

CROQUET NSW NEWSLETTER

DECEMBER 2020



IN THIS EDITION

Cammeray Summertime
From the Board
Croquet in hot weather
New Board member
Coach training for NSW
Tournaments 2021
Sport NSW news & grants
Cairnlea open
Winners are grinners
Tournaments coming up
COVID Update
Junior Croquet Survey



*Bronwyn McGrane (winner) and
Michael Strickland (runner up)*

CAMMERAY SUMMERTIME TOURNAMENT

Cammeray Croquet Club ran a 14pt AC Summertime Tournament on Saturday and Sunday November 7 and 8. The aim was to have a shorter form of AC in a tournament that could fit into one weekend and take advantage of the balmy Summertime evenings.

Games were handicap games limited to one hour fifteen minutes and finished on the bell. If scores were level the scorer of the last hoop was the winner and one hoop was added to the winner's score. Lifts applied after hoops 3 and hoop 5. 14 points were scored by each ball going through hoops 1 to 6 then pegging out. Entrants ranged from a full handicap of 4.5 up to 20.

So how did it go?

- The tournament ran ahead of schedule each day
- There were some cruel endings as time expired and hoops were level
- Games were fun, exciting and had a lot of pressure
- The final was between a player with a full handicap of 20 and one with 5 – 8 bisques !

What would we change?

Games could be a little longer, say 1 hour and 20 minutes. This would mean more peg outs

A better ending is the normal rules i.e. play continues after the bell with an extra turn for the opponent and golden hoop if level. This would result in less tears!

Handicaps were too generous. Next year we will use one half of the normal bisque calculation. This would mean that a player with a handicap of 20 playing a player with a handicap of 5 would receive 7.5 bisques rather than 8!

And our plan to enjoy balmy summer evenings went astray as a cold change plunged evening temperatures down to 15 degrees! We are hoping for better weather next year plus the opportunity to have a glass of wine as the sun goes down.



Kate McLoughlin

Board members

Chair: [Kate Elliott](#)

Treasurer: [Steve Miles](#)

Secretary/Newsletter: [Kate McLoughlin](#)

Director Projects: [Rosie Landrebe](#)

Director: [Rik Mills](#)

Website: croquet-nsw.org

FROM THE BOARD

This month the Board has completed the handover of the Secretary role to Kate McLoughlin from Steve Miles, so Kate is your contact for queries and official correspondence for the Board.

We were delighted that the Australian Croquet Association has announced that the **Eire Cup** (National Association Croquet competition between State teams) has been confirmed to be held in Sydney 17 – 21 March. This premier carnival also features the Association Gold and Silver Medal Championships and the Association Croquet Men's and Women's singles Championships. So NSW will have a festival of Association Play at NSW HQ (Tempe), Mosman and Royal Sydney Clubs from 10 – 21 March. More news coming on this front.

The Board thanks all those who have responded to the new **CNSW Constitution** draft. The response period has now concluded. The responses will form

the basis for a Q&A session to be held by ZOOM over summer, considering members feedback.

CNSW welcomes new GC referees, with a number of referees taking on the role of Examining Referee and Tutor Referee. Refer to referees on the website.

Two people have been approved to fill the vacancies on the **GC Selection Committee**: Congratulations to Alison Sharpe and Ros Johnson for stepping up to work with Peter Montague, Peter Freer and John Levick on this Committee.

The Board is working with the Tournaments Committee to implement some changes in 2021, and notes that [Events](#) for Clubs to host are listed on the website. We encourage Clubs to send your offers in to tournaments@croquet-nsw.org.

The Board is also working with **Cooks River Croquet Club** to continue the collaborative relationship in ensuring Croquet NSW players have access to the high quality lawns at Tempe and to foster the growth of Cooks River Croquet Club.

And the final workshop for 2020 will be held via ZOOM on December 2 6pm on Lawn Maintenance. Further workshops are planned for 2021.

Don't forget your Golden Mallet Award nominations for that Club member who has gone above and beyond in their contribution to the club. Closing date is now December 11.

