

HOLDFAST BAY CROQUET CLUB

KEEPING IN TOUCH

JULY, 2022



Hi Folks,

Tis winter and many people are feeling the effects of it. The weather has been extremely cold and nasty. Numbers have been down on the courts at croquet due to many and varied problems. To all who are on the sick list our best wishes are extended to you. All the best for a speedy recovery. COVID at the moment appears to be a major problem with many sadly succumbing to the virus. Due to the rapid progress of COVID and our attempt at keeping all safe we have unfortunately **cancelled** our half yearly get together at Trish's. Hopefully when all settles and maybe get back to "normal" we can party again.

Condolence and our deepest sympathy is extended to Ruth on the passing of her husband, Howard. Howard was a true gentleman, always with a welcoming smile and a keen sense of humour. All the best Ruth. Our love and thoughts are with you. Howards funeral will be conducted on Thursday 21st. July, 2.15pm at Centennial Park, Mawson Chapel. It will also be live screened.

Friday afternoon croquet players are looking for more people to join their group. Starting at 12.00 noon. So if interested please come along and join this group.

PENNANTS Club Captains report.

Spring Pennants 9+ are due to commence in September on Thursday afternoons. These a home and away games played at various venues.

Spring 24+ Midweek Pennants Monday Competition commence on Monday, 19. October. All matches played at Hutt Rd. At 9.45am and 1.00pm

Doubles Combined Handicaps 20+ Played on Tuesday 16th and Tuesday 23rd August. Held at Hutt Rd. This is an opportunity for all to enter. So grab a partner and vie for the best. Combined entry fee \$50.00, 45 or 60 minute games. Maximum 4 games per day.

Please let me know asap if interested in entering in any of these competitions.

Club Captain Janus Sala

COACHES BOX



Croquet Tips No 2

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:

WARM UP

By Cheryl Bromley

Step One – Set your mallet directly on the line so the sightline is straight.

Step Two – Place your feet on each side of the line and select your grip.

- **Checkpoint:** When using the Solomon or Standard grip, I recommend your toes be an inch or two behind your mallet head. An easy way to check this is to bend over and have your nose touch the top of your mallet.

I find that many players are standing too far forward in their stance, which prevents freedom on the backswing. If using an

Irish grip, the hands are typically lower on the shaft, so the toes will tend to align near the center of the mallet head.

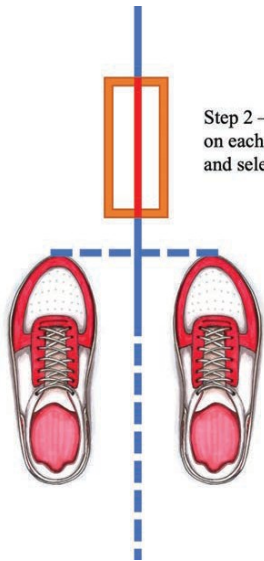
- **Checkpoint:** Look to see whether your feet are equally spaced on each side of the line and use a stance that feels balanced but is not unnecessarily wide.
- **Checkpoint:** Look at your hand position on the mallet shaft. Keeping in mind the goal is to have the mallet swing like a pendulum, I highly recommend that players limit the amount of space between their hands so that the grip works as one unit rather than both hands trying to dominate the swing. Quick fix: if you find it is most comfortable to have your bottom hand lower on the shaft, move your top hand down next to it.

Step Three – Begin swinging your mallet back and forth along the line using a continuous motion so that the mallet doesn't stop for 7-10 swings as a warmup. Next, start swinging again and focus on the following things:

