



Between the Sheets: Creating Curling Champions

Guy H. Scholz, Cheryl L. Bernard

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How can the secrets and strategies of great curling champions be learned and taught? Is there more to their success than technique? Curling champion Cheryl Bernard teams up with curler and writer Guy Scholz to uncover the keys to success on and off the ice. Concentrating on the mental and motivational aspects of the sport, *Between the Sheets* spotlights the importance of team dynamics, mental attitude, coaching, practicing, and more. Drawing on strategies, experiences, and wisdom from legendary curlers, great athletes from other sports, and even modern cultural references like *The Matrix* and *Star Wars*, *Between the Sheets* will help you live, play, and perform at your best.

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