Kate McLoughlin, Secretary Croquet NSW

PLAYING CROQUET IN HOT CONDITIONS



Dr Karen Bisley. Sports & Exercise Physician, Sports Physicians ACT. FACSEP, FRACGP, Masters of Sports Medicine.

Croquet players and officials can spend long periods standing or sitting in the sun predisposing players to heat stress. The older population and young children (especially pre-pubertal) are at most risk. Other groups

at higher risk include: overweight people, individuals with medical problems (asthma, diabetes, heart conditions or epilepsy etc), people taking some medications, those who have recently been unwell (following a flu, a viral infection or gastroenteritis) and unacclimated individuals (eg those who have come from cooler conditions).

Ideally, when there is a risk of high temperatures, events should be scheduled for the cooler part of the day. The hottest part of the day usually being between 11 am – 3 pm. The higher the humidity the more stressful the hot environment is. Temperatures can be measured using ambient temperature. However, the temperature on hot humid days can be measured by a Wet-bulb glass thermometer or more ideally measuring the heat index, such as with the Belding Hatch Heat Stress Index (BHHSI) using a Whirling Hygrometer.

The risk of **Heat Illness** is increased in hot and humid conditions because people may not be able to produce enough sweat for adequate cooling and high humidity may prevent adequate evaporation of sweat. Heat illness is a spectrum of heat related disorders with symptoms which can include headache, nausea/ vomiting, dizziness/ light-headedness, cramps, fatigue, poor concentration, poor performance/ loss of skill and coordination, abnormal behaviour, confusion, aggression or irrational behaviour, cessation of sweating. **Dehydration** is caused by loss of body fluid, mostly via sweating and breathing. It predisposes the athlete to muscle cramps and fatigue impaired performance. It also predisposes the player to heat exhaustion and heat stroke.

Steps to minimise Heat Illness. Prevention is a key.

- 1. Acclimatise to the heat.** In summer acclimatisation naturally occurs as the weather becomes warmer and more humid. If you are from a cooler climate, arrive early and train in the heat prior to competition.
- 2. Hydration:** Hydration is important, as dehydration can decrease performance.
Hydrate Pre- Event: Drink approximately 500ml in the 2 hours prior to competition of fluid.
Hydrate through the competition: Drink regularly. Have a drink bottle on the side of the lawn. Water is acceptable for events 1-2 hours. For longer events consider sports drinks. Beware very hot drinks during breaks, on a hot day. They may increase your body temperature. Ice blocks between matches can be considered.

Post Event. It can take 24 hours to rehydrate. Ensure you drink to hydrate, to ensure you don't start the next day of competition dehydrated.

Note Alcohol post event can cause further dehydration. This is important to remember if you have further days of competition. **Drink to your thirst.** It is also important not to over-hydrate in events lasting many hours. A **fitter individual** will generally tolerate the heat better than an unfit individual.

3. **Clothing.** Appropriate clothing is recommended for players and officials: Light coloured, light weight, loose fitting to provide adequate ventilation and protection against the sun. Shirts with long sleeves and a collar are recommended.
Broad brim well-vented hats are recommended or a Legionnaires hat. Caps and visors don't provide adequate sun protection.
4. **Sunscreen** should be a minimum SPF (Sun protection factor) rating of > 30. Sunscreen should be reapplied regularly. For example, between matches or every 2 hours.
5. **Sunglasses** with adequate UV protection are recommended., particularly when playing outside for prolonged periods in the sun.
6. **Shade:** Organisers can help by providing extra shade areas for players and officials. Players and officials should stand/ sit in the shade when appropriate.
7. **Water for cooling.** Spray bottles, water to dampen clothes, wet towels, cooling ties etc
8. **Fans to encourage air movement** off the lawn.

Treating Heat Illness

Cool drinks and shade should be readily available. In extreme heat, the event may need to be moved to the cooler part of the day. Lawns in the shade are preferable to those in the direct sun. Limiting the duration of matches or having breaks for water through games may need to be considered. In extreme heat, breaks of 2-5 minutes in game play may need to be considered to allow players to have fluids and shelter.

