Set-Up Checklist and Rationale

	Performance Factors During Setup	Rationale
☐	Approach the hack from behind	- To ensure body alignment to the target - Clearly Visualize target and Receive skip instruction
☐	Place ball of gripper foot on back of hack midway up, with toe and knee aligned to target	- To ensure gripper foot has leverage to push off of and that leverage is the same every time - To ensure body alignment to the target
☐	Heel of sliding foot placed at approximate level of gripper toe, flat on the ice, parallel to gripper foot line of delivery	- To ensure stability in the set-up and proper alignment to the target
☐	Even weight distribution on both feet	- To ensure balance - To allow for both legs to be used to elevate the hips
☐	Hips and Shoulders are square on all planes and to the target	- To ensure proper body alignment towards target
☐	Balance arm/devise is positioned to ensure shoulders are square and stability is ensured. Brush head up and even or in front of the stone with the handle extended across the small of the back.	- To ensure stability and balance - To ensure proper shoulder alignment towards target
☐	Handle held in second joint of fingers and thumb placed on side of the handle opposite the fingers. Grip is firm, wrist is high and hand is 1-2 inches off of the gooseneck of the handle. Handle is set to proper rotation, 10 or 2 o'clock depending on rotation.	- To ensure you have control over the stone and so that the turn is imparted over the center of the stone - To ensure adequate rotation upon release
☐	Stone positioned on the line of delivery (line of delivery bisects the center of the stone)	- To ensure the stone alignment is on the same path as the body alignment and the skips brush (target)
☐	Throwing arm comfortably extended in front of the body with elbow pointed toward ice	- To ensure the stone is positioned properly prior to starting the pull-back phase