www.empoweredperformance.ca

Hips 1st into the hack

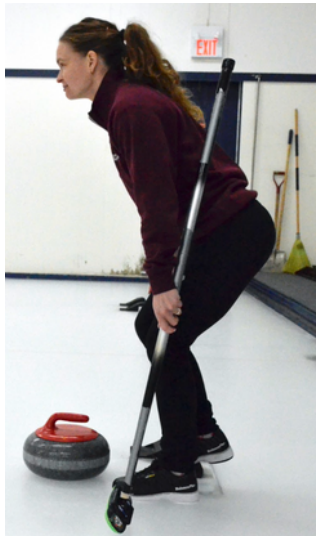
What it is Importance of setup

Try lowering into the hack ‘hips 1st’, instead of ‘knees 1st’.

Scan for more details

Why it matters

- Adds more muscles to the party
- Improves balance & weight control
- Increased potential for comfort & control of power





www.empoweredperformance.ca

Hips 1st out of the hack

What it is Importance of good timing

Just like throwing a ball we want to kick out of the hack from the big muscles before the little muscles.

Try: feeling the kick come from the hips before the knees & ankles

Scan for more details

Why it matters

Straightening the knee before extending at the hip can increase discomfort in the knee & influence weight control





www.empoweredperformance.ca

Open brushing position

What it is

Inside hand is down, chest aims at skip

Key cues

- Shoulders higher than hips
- Feet, hips, & sternum aimed at target
- Cross country ski feet





Scan for free brushing workshop

www.empoweredperformance.ca

Closed brushing position

What it is

Outdside hand is down, chest aimed at rock

Key cues

- Shoulders only a little higher than hips
- Feet, hips, sternum aimed at rock
- Lateral lunge footwork





Scan for free brushing workshop

www.empoweredperformance.ca

Back to Curling Resources

- Scan the QR code to access the following:
- **A full warm-up** that can be done at home, or behind the glass before each game
- **Top tips** for injury prevention, comfort & performance improvement:
  - For the delivery
  - For brushing
- How to get access to a free **Mini Back-to-Curling** workout to complete before you step on the ice in the fall

Aim the camera on your phone at the QR code:





Enjoy,

STEPHANIE THOMPSON
R.KIN, COMPETITION COACH CERTIFIED

www.empoweredperformance.ca

Back to Curling Resources

- Scan the QR code to access the following:
- **A full warm-up** that can be done at home, or behind the glass before each game
- **Top tips** for injury prevention, comfort & performance improvement:
  - For the delivery
  - For brushing
- How to get access to a free **Mini Back-to-Curling** workout to complete before you step on the ice in the fall

Aim the camera on your phone at the QR code:





Enjoy,

STEPHANIE THOMPSON
R.KIN, COMPETITION COACH CERTIFIED