



Cammeray Croquet Club



October 2022

<http://www.cammeray-croquet.org.au>

Tournaments

Cammeray members have been playing in many tournaments this month, and there have been several Cammeray tournaments as well.

The Cammeray Silver Championship was won by Margaret O'Brien for the fourth time; this year she had some tough competition, but beat her main rival, Joanne Brown, 24-13 in the crucial game.



Margaret O'Brien

The Cammeray Gold Championship will be decided between David Surridge and Chris Brown.

The Cammeray Platinum Championship final is between Steve Miles and Neil Hardie.

The Cammeray Bronze Championship will be played in November.

In the **ACA Bronze Medal** Rob Elliott, Alison Sharpe, Alan Walsh and Barbara McDonald all competed, but lost out to Stephen Richards of Canberra.

Peter Landrebe and Alison Sharpe played in the first eight of the **President's Eights**, but were outclassed by Robert Fletcher (Victoria), who won 12 of his 13 games and did 10 triple peels.

Alison Sharpe, playing with Tim Murphy of Canberra, reached the semifinals of the **Australian Open Doubles**. This was won by Robert and Malcolm Fletcher who won all of their eleven games and did eight triples.

Alison was also in the **Australian Gold Medal** as the NSW representative.

Mike Hughes was our sole representative in the **Australian Open Singles**. This had a stellar field, including the two Fletcher brothers, Jenny Clarke of New Zealand, Ian Dumergue, Ed Wilson, Kevin Beard, Dwayne McCormick and Callum Hyland. The final is to be between Robert and Malcolm Fletcher. Malcolm Fletcher has won 14 of his 15 games, including 9 triples and a sextuple peel.

Bronze Invitation

The next Bronze Invitation in conjunction with Mosman will be on 7th November at Cammeray from 1 p.m. onwards. Contact Malcolm Sheldon on president@cammeray-croquet.org.au if you are interested in playing.

Coaching

There has been quite a lot of coaching at the club this month.

Ian Lucas who is our main beginner coach has been training two new people:



Warren Yates is looking at new coaching techniques and is working with another beginner.

Cammeray has been offering a new training course for golf croquet players who wish to take up association croquet (run by Neil Hardie). The first of these courses has just finished, with three people from Manly and one from Cammeray.



**Jane Ellison (Manly), Natalia Dunkley (Manly),
Jane Trousdale (Manly) and Barry Matheson (Cammeray)**

Finally, Neil Hardie has been offering advice to more experienced bronze and silver players from Cammeray:



Chris Gingell, Sandra Colquhoun, Lucy Rees, Mary Goldsack, Gail Parrott and Joanne Brown

Some notes on practice

Few players can improve their game without practice; but practice has to be useful. There is a saying mis-attributed to Albert Einstein that 'insanity is doing the same thing again and again and expecting a different result'. Many players think that just playing a shot many times will automatically improve their performance. This is not, unfortunately, true.

The great basketball player Michael Jordan said: *'You can practise shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way'*.

Probably the best time to practise is when you are playing well – you can reinforce the habits that are working well.

If you practise when you are playing badly, then you need to analyse what you are doing, and try different things. For example, if you are missing roquets, then when you practise you analyse what you are doing. Some of the reasons for missing roquets are tightening your grip as you play the shot, lifting your head, moving your body, not stalking, having a crooked backswing or having the wrong stance. So when you practise, think about how tightly you grip the mallet, think about whether your head moves, make sure you stalk the shot. If none of this works, then ask a good player to watch your shots.

Practice needs to be directed; you should have a specific aim. For example, you may practise doing breaks. You could assess where the break begins to fall apart (not necessarily when the turn ends!); or you might focus on concentrating for each shot, including the short, easy ones.

One form of practice is to develop mental stamina; many of us get tired after a long break, and fall to pieces on the second break. You need to build mental stamina, the ability to concentrate for long periods. You might do this by simply playing a series of consecutive breaks while you focus carefully on each shot.

When you practise a shot, you need to repeat the same shot many times until you have an instinctive feel for how to play the shot and where the balls go. When you encounter a similar shot in a game you can then approach it with confidence, saying to yourself 'I know how to play this shot!'. Eventually you develop 'muscle memory' and your body tells you how to play the shot.

Bronze players usually practise roquets and hoop runs. They should be practising rushes and hoop approaches. If you get these right, you don't need long roquets or angled hoop runs.



The garden has been looking very attractive this month – our thanks to the gardeners