

Curling Pathway

A GUIDE TO YOUR JOURNEY IN
THE SPORT OF CURLING.



Try it.

Most curling facilities offer short introductions to the sport. In these sessions, you will learn the basics and play a short game.



Take a Learn-to-Curl.

Enjoyed your first time on the ice? Don't stop there. Enroll in a Learn-to-Curl program or a Beginner League and you'll get comprehensive instruction.



Join a league.

Armed with the basic skills, it's time to join a league. Weekly leagues provide an opportunity to compete, get exercise and socialize with other curlers.



Play in a bonspiel.

Nothing gets you into our sport like traveling to another club for a bonspiel—that's curling-speak for tournament. You'll play a lot of games and create great bonds with your teammates.



Volunteer.

Most curling clubs are non-profit organizations that rely on volunteers to make things run smoothly. Help out at a bonspiel, work on the ice crew, join the Board of Directors—there are countless opportunities to volunteer and build stronger connections with your fellow curlers.



Get certified.

USA Curling offers numerous certifications. Take an instructor course, dive into ice maintenance, join the coaching ranks—there are all kinds of opportunities.



Use the resources.

Learn more about curling by accessing the Our House content platform. Filled with resources ranging from skills and drills to club operations, you'll find information that will make you a well-rounded curler and contributor to the sport.



Improve your game.

Take your skills to the next level by taking advantage of the programs offered by USA Curling and others—camps, Athlete Outreach sessions, online education, and more.



Attend a championship.

Men's and Women's Nationals, Mixed Doubles Nationals, Olympic Trials—watching elite-level curling is exciting and helps you understand the sport more. USA Curling also offers webcasts from many events.



Qualify for a Nationals.

There are USA Curling national championships for all kinds of curlers and all kinds of skill levels. Visit the Events page at usacurling.org to find out more.

CLICK EACH CATEGORY FOR MORE INFORMATION



USA CURLING