

Curling Fitness

The Basics for Curling Performance

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Curler Outreach Webinar Series





A little bit about me...

I'm a curler.

- I learned to curl in 2014; this will be my seventh year curling at the Denver Curling Club
- Participated in Mixed Nationals playdowns, represented CO in the Pacific International Cup, bonspiels and summer camps
- Part of the founding team of Rock Creek Curling, Colorado's next dedicated curling facility

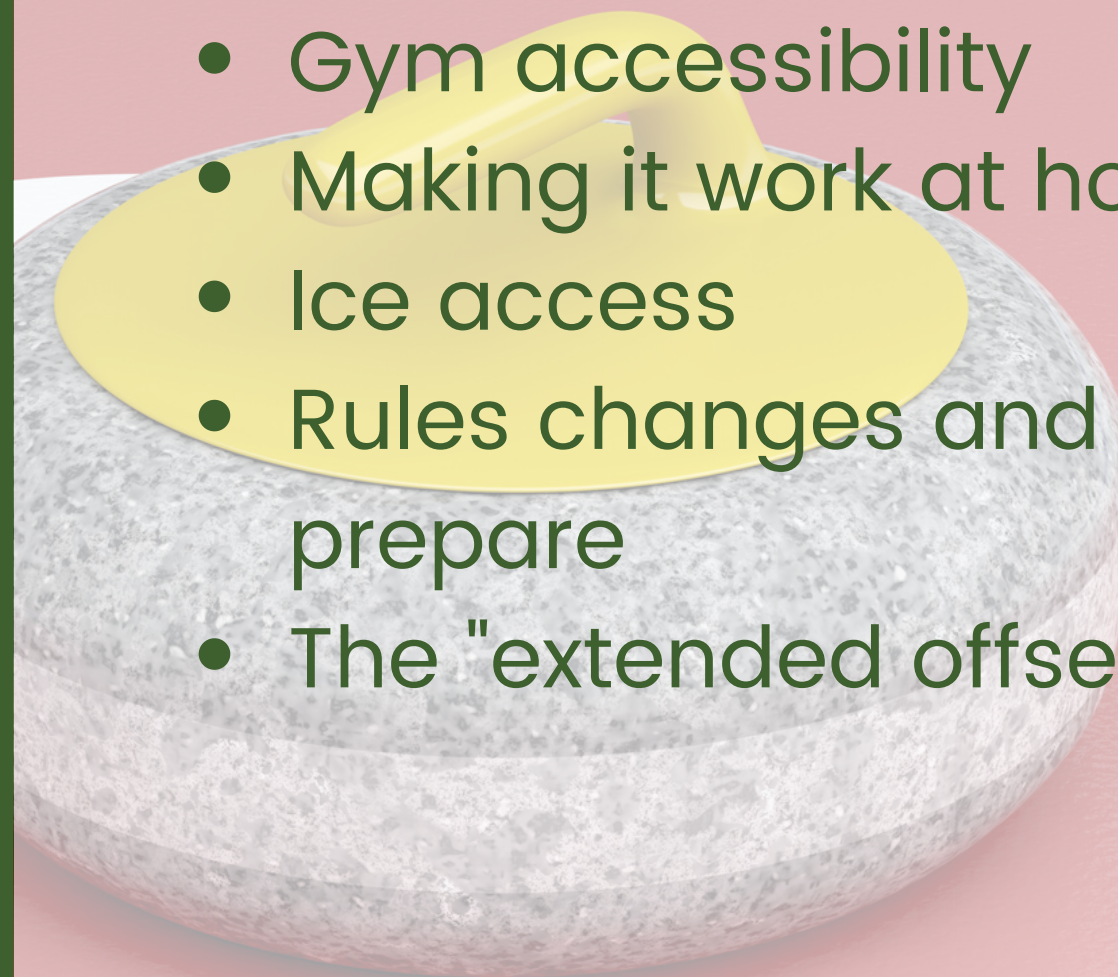
I'm a coach.

- Graduate certificate in Strength & Conditioning from University of Denver
- Certified Level 1 JOGA coach
- Preparing for CSCS (Certified Strength & Conditioning Specialist) certification from the National Strength and Conditioning Association
- I believe that curling is an incredible lifetime sport and an experience that can be enhanced with fitness

COVID-19 and Curling

What do we need to consider?

- Detraining risks
- Gym accessibility
- Making it work at home
- Ice access
- Rules changes and how to prepare
- The "extended offseason" mindset





What I Want to Give You:

- Insight on how to approach strength and conditioning as a curling athlete
- What to address in your fitness regimen + fun facts and some of my favorite exercises
- How to approach a regimen at home
- What to look for in a trainer
- Where to find me

**Do curlers
need to be fit?**

YES.

01

Strength

Lower, core and upper body muscles need to be strong. Strength is a prerequisite to balance and power, necessary for balanced delivery and sweeping.

02

Endurance

Sustaining energy for an entire game, and ability to sweep all-out from house to house.

