

## **Instructor's Corner**

Roger Rowlett & Mary Jane Walsh USCA Level II Certified Instructors

What is all this about takeout weights? I hear all sorts of terms being used on the ice. What do they mean? And why do you need more than one takeeout weight anyway? Help!

Proficient curlers are able to consistently throw a vareity of takeout weights as the situation dictates. Typical weights are summarized below, with some typical terminology:

- Peel, upweight, up: A heavyweight shot used to move multiple rocks, or to clear guards in frront of the house even if struck thinly. The shooter will roll out even if it strikes the rock fat.
- Normal: A team's typical takeout weight. This is often a fairly heavy, straight shot, but for some teams "normal" may be a lower weight shot, and "normal" might be described as "firm".
- Board, bumper, control: A softer weight takeout that has a little more curl, and makes it
  easier to keep the shooter around. This is a good weight for making those delicate hit and
  rolls.
- Hack: A soft takeeout that is a little firmer than just through the rings. This is a good weight for those come-around takeouts for stones behind or partially behind a guard.
- Through the rings: A takeout that is thrown just hard enough to barely go through the rings.
   A good choice when you need extra curl to get to the inside of a buried or partially buried target rock.

Exact definitions of these weights will vary among teams and skips. Board weiight supposedly means just enough oomph for the rock to reach the backboard, and hack, just enough for the thrown stone to reach the far hack, but in reality many teams and skips understand "hack" to mean to the boards and "board" to mean about 6 feet heavier than that. As long as you and your teammates agree on takeout weight definitions, you are OK.

The best way to define takeout weights is by hog-to-hog interval times. For my competitive mixed team, "firm" or "normal" is 9 seconds, "bumper" is 10 seconds, and "hack" is 11 seconds. "Peel" or "up" is less than 9 seconds. We use hand signals to communicate takeout weight. Tapping your tummy is "firm", tapping your butt is "bumper" and tapping your knee is "hack." Some teams wil tap their arm, shoulder for "peel", elbow for "normal", and wrist for "bumper," for example. Make sure you understand the hand signals for your team.

For relatively new curlers and teams, I would recommend developing at least 3 weights you can agree on and throw consistently. A good place to start is "firm", "bumper", and "hack". This will give you and teams you play on options for making those come-around takeouts as well as heaavier, straighter shots through ports and clearing guards. Consider using "bumper" as your normal weight. As your skill level increases, you can add "peel" to your repertoire.

You can practice weight control when you practice takeouts with a partner. Have your partner hold the broom for a takeout and shout out a weight, e.g., "bumper". Throw the shot and have your partner time you and report back with the hog-to-hog interval time. Throw several shots until you can throw that weight consistently, and learn the feel for that weight. As you get more consistent, have your partner mix it up, changing the wieight with every shot. Anything within a half-second of the target weight should be scored as acceptable, and if thrown in a game would result in a workable shot weight.

Good curling! Have a question for Instructor's Corner? Send an email to curlingschool@uticacurlingclub.org