

Better Brushing

- Beginner - for those new to training for brushing to learn the fundamentals & improve confidence on the brush
 - 3x/week
- Advanced -includes upgrades from beginner program, and extra workout and more advanced intervals
 - 4x/week

Better Brushing Toolbox:

- [Join me for the Better Brushing with Off Ice Training Workshop](#) in Partnership with the WCA on May 26, 2024 for only \$15USD, and purchase the Better Brushing program.
- [Better Brushing Program](#) (you're here!)
- [Better Brushing Practice Plan](#) (on ice progressive plan)
- [Brushing Plank Workshop](#) (Free)

How can these opportunities be beneficial on your quest to becoming a badass brusher?

There are a few problems ...

... #1 is that after your first learn-to-curl program, *you can go years without further instruction on how to brush* effectively and efficiently, often picking up tips and tricks here and there ... that might not be appropriate for your abilities and style of sweeping.

... #2 is that curling has evolved so much over the past few decades. You might have played for years or decades, and have relied on tv broadcasters, your coaches, and each other to solve the mysteries of how to be a better brusher.

... #3 is that *to brush effectively is a lot more than just the positions you are in*. Many athletes experience overuse injuries, or compensation injuries because you do not prepare yourself appropriately in your off-ice training to best adapt to the ever-changing demands of being a great brusher on the ice.

All of these cause a lack of confidence, and most curlers just don't know where to find information. Confidence is built with on ice practice. EXCEPT if you lack the strength or endurance, then making those on ice adjustments can be super difficult. This is where the importance of OFF ICE training comes in -to give you the strength, power and endurance to get into an effective brushing position for **your body**, so that when you step on the ice again it makes those brushing technique adjustments that much easier!

How should you hold the broom? Where should your feet go? What muscles do you need to use the most to not only be effective, but efficient as a brusher.

The reality is, that becoming a better brusher not only helps make your body feel better throughout a tournament weekend, but increases your teams shot tolerance. & who doesn't want to help their teammates make more shots?

Athletes will learn how to utilize dryland drills, at-home strength training, and prepare themselves for future on-ice drills. Learn about the different brushing positions and the accompanying footwork, as well as how to determine what position is right for you and your body. If you struggle with applying more

pressure, coordinating your limbs, or increasing your stroke rate, you can use the off-ice time to best prepare you for your on-ice practices.

Learn what to prioritize in your training so that you can achieve your specific curling goals. The program includes 3-5 workouts per week organized into 3 progressive phases. Each exercise includes a youtube video to help you learn proper technique, and the tracking page includes space for you to record your progress and reach your goals.

3 levels of the program are available based on your experience & equipment availability:

Level 1 -primarily completed at home with limited equipment

Level 2 -primarily completed in a gym setting or with more access to equipment and resistance

Level 3 -(once completed level 2)

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