

### **Sweeping is what makes curling a team sport.**

We sweep to polish the ice in front of a moving stone, allowing the stone to glide more easily down the ice. Strong *effective* sweeping can significantly affect the distance a stone travels. For example, good sweeping can lengthen the distance of a draw shot by 8 - 10 feet. Sweeping will also keep the stone travelling a straighter path.

The stone's contact with the ice, also known as the running band, is illustrated in the diagram to the right.




Coverage - The brush head must move from side to side across the path of the stone, covering the running band, and finish to one side.






Stone contact with ice

Speed and pressure are relative to the sweepers' body posture, stance and physical fitness.

### **Reasons to sweep**

-  Make the stone travel further.
-  Keep the stone running in a straighter line (for the majority of its journey).
-  Keep the path of the stone clean.










### **Effective sweeping is achieved by combining;**

-  Coverage - covering the width of the running band as close to stone as possible.
-  Speed (or frequency) - How quickly the sweeper can move the brush.
-  Pressure (or power). - How much weight the sweeper can load on to the brush.

### Sweeping - Basic



Sweeping can be done from a variety of positions. The at a basic level the sweeper should choose which is most comfortable. There a few guidelines, listed below to optimise basic skill and effectiveness.

-  Sweep without a slider, using either a side step or shuffle walk. This is safer and more effective as more pressure can be applied.
-  Upper hand palm up to support brush, lower hand palm down to generate pressure.
-  Sweeper's head should be over the brush head. This will ensure body weight is going through the brush shaft and sweeper can look down the stone's path. The sweeper should be able to angle their head to see skip and stationary stones.
-  Bend from hips and knees not waist.
-  Brush should ideally be held on the side of the sweeper nearest to the skip.
-  The brush head must move from side to side across the path of the stone, covering the running band, and finish to one side.
-  The brush head should be as close to the stone as possible, without making contact with the stone.
-  Sweepers should sweep on both sides of the stone.
-  Eye judgment by sweepers' should be used to determine the speed of a running stone. This can be aided with the use of stopwatches and split timing.

### Sweeping - Advanced

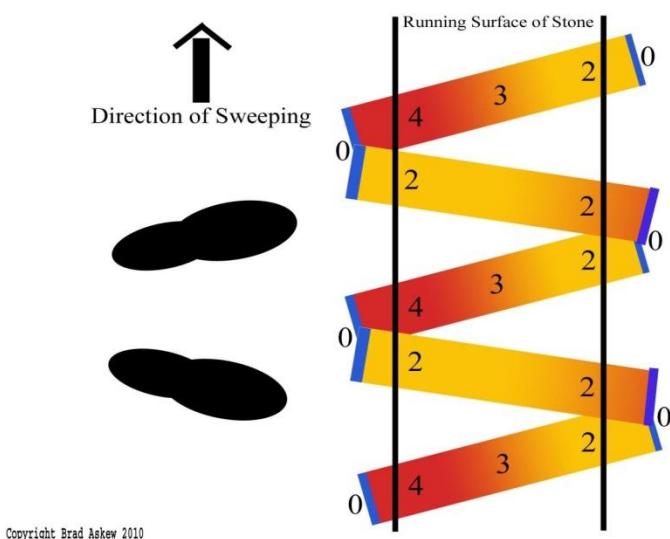


As players advance to competitive level, effort should be made to continue the development of effective sweeping as most players sweep more stones in a game than they deliver.

Effective sweeping at this level focuses on generating as much heat as possible in front of the stone's path.

When the stone is moving faster the sweepers should focus on speed / frequency.

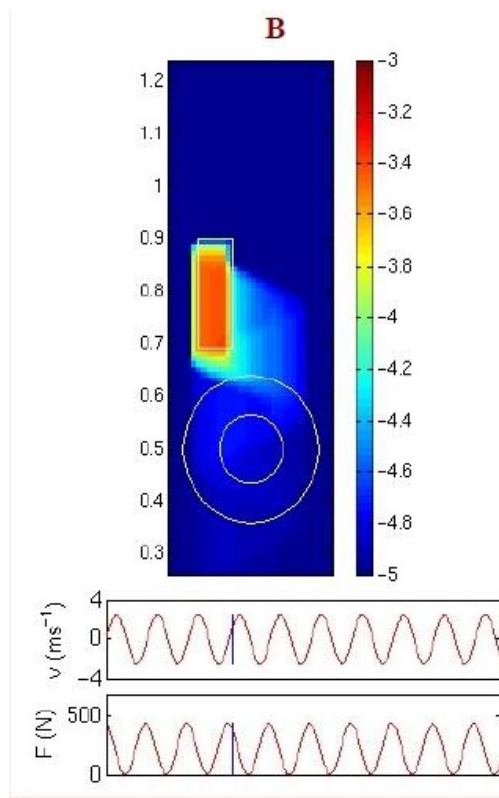
When the stone starts to decelerate the balance shifts to pressure / power.



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More heat is generated on the OUTWARD stroke than the return. Ref diagram to the left.

Strokes that overlap heat the ice more effectively - refer to diagram to the right.



The images below demonstrate good practice in;  
Sweepers' head over stone path.



Distance of brush from stone



Hand position



Open (shoulder) stance



or Closed (shoulder) stance