Power

The ability to produce power through leg drive for upweight shots, and in the push/pull of sweeping.

Stability & Mobility

Balance is the ability to control and manipulate stability in a variety of situations.

Mobility is the ability to move within a desired range of motion.

03

04

SET YOUR GOALS AND MAKE A PLAN

Reflect on last season's performance and identify your goals for the upcoming season to determine where your physical training focus needs to be.

Post-season

Rest – Reflect – Rehab
Summer sports

Off-season

Build strength and power
Improve stability & mobility, agility
Aerobic endurance/summer sports

Pre-season

Develop power
Anaerobic endurance
On-ice skills

In-season

Performance – Pain free
Maintenance of strength and power –
Season Outcomes

01 Strength

Performance Requirements

- 16 deliveries per game (32-48 per day in competition)
 - Deliver rock with balance (multi-joint stability and forward momentum) and variable power
 - Support body weight primarily with upper body and generate power in push and pull of sweeping
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Lower body

- Front squat
- Split squats
- Multi-directional lunges
- Pistol squats
- Deadlift variations

Core

- Planks
- Dead bugs
- Bird dogs
- Superwoman variations
- Cruches, twists, bicycles

Upper body

- Chest presses
- Pushups
- Rows
- Shoulder raises, presses
- Pullups/downs
- Chops and sledgehammers

02

Endurance

Performance Requirements

- Three+ miles of steps per game
 - Up to 30 second bursts of sweeping with fast footwork (up to 48x per game for a front end player)
 - 75+ push/pull strokes per sweeping bout
 - Ability to recover heart rate and breath between sweeping bursts in time for consistent deliveries
 - Multiply all of that by 2-3 games a day during competition
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Aerobic

- Walk/jog/run
- Cycle
- Swim
- Row

Interval-Based

- Rowing
- Boxing
- Footwork drills (dry-land and on-ice)

Muscular

- Pushups
- Pullups/downs
- Shoulder raises, presses
- Lower body slider exercises
- Mountain Climber variations
- Chops and sledgehammers
- Sweeping drills

03

Power

Performance Requirements

- Leg drive and power generation for upweight shots
 - Powerful 75+ push/pull strokes per sweeping bout
-

Weighted

- Dumbbell or Kettlebell swings
- Push presses
- Multidimensional thrusters
- Landmines
- Medicine ball throws

Plyometrics

- Jump squats
- Single-leg lunge drivers
- Step-up progressions
- Decelerating forward lunges

Muscular Endurance + Power

- Tempo changes

04

Mobility & Stability

Performance Requirements

- Mobility at the ankle and hip, with paired stability at the knee
 - Core stability and t-spine mobility
 - Disassociation of left and right sides of lower body
 - Warm-ups that begin in the warm room and continue during on-ice practice
-

Warm-ups

- Aerobic
- Sport-specific movements
- Slide delivery series
- Balance exercises
- On-ice warm-up series

Balance and Base of Support

- Optimal base of support requires mobility and stability
- Ankle mobility = knee stability -> ability to maintain forward weight over your center of gravity
- Slide delivery - imagery and incorporation into regimen
- Add instability to exercises for challenge

Active Recovery

- "Motion is the lotion" - Kevin Morley, Head Athletic Trainer, NJ Devils
- Breathwork
- JOGA and Yoga and other mobility programs
- Sleep

AT HOME CURLING FITNESS CHECKLIST

What you need to get ready for the season at home

A Plan and Program

Your goals and roadmap to get there (fitness benchmarks, exercises, tracking)

Addressing pain and mobility issues

Reflects your training experience and knowledge and provides information and ways to learn

Reflects your curling schedule

Takes your environment and equipment into account

Equipment

Bodyweight

Dumbbells (kettlebells for some)

Barbell and Plates

Resistance loops

Resistance bands (with handles)

Pull-up bar

Sliders (or paper plates)

Step or a Box

Bosu or balance ball

Curling broom and stopwatch

Reflection and Resources

Video clips (of you)

Expert eyes

Mirror

Tracking and journal

Teammates/clubmates

Reliable sources of exercise form and technique (NASM, NSCA, trainers with certifications)

WHAT TO LOOK FOR IN A TRAINER

- A certification from a governing body in the sports and fitness industry (NSCA, NASM, etc.)
- Knowledge of curling or a commitment to understand the sport and how to design training to impact performance
- Movement analysis, fitness tests, personalized programming using equipment you have
- Willingness and ability to train you virtually (if desired) and provide experience that ensures safety, technique demonstrations and feedback
- Consideration of the Long Term Athlete Development model (especially important for junior athletes)





Coming in 2021-2022!
www.rockcreekcurling.com

WHERE TO FIND ME

Instagram: @mimistevinson

Email: mimi@rockcreekcurling.com

- Curling fitness programming and coaching
- Personal, team and group JOGA sessions
- General fitness programming and coaching

**Attendees of this webinar get a
free 30 minute fitness strategy session!**

QUESTIONS?

DISCUSSION!

