

# THE SCHMIRLER SERIES

Curling Canada National Coach, **Bill Tschirhart** is conducting sessions for the members of your curling facility based upon his extensive experience with recreational and elite curlers. The most popular presentations/workshop include:

**“What Are You Thinking?”** - the success of a curling shot depends as much, if not more, on what one does **before** stepping into the hack than what one does **after** stepping into the hack. Regardless of one’s technical expertise & experience, this session will show all curlers how to make shots more consistently using mental skills *they already possess*. It will solve the age-old question in sports (*Why can I play like God’s gift to curling in the morning and play like dirt later in the same day?*). Find out why that happens and what you can do to prevent it from happening in the future. Learn also about “*The Ideal Performance State*”, what it is and how to put yourself into that state. ***This is a ground-breaking session that has helped countless curlers enjoy the game more because they perform better using the same skill set they always had!***

**“The Performance Cocktail”** - this is the natural follow-up presentation to “What Are You Thinking?”. It dispels the time-honoured myth that a curling shot is nothing more than delivering the right weight and hitting the brush. Well, there’s much more involved than that and like “What Are You Thinking?”, the missing ingredients in the performance cocktail the curler already has. There’s nothing new to learn except an awareness of what those ingredients are and how to incorporate

them into the curling delivery. This presentation is based upon two portions of an episode from the PBS “Scientific American Frontiers” series starring Alan Alda. It’s a compelling presentation with a take-home that will serve the curler well for the rest of his/her career!