down with high pressure. Full concentration on staying directly in front of the rock. The sweeper NOT sweeping calls weight.
 - Once it is time for the switch, plower moves up and allows 2nd sweeper access.
 - 2nd sweeper (from behind the rock) will sweep at 10 degrees off the vertical for either straight or curl. If keeping it straight, we don't go fully to the "blade" style. If sweeping for curl, we do.

- **Advantages to this style over standard.**

- Both sweepers are able to give more resources for each shot as they are not as tired.
 - Because pressure has little movement, all sweepers are fresher for the end of the shot, end of each game, and for the rest of the event.
- You always have a fresh sweeper to finish the rock.
- The "plower" is the person who would be shooting next so he isn't forced to shoot right after all energy is used to sweep.
- The sweeper is always in a position to quickly transition between straight OR curl. (Don't have to change.)
- Over the course of the game, the sweeping is more equal.

- **Disadvantages to this style over standard.**

- Shooter cannot help with line calls as sweeper is directly in line of sight.
- Requires more coordination between sweepers. (Switching, weight calling.)
- For upper weight hits...we have the inside person clean/sweep. Occasionally we would call the outside guy to curl but again, for 10 second hits or faster, the outside person won't be able to effect it anyway.