



THE MALLET

Quarterly Publication of the Chatswood Croquet Club

JANUARY 2012

YOUR EDITOR AND YOUR PRESIDENT SAYS...

Happy New Year!

My speech at the Annual Luncheon summarised what happened in 2011.

2011 has been a good year for CCC. The trend of declining membership has been reversed and our Club is growing again. Our web site, banner and Corporate days are spreading the word of our great Club. But we all know that we can comfortably have another 20 or 25 new members

A number of improvements have been carried out. This has cost money, but we think it has been money well spent.

The work around the borders of the Fulford and Swain Lawns will facilitate Council levelling especially of that tricky East boundary of the Swain Lawn.

We have a new carpet, we have pruned the Camellias and we have the only Bamford Swing Trainer in Sydney, and perhaps in Australia!

We started painting the benches Brunswick Green. Our busy painter, the rain and, I guess, his croquet playing have prevented Peter Landrebe finishing his job. It will be done, mañana!

We hosted ten tournaments this year including the ACA GC Championships and our first Chatswood Open, won by the Brunswick Green man. It was an international competition as we had the pleasure of watching the precision croquet of John Prince of Christchurch.

Our top members have performed well in Australian and overseas tournaments, including England and Cairo!

This year we will have something new, an art exhibition during the first week of March. Would you believe it that about ten per cent of our players are artists? Barbara Davison will be the behind the CCC Art Week. I am sure you will enjoy it. You may also be able to acquire masterpieces for your home.

In this Mallet you will read about two important social events of our Club. The 2011 Annual Luncheon and the Northside Plaque Lunch. Plenty of photographs to see.

You will also read about our new Swing Trainer, perhaps the only one in Australia. I wish to encourage you to use it. It is very light and easy to get out of the brick shed. It will help us all to have that natural smooth swing and discourage the twisting of the mallet during the backswing. Talking about improving your game, you will also be able to read something about Jump Shots.

You will be informed about the 2011 Australian National Championships and the successful participation of our top players.

Enjoy your magazine.

YOUR LETTERS

[My email address: rencoret@optushome.com.au]

Dear Rudy

Thank you for a most interesting read, so lovely to see croquet friends at Chatswood enjoying themselves and the carpet looks magnificent.

Kind regards to you both and all my friends at CCC.

John (Prince)

Dear Rudy,

My apologies for not getting back sooner, I have not been on the web recently. We have had a mini heatwave the last few days with temperatures higher than mid summer. 29-33 degrees Cent. So taking advantage after having to get out my summer gear again. It has been so cold.



Loved The Mallet as per usual, although it made me sad a bit, re your article about the swing trainer. When I offered our club one and they turned it down I was amazed so it went in my garden. Your club obviously realises the benefits it will bring, and it will. My swing is the envy of many in the club. So you will see how much people will improve, which will raise the standard of the club in general. Well done you.

Best wishes

Francois (Garcia)

François Swing Trainer

IMPROVING YOUR GAME

DEMONSTRATION OF THE SWING TRAINER Monday October 10.

It went really well as apart from some of our own members a few ladies from the Cammeray Club came specially to try our Bamford-Cheney Trainer.

This is what I said to introduce the Trainer to the players:



Enid Swain training her swing

I am so pleased to be able to show you our own Swing Trainer. Unfortunately, its builder, my friend Keith Cheney is ill and unable to join us today.

By using it, you will be able to improve your swing and have, ideally, an automatic 'perfect' swing. You have all heard the old advice 'let the mallet do the work'. If we try to help our mallet by pushing, tightening our grip and forcing our swing all we get is lost strength, miss the target, hoop or roquet, or a mis-directed rush.

The key for letting the mallet do the work is the BACKSWING. The bigger the backswing, the more powerful your swing is going to be, not requiring then any help from you. But, of course, the bigger your backswing is, the more likely you are of not having a straight one, by tightening your grip and twisting your mallet. The Swing Trainer will help you to achieve a straight backswing. Because of the narrow space between the boards you cannot twist your mallet head and therefore, your swing will be always straight.



Jenny Johnson in action

The second point I wish to make is about MUSCLE MEMORY. When you were learning to drive your car you had to consciously grip the wheel, press the clutch and brake pedals. Changing gears was a bit of a challenge, trying to select a forward gear and avoid putting the gear lever into reverse. But now, you can do all that automatically and sub-consciously, allowing you to do other things, like talking to your fellow passengers and listening to music. The Swing Trainer will allow you to have an automatic sub-conscious straight swing by forcing you to have a good swing all the time.

The more you use it, the higher the chance that your swing will be registered in your brain and cerebellum and become automatic. But you will need a plan to be repeated to make it successful. It will be hard work, but the good news is that the positive results can be long lasting.

The programme recommended by Reg Bamford is as follows:



5 practice sessions, each lasting 2-3 hours within a 2 week period at the start of every season (March/April). Each practice session consists of:
 Shooting 16 balls on the Trainer at the side of hoop 4 from the West Boundary
 Shooting (the same) 16 balls through Hoop 9 from the boundary* (without the trainer)
 Shooting (the same) 16 balls at the peg from the East Boundary**.
 Repeat this series 6 times, so shooting 16 x 3 x 6 balls (288 balls) during the session
 He has to repeat it after 3 years!