Heat Exhaustion. occurs when an individual has a core temperature > 38°C. It is characterised by a high heart rate, dizziness, headache, loss of endurance, loss of skill, confusion, nausea. The player may still feel cool and be sweating. However, they may be pale and have stopped sweating. The player may collapse.

Treatment of heat exhaustion

- Remove from the heat.
- Rest in a shaded area ideally with a breeze or fan or move to air conditioning.
- Drink cool fluids – water or sports drinks.
- Misting and spraying with water.
- Fan

Heat Stroke occurs when the rate of heat production is greater than the rate of heat loss. The individual's core temperature is > 41° C that can cause damage to the internal organs and collapse. The individual has dry skin, is confused and collapses. Heat stroke is a **medical emergency** and requires urgent medical treatment.

Treatment of Heat stroke.

- Remove player out of the sun, place in shade
- Remove excess clothing
- Soak with water
- Place in front of a fan
- Place ice in their groins and arm pits.

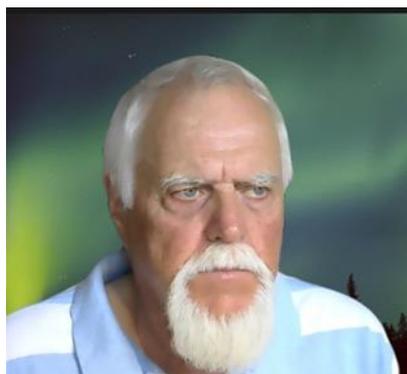
Note: A Whirling hygrometer can be obtained at <http://www.arthurbailey.com.au/> (approx. \$175)

Wet bulb temperature readings for your location can be found at a number of websites and apps, including [Weather FX](#) app.

Croquet NSW Hot Weather Policy

Croquet NSW [Tournament Regulations](#) allows for some relief in hot conditions.

1.1.5 (j) If the temperature reaches 30 degrees and a player is affected to such a degree that they are unable to continue playing the Tournament Manager is required to peg the game down and re-schedule or cancel the game altogether (see also the [CNSW Policy on Sun Protection](#)).



NEW BOARD MEMBER

Rik Mills from Orange City Croquet Club has recently joined the Board of Croquet NSW. Rik is an experienced tournament organiser, a qualified AC and GC referee and player. He tells us a little more about his background:

Moving to Orange in 1973 I worked as a laboratory scientist, progressing to laboratory manager in the Pathology West Laboratory based at the Orange Base Hospital until my retirement. After retiring I took up playing croquet at the Orange Club in 2009 and started to play Golf Croquet, then Association and occasional dabble in Ricochet.

Since joining the Club in 2009 I have held the post of secretary for several years and the position of Captain for the past three years. In these positions I have either assisted with or being responsible for the organising of carnivals, inter club visits both social and competitive and intra club competitions for both GC and AC.

To gain a better understanding and to help other players I became a qualified referee in both GC and AC. Since qualifying I have had the pleasure of visiting other clubs refereeing, mainly GC, at various levels of competition and hope to continue doing so. At the local level I have encouraged and helped players to attain a better understanding of the rules either by informal discussion or a short 15 minute sessions on rules that the members ask about, these are mainly GC since, that in Orange and at most clubs, it is the more popular game.

COACH TRAINING FOR NSW

Greg Bury, Australian Coaching Academy has scheduled some dates in late January, early February 2021 to enable coaches to upgrade to the new Coaching Accreditation system. The sessions will be held over 3-4 days in Newcastle and Canberra, and will cover GC, AC, Ricochet and Gateball. The sessions will hold some

general introduction to the new coaching framework, and will also include an *Upgrade your skills* component open to all players. More information will be sent to Clubs directly.

WORKSHOP RESOURCES

If you have missed any of the CNSW ZOOM Workshops, the resources and recordings are on the CNSW website under [Resources/Workshops](#).

