



# PRCL Self-Assessment

Skill Level	Delivery	Sweeping	Shot Repertoire	Strategy
<b>New to Curling</b>	Still developing a basic delivery; struggles with balance and release consistency.	Understands the concept of sweeping but technique and timing are still developing.	Familiar with the draw shot; other shot types are largely unknown or untried.	Learning the basic rules and flow of the game; relies entirely on the skip's direction.
<b>Novice</b>	Completes a functional delivery with some consistency; balance and release need refinement.	Can sweep on command with basic technique; struggles to judge when and how hard to sweep independently.	Can attempt draws and basic takeouts; shot execution is inconsistent.	Understands the basic rules and structure of an end; follows the skip's direction with little input.
<b>Low Intermediate</b>	Delivery is becoming more repeatable; weight and line are inconsistent under pressure.	Sweeps with improving technique and can make basic judgments about when to sweep.	Comfortable with draws and takeouts; beginning to attempt guards and raises with moderate success.	Anticipates common situations and understands the purpose of shots being called; beginning to contribute to discussions.
<b>Intermediate</b>	Delivery is reliable and consistent; able to execute a variety of weights with reasonable accuracy.	Reads the stone effectively and communicates with the skip; sweeping meaningfully influences trajectory.	Executes draws, takeouts, guards, and raises with reasonable accuracy; attempts more complex shots with mixed results.	Understands strategy and contributes meaningfully to shot-calling discussions; comfortable in any position.
<b>High Intermediate</b>	Delivery is technically sound with good weight control; performs consistently in most game situations.	Sweeps with strong technique and sharp judgment; communicates effectively and adjusts sweeping decisions in real time.	Executes a wide range of shots with good accuracy and adapts to ice conditions; can attempt difficult shots with confidence.	Has a solid grasp of strategy and can skip or vice effectively; reads the game well and anticipates multiple shots ahead.
<b>Advanced</b>	Delivery is technically refined and consistent under pressure; controls weight and line with precision.	Sweeps with expert judgment and timing; consistently makes a meaningful difference to shot outcomes.	Commands a full shot repertoire and executes difficult shots reliably; adapts quickly to varying ice conditions.	Understands and applies strategic concepts confidently; reads the ice and opponent well and leads a team effectively.
<b>Expert</b>	Delivery is highly consistent and technically excellent; executes precise weight and line in all game situations.	Reads the stone and ice at an exceptional level; sweeping decisions are instinctive and consistently impactful.	Executes the full range of shots at a high level of accuracy; shot-making is a consistent asset to the team.	Has a deep understanding of strategy and ice conditions; presence and decision-making meaningfully elevates the team's performance.