François Garcia of our twin club Bowdon CC in Manchester has her own Swing Trainer at home. She started using it every day, then 2-3 times a week. Now she uses it before any match.

Her method is 'twenty swings and a little wait then another 20.

'But I have really improved', she says. 'I can usually hit the peg from the outer line 3 out of 4'. 'Now I do another which is hitting the hoop side of penult or rover 1-2 out of 4, again from the outer line. My aim again is to hit 4 out of 4. I usually do about 50 balls, cos it gets a bit tedious after that! She ended her email by saying 'Watch your people grow in hitting'.

These are only guidelines. You work out your own programme, depending, of course, on your aims. Frequent and regular at the beginning. Now and then when your swing goes to pot.

The Swing Trainer is in the brick shed. You will find the key in the Club house. Stand it on its four legs, the longer ones in the front. Arrange position by gently moving the back legs. Once you have done that, fix it in position with the side pegs. Place the ball in the middle of the trainer, where the joint of the two side parts is. And away you go!

IMPROVING YOUR GAME: THE JUMP SHOT

You don't need this shot very often, but when you do, it can be a game saver, especially when the Rover peel sticks. It can be very useful too with Golf Croquet when your ball is blocked by another ball.

The first thing I have to say is please do not practise this shot in a perfect lawn. Try your backyard or an area where the damage you can inflict to the grass and lawn with a failed shot will not hamper other players. You are, of course, aware that in a tournament you are obliged to call a referee to watch this shot and that he could fail you, even if the shot is successful, if you have caused serious damage to the lawn.

There are usually 3 situations when you may need a Jump Shot:

1. Blocked hoop. You have another ball in front of your hoop that prevents you running it.
2. You have tried to peel a ball and it sticks in the jaws. With a half jump you can peel the sticking ball and run the hoop with your striker ball.
3. Angled hoop. By jumping you inflict great spin to your ball allowing it to run that difficult hoop.

There is a fourth type of Jump Shot, the Hoop Jump Shot. You are cross-wired with a hoop between your balls and your Jump Shots are so good that you can jump hoops and perhaps pegs for breakfast. If you belong to that group, you are obliged to show me and other club members of CCC how you do it.

For some reason, I have always found the Jump Shot easy to execute. Perhaps for the same reason I find Pass-Rolls easy to achieve. They are both rather similar, as you need to hit the top of the ball to impart the necessary top spin.

Let me share with you how I play my jump shots.

First I stand over the ball with a parallel stance, heel in line with the ball for a Full Jump and in-step of the foot in line with the ball for the Half Jump. I may add that I find the Half Jump not as predictable as the Full Jump.

I change my grip to a rather loose Solomon grip, holding the top of the mallet to use the elasticity of the shaft.

I cast the mallet repeatedly over the hoop with a view of having a very relaxed grip. When I achieve that, I just drop the mallet on top of the ball and presto! The ball flies... There is no follow through, the ball has been stunned and bounces on the grass. If you try to follow through you will damage the lawn.

I have no experience with hoop jumping. It is supposed to be possible if the ground is hard and the striker ball is between 4½ and 7 feet from the hoop and the object ball is more than 6 feet from the hoop. I have read that the ball goes in a straight line after jumping the hoop.

CHRISTMAS 2011 AT CHATSWOOD CLUBHOUSE

Thirty-four people, including our Patron Beth Reilly, members & some family, enjoyed drinks whilst chatting with one another before sitting down to lunch on Friday, 9th December. It was quite a scene with the tables decorated for Christmas and set with new tablecloths and cutlery.

Our President, Dr. Rudy Rencoret, welcomed everyone and proudly listed some achievements for the year. He also warmly thanked a big team of people who helped prepare for the luncheon. Mrs. Enid Swain was invited to say Grace, and she asked for blessings on those who prepared the food and the food we were about to enjoy. Thank you, Enid.

The meats, salads, etc. were, as in other years, delicious. The highlight of the meal for this year was Marg. McCredie's wonderful frozen plum pudding. It was absolutely yummy!! Well done, Marg, from us all for such a wonderful treat.

Mrs Beth Reilly, Mayoress of Willoughby, asked to be excused from presenting all trophies to successful CCC players for 2011. Unfortunately, she had to attend a funeral. She did present the Mayoress' trophy before she left. Martyn Prins, CCC tournament manager, and Marg McCredie very ably completed the presentations to this year's winners.

That concluded the occasion for 2011. It was a good party !

Joan Booth



We were all having a good time in our Club house



Beth, our Patron



Alan, our Club Champion



Our Smiling Judy



Kathleen and her big silverware Joan and Alan, the organisers Jenny and the washing-up

NORTHSIDE PLAQUE LUNCH Friday October 20, 2011-10-20

What a great day it was. Perfect spring weather, not a cloud in the lovely blue sky. Croquet in the morning, the Final event of the year, CCC playing WarraweeCC at home. There was a 2-2 draw, but we won by a count of hoops 61/48.