TOURNAMENTS 2021

The [Tournaments calendar](#) for Croquet NSW Events is up on the website. Clubs are invited to apply to host one of the 18 events marked for hosting. A number of Club events are also listed to assist you in planning your calendar, and possibly your travel program for next year.

Registrations to enter events are open for events until May.

Hosting Policy

The event hosting policy has been altered slightly to clarify conditions for holding an event (where the lawns only are used, with the Club supplying equipment, access to tea and coffee, but all other things are organised by the Tournaments Committee. Or the Club may elect to host an event, which involves setting up the lawns, promoting the event, ideally providing a Tournament Manager and Tournament referees, and running the event. Clubs are reimbursed at \$40 per lawn per day, and there is no longer a requirement to double bank all games. Club reimbursements are capped at 60% of entry fees where the Club holds the event, or 80% where the Club hosts the event. The more entries, the greater the fees.

If you would like to host an event contact

Tournaments@croquet-nsw.org.

Entering events

Croquet NSW Tournament entry fees have increased for 2021 to \$50 for single events, \$60 for Open events, \$60 for doubles (\$30 per person). Beryl Chambers AC Handicap events remain at \$30 (plus \$20 for finalists) and Pennants at \$50 per team. Registration for singles and doubles events is done by signing in to Croquet NSW, and registering for the event. Payment is made by electronic transfer to Croquet NSW (as instructed by your confirmation email). Details about how to enter a team in a Pennants Competition are in the Flier attached to the event on the website schedule



We look forward to your entries, as we hope for a year of good competition!

SPORT NSW NEWS AND GRANTS

The latest online newsletters: [Blues enews](#) and [On the Ball](#) from Sport NSW have some useful information on sponsorships and grants available to Clubs.

Note the [Local Sport Defibrillator Grant Program](#) can assist clubs to have a defibrillator. Croquet NSW recommends Clubs have a defibrillator: it can save lives and give peace of mind for members.

Also Note that **Member Protection Information Officer** training can now be done free, with an online course and 2 1 hour interactive webinars

COMPETITIONS ON AGAIN AT CAIRNLEA

Expressions of interest are now being sought for the 2021 Golf Croquet Eights, which will be held 12-14 February 2021 at the Victorian Croquet Centre, Cairnlea.

However, the event going ahead will be subject to any Covid-19 outbreaks that create significant travel restrictions (not just in Melbourne).

All interested players should send their Expression of Interest by 31 December, to ACA Events Chair Peter Freer via email at pfreer@netspeed.com.au



Existing EoIs are listed on croquetscores at <https://croquetscores.com/2021/gc/australia-presidents-eights/>

WINNERS ARE GRINNERS

NSW GC OPEN DOUBLES (26-27 Nov, Tempe) won by **Pamela Barnwell and Derek Bull** (Newcastle National Park) from Ron and Ros Johnstone (Cooks River/Sutherland)

BERYL CHAMBERS STATE AC HANDICAP FINALS (20-23 Nov, Tempe) won by **David Scott** (Ballina Cherry Street) from Simon Cook (Coutt's Crossing)

NSW GC CLUB CHAMPIONS TOURNAMENT (14-16 Nov, Tempe) won by **Rob M Elliott** (Royal Sydney Golf Club)

NSW AC ACA BRONZE MEDAL (7-8 Nov, Tempe) won by **Rob Elliott** (Cook's River) from Tim Murphy (Canberra)

Check [Croquet Scores](#) for more results

NEWSLETTER CONTRIBUTIONS

Your contributions to the Croquet NSW newsletter are welcome. Contact Kate McLoughlin at newsletter@croquet-nsw.org

TOURNAMENTS COMING UP

3 & UNDER SINGLES (AC) 6 – 7 Feb, Tempe enter by 30 Jan.

5 & UNDER MIXED DOUBLES (AC) 20-21 Feb, Tempe enter by 12 Feb.

******Note there has been a change of dates for the following 2 events:**

NSW GC OPEN SINGLES

now