

HOLDFAST BAY CROQUET CLUB

KEEPING IN TOUCH

November, 2022



Hi Everyone,

Our Gala Day on Monday, November 7th was a great success with all participants commenting favourably and really enjoying themselves.

Sounding probably a little biased here but I reckon it was as good or better than any other Gala Day I have attended.

The weather was great as was the croquet of the day.

The morning and afternoon tea and the barbecue lunch was perfect and received much praise from all players.

All our members who helped in the many aspects of the day and the planning beforehand did a fantastic job and can be proud of their efforts and demonstrated the great outcome that can be achieved when a group pull together as a team for a desired success.

I could not be more pleased of how well it all went and the way everyone worked so well together.

It really was a pleasure to be involved in an event that turned out as good as it did.

Cheers, Colin



PENNANTS

Holdfast continues to be competitive in nearly all our pennant matches.

Individually there have been some great results, Roger Zeuner has quickly progressed to a 12 handicap, Judy Whiteaker has improved to a 14 handicap and Jān Sala has moved to a 10 handicap, Colin Broome has moved to a 6 handicap, Susan Dunsby is down to a 7 handicap, whilst Paul Wahlstedt maintains his excellent 4 handicap.

Congratulations to Paul and Roger for winning the two major prizes at our inaugural internal championship day. It was brilliantly and efficiently organised by Roger; I hope that more people enter and come and watch this competition next year.

We continue to support Gala Days in good numbers with Colin winning the Victor Harbour Day, and Jān winning the Tea Tree Gully event. Everybody should come and try a Gala Day its fun, you meet players from other club, you get to try out your skills in a relaxed atmosphere, you could win a raffle and even have nice lunch. It also helps other croquet clubs to raise much needed funds.

Holdfast was once again the organising club for the successful midweek two-day SA Women's Singles event held at Hutt Rd in October. Thank you to all our volunteers that assisted.

Holdfast held a very successful Gala Day last week at our club for the first time in a long while. Congratulations to Jim Carter from North Adelaide for winning the major prize. The event was successful because of warm weather, and our usual band of stalwart helpers the good result that put on a delicious meal, arranged players and set up the courts. We managed to make a decent profit.



Jān's Tip of the Day:

You can't score the hoop if you are behind the hoop.: !



Club Captain Janis Sala

END OF YEAR FUNCTION...

This year our annual Christmas get together will be held on Friday December 2nd at the WatermarkHotel, Glenelg North, in the buffet room at 12.00 noon.

Hopefully all will be able to attend. Partners also welcome.

Please add your name to the flyer on the notice board at the courts if attending asap.



Thanks

Social event..... Diabetes SA ... Friday 9th December ... 5.00 pm-till

Volunteers needed to help assist with coaching and assisting players on the court. Easy

BADGES

If you need a members badge would you please contact Colin

CLUB CLOSURE

The club will be closed from Friday 23rd December until Monday 4th January.

Croquet sessions will conclude on the 23rd December and recommence on the 11th January.

If any member wishes to have a hit before the 11th and after the 4th January most welcome.

COACHING

No coaching on the 23rd November but will continue after that on Wednesdays.

Keep well, keep safe, keep smiling and keep croqueting

Cheers, Marg



Croquet Tips No 4

Successful Croquet Players maintain a routine which they practice and use when taking every shot. It is recommended that you adopt the following routine for success.

Remember to practice The 5 "S's" of Successful Croquet

STALK

STANCE:

SWING SLOWLY BACK:

STAY DOWN:

SWEEP THROUGH:

THE TEN COMMANDMENTS OF GOLF CROQUET PRACTICE

1. Do not practice on your own for hours at a time. A half-hour practice two or three times a week is far better than two hours all at once.
2. Do not simply practice the things you can already do.
3. Practice one shot at a time, e.g. if you want to improve your hoop approaches, concentrate fully on that. Do not run the hoop each time.
4. Before practising a particular stroke, make sure you find out the right way to do it, otherwise you will be simply re-inforcing bad habits which can be very difficult to eradicate later on. Enlist the services of a good coach for at least long enough to check your stance, grip, swing, etc., for the one shot you intend to work on.
5. Do not practice failure. If you try to roquet the peg from the border you are likely to miss far more often than you hit. It is better to build confidence (rather than destroy it) by practicing roquets at a distance of, say, 6-7 yards where you can expect to hit at least 50%. When the percentage reaches 80% move on to a longer distance.
6. Set yourself simple goals, e.g. play a 4-ball break with the goal of loading each hoop within one yard of the hoop; or play the next three rushes without once tightening your grip during the swing.
7. Try to put yourself under pressure by telling yourself things such as, "This is my final turn and I need to make one more hoop to win the club (or state or world) championship". [See #6, "Practice Playing Seriously."] Then, when you actually get into such a situation you will be less nervous because you will feel that you have been there many times before.
8. Do not forget to practice things like cannons and hampered shots which only occur now and again, but can make a big difference in a game.
9. Also practice breaks (4-ball and especially 3-ball); picking up the 4th ball from various positions and bringing it into your break; wiring; ending a break with a particular well-thought-out leave. Also put both opponent balls out of play (e.g. in corners) and practice either getting them into an immediate break, or "manoeuvring" your way to a break after two or more turns in which the opponent is never given a "safe" shot - that is, the only chances he gets are long roquets, any of which if attempted and missed will give you an immediate simple break.
10. Vary your practice exercises and beware of possible dangers. For example, some players like to start every practice session by taking one ball around through all the hoops and pegging it out in as few strokes as they can manage. This teaches good control of distance and the ability to run long hoops, but has the disadvantage that the player is also practicing running most of the hoops fairly hard, and may find it difficult to resist the urge to do the same in game situations, when gentle control is more often needed.

With weather permitting, Coaching will be held every Wednesday morning at 9.30am at the club.

Roger Zeuner

