**Sweep Study Results**

* stencils on brush heads hinder effectiveness
* wet brush heads are ineffective
* dirty brush heads are less effective
* no difference between light and dark coloured heads
* high side / low side brushing - difficult to prove but most believe it does work
  + low side to keep the rock straight - high side to help it curl
* new brush with foil on head does make a difference for less powerful sweepers
* there is a threshold past which rocks will go no farther no matter how hard the sweeping
* power down on brush head makes for the most effective sweeping
  + men and women had close to the same number of brush strokes per minute
  + difference in effectiveness came from power generated onto the ice
* hard cleaning close to the rock can add up to 3 feet of distance
* hard cleaning should be done 3 feet in front of rock to minimize impact on distance
* Sweeping is most effective when the rock is moving slower
* hard sweeping from start of break-point to finish can add up to 6-7 feet of distance
* body parts on ice do damage to the ice - heat will stay in ice for over 30 seconds
  + best way to clean a body-heat damaged area is one swipe of the brush
* a bare hand sliding on the ice during delivery does not affect the ice
* fitness is a large factor in brushing effectiveness
* best way to physically train for brushing - strong aerobic base + intense interval training
* Four factors for effective brushing

1. Head over the brush head
2. Lead hand low
3. Back relatively flat
4. Feet moving in and outside the hip line

* after 15-20 seconds of intense brushing, even top sweepers are at only at 65% of initial effectiveness

*\* Document from Jim Waite, Canadian Olympic Men's Curling Coach as presented to Junior Provincial participants January 7, 2011*