



Stick
OR
Slide

Two-person
team

Curling

**Bringing together stick, slide, and wheelchair curlers all across Canada
in fair, fun competition with no gender or age restrictions**

BENEFITS OF STURLING -- TO PARTICIPANTS AND CURLING CLUBS

- * *Allows the preferred delivery technique*
- * *Involves more people*
- * *Promotes harmony between stick & slide groups*
- * *Reduces physical requirements*
 - * *Provides continuous action*
 - * *Establishes an even competitive level*
 - * *Presents opportunity as well as responsibility*
- * *Decreases game length*
- * *Removes gender and age restrictions*
 - * *Eases learning the game*
 - * *Simplifies forming teams, decreases travel*
 - * *Boosts camaraderie*
 - * *Contributes to health and well being*
- * *Adds to leagues and bonspiels*
- * *Grows club membership*
 - * *Enhances the one day bonspiel*



EMBRACE THE ONE DAY BONSPIEL
TRY A STURLING STAKES SPIEL

See www.sturling.net, page 'draws'.



Let's go Sturling!