Joan Booth and her team arranged a delicious Italian-style lunch, which was a great success. There were representative from Epping and Killara CC, the other two member Clubs of the Northside Plaque. Killara won the Plaque this year after beating Epping yesterday.



The Fulford Lawn and our Club house A perfect croquet day Our dear Enid



Enjoying the Lunch Italiano

Joan encouraged me to read a short welcoming speech that describes my first contact with CCC

This is what I said:

I wish to introduce myself to you and welcome to Chatswood Croquet Club.

You may have noticed that we laid the red carpet for you. That shows you how much we appreciate your visit.

The annual Northside Plaque tournament means a lot to me.

My first visit to Chatswood was a number of years ago, when I was representing Warrawee for the plaque. My playing was not the best and I decided to peg out one of my balls while the other was not a rover. Enid Swain, my opponent, in her very gentle way, came to me, Rudy, she said, you cannot do that in a handicap game. That meant, of course, that I left the four balls together in the middle of the court, with the usual consequences.

What I really like about the Northside plaque is what a friendly competition it is.

I believe that sports have become much too competitive these days. It is all about win, win, win and not about enjoying yourself by playing your favourite game. Northside Plaque players know better. For nearly 20 years they play a relaxed game and share a meal with their opponents. How civilised that is. It is the way sports should be played. What you are doing is so special.

It is, therefore, a great pleasure for me to welcome you today to CCC.

Joan Booth, our Maître d' and her team will look after us with a delicious Italian lunch. Thank you very much, Joan.

Enjoy your lunch and croquet at Chatswood. We love to have you here today.

Thank you

THE AUSTRALIAN NATIONAL CHAMPIONSHIPS November 2011

The Australian National Championships were held last November at the Victorian Croquet Centre at Cairnlea.

There were 33 entrants in the Singles, divided into 4 blocks of 9, 9, 8 and 7 (uneven due to a late withdrawal).

The format was a round robin, with the top 4 in each block going through to the quarter-final knockout (known as the X).

The usual Chatswood suspects of Alan Walsh, Mike Hughes and Martyn Prins had been placed in different blocks fortunately.

They ended up with block rankings of 5,7, and 5 respectively, and so did not go through to the main X event.

However, after feedback from the players the previous year, the ACA decided to create a new event to be known as the W.

The W event is for non-X-qualifiers, and is a straight best-of-three knockout.

In the W, Mike beat Rob McAdam (TAS) in 2, and Greg Diprose (ACT) in 3, before running into a familiar roadblock - Alan Walsh.

These two mates then slugged it out for well-past the maximum time of 7.5 hours, with Alan prevailing in the third game by a single hoop (18-26, 24-22, 19-18).

Meanwhile, Martyn had beaten Judy Evans (VIC) and Basil Ladyman (WA) both in 2, then encountered Alan Honey (ACT).

Alan started off with his usual aplomb, but found the match getting harder and harder as Martyn started to find some rhythm, and ultimately lost (26-3, 8-26, 1-26).

That put Alan Walsh and Martyn into the final - not the first time ever that these 2 had bumped into each other.

Conditions that Sunday at 8am were good - warmish, gentle wind, strict hoops, lawns running at around 10 seconds.

In game 1 Martyn ran the first 9, but Alan hit in and went on to win 26-9.

In game 2 Martyn hit in on turn 4 and played with only one minor slip to win 26-0.

In game 3 the play was very even, with some misses but also some long roquets being recorded.

Towards the end Alan was on peg and 4-back, and Martyn had both on 4-back, with Martyn in control - but he set up north of 4-back and played the wrong way round.

This allowed Alan in, who went on to win the match (26-9, 0-26, 26-21).

Well done to Alan, winner of the inaugural W event.

Martyn Prins

13TH WCF AC WORLD CHAMPIONSHIP ADELAIDE APRIL 28TH TO MAY 6TH, 2012

The AC WCF Championships will be held in Adelaide this year. This contest is held every two years and this time the 80 top players in the World will attend. I have been to two WCF Championships, in Wellington and Christchurch, New Zealand. They were most enjoyable and I would strongly recommend it to you. A number of our members, including yours truly, will be there. Our Club Champion, Alan Walsh, has been invited to join the top players. An honour to Alan, and to our Club.

You can read all about it in this link [WCF 2012](#)

SATURDAY GOLF AND BRONZE INVITATIONAL

There will not be Bronze Invitationals during 2012.
Saturdays will be dedicated to Golf Croquet, morning and afternoon.

Martyn Prins

CROQUET AND ART: CCC ART WEEK MARCH 5th-10th 2012



This year we have added a special event to our calendar.

From March 5th to 10th there will be a display of paintings by members of the club.

Framed and unframed. Watercolour, oil and pastel or charcoal.

All members are invited to take part.

Barbara Davison

It will be so special to have our art week.
You will be surprised to see what our members and their wives are creating these days.

You will receive further information about the CCC Art Week during February.

I love this painting by Jacques (James) Tissot (1836-1902)
The original is at the Art Gallery of Hamilton, Ontario, Canada.
(Ed)