Step 1 – set your mallet directly on the line

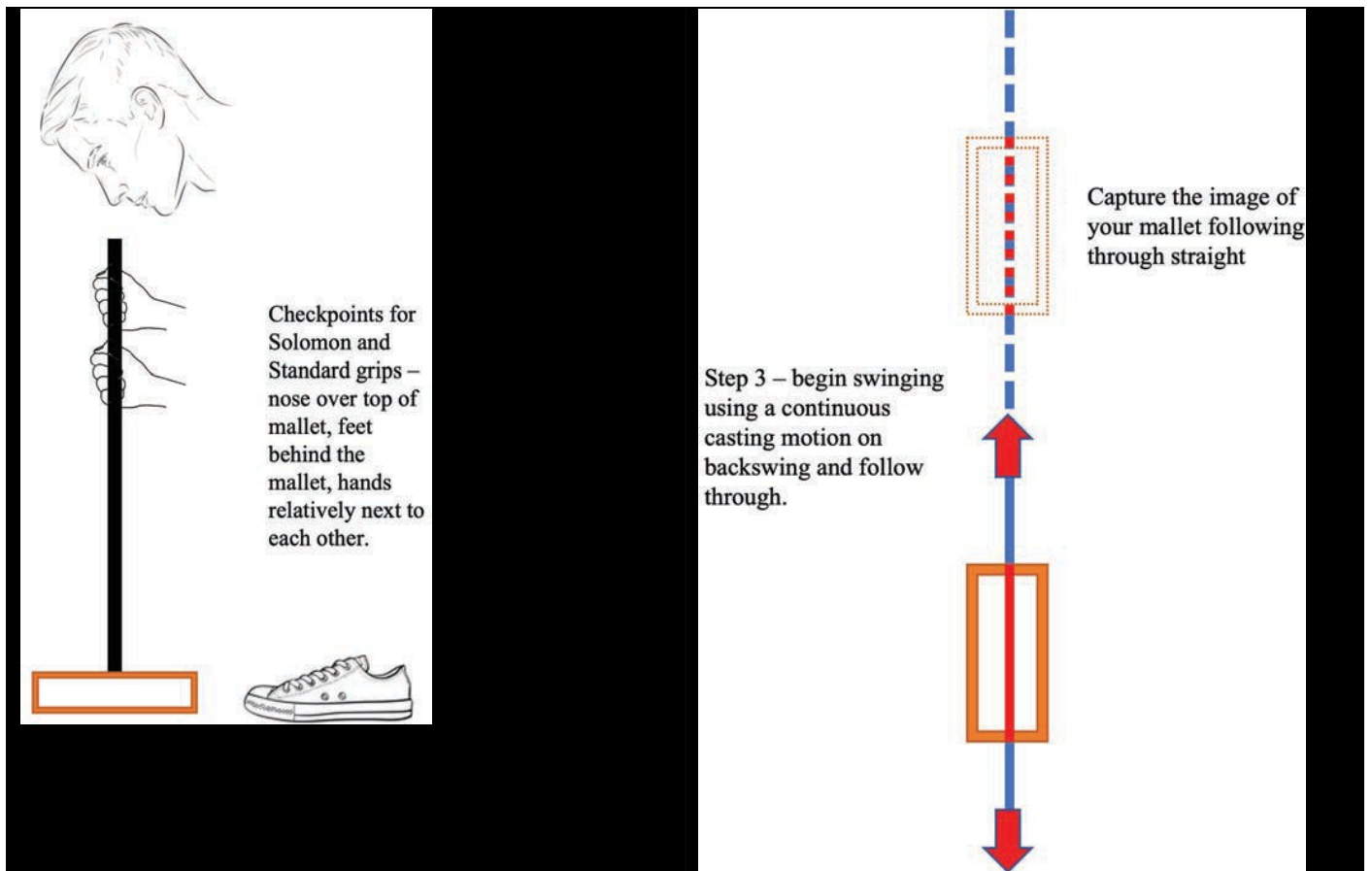


Step 2 – place your feet on each side of the line and select your grip.



- **Focus:** Relax your hands and let the mallet do its thing. Tune in to the weight of the mallet at the bottom of the mallet.
- **Focus:** Use a relaxed, slow tempo with a rhythm of “tick-tock.” The goal is to have the backswing and follow-through balanced.
- **Checkpoint:** Watch as your mallet swings forward up the line and adjust as necessary to keep it swinging straight up the line. Avoid using your wrists as you swing forward. For the Solomon and Standard grip, both wrists should be primarily behind the grip with the elbows comfortably tucked in. The wrists should be relatively “quiet” and uninvolved while the arms swing.

Checkpoint: Notice where your hands are at the end of the follow-through – this is the visual image to capture



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

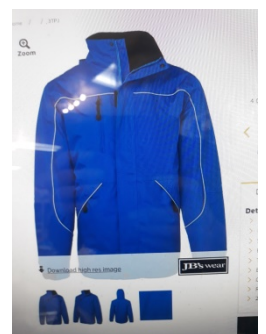
Roger Zeuner



UNIFORM

To those interested in getting a waterproof jacket for croquet or ?

This jacket is available from Greatex on Port Rd., \$110.00 plus \$10.00 if want the logo on. Nice jacket--100% waterproof.



EVENTS IN AND AROUND THE CLUB

Australian Croquet Championships - Hutt Rd. 7th-18th September -volunteers needed for catering, hoop setting and photography. If able to assist please contact Carolyn Cooper on 0427831642

Cards on Monday: A group of members meet regularly at the club at 1.30pm to play cards on Mondays. Friendly, sociable game, any and whatever card games played. Tea, coffee nibbles too.

All welcome



Gardening Enthusiastics: The garden in front of croquet rooms needs a massive make over. Succulents and creepers to be removed, shrubs planted and bark spread. So if interested and have time to spare please let me know. Thanks

Cards and Flowers - Our club is periodically sending cards and sometimes flowers to members on the sick list or for other occasions. If you would like to donate \$5.00 each towards this cost it would be appreciated. A container will be put in our shed to place money in if you wish to. Thanks



Thank you: a big thank and a note of appreciation is extended to the members who have added to our shelter at the courts and also to the ground maintenance people who set up the courts so we can enjoy the game of croquet.

WEB and FACEBOOK

Remember to continually access this medium for all information and club activities.

The Holdfast Bay Clubs Croquet Facility has its own Web page. Information about our Croquet Club is included in the Web page including newsletters, contact details, social events. Policies and photos from events . **We have six years of Holdfast Bay Croquet Club history recorded on the site.** We now have our own domain . Access to the Web is simple.



Type in www.hbcroquet.com Currently you are unable to access the new web domain thought the Clubholdfast web site (www.clubholdfast.com) however, that will be fixed shortly and you can then select Croquet from the menu or search for Clubholdfast in GOOGLE.

We also have a **FACEBOOK** site with relevant information. Just search for

[Holdfast Bay Croquet Club - Home | Facebook](#) On Google or enter Holdfast Bay Croquet Club in the search area at the top of the facebook page. Or click the link.

If you have anything that you wish to share on the Web site or can contribute in any way to the site, please contact Roger Zeuner on email rogerzeuner@gmail.com

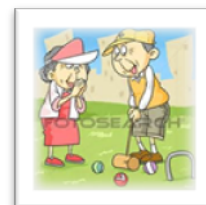
Thanks

Roger Zeuner

Keep well, keep safe, keep smiling and keep croqueting

Cheers,

Marg



Ps. Somebody recently paid their Club Holdfast fees electronically to the club without adding their name. If you think it was you can you please let me know or speak with John McDougall.
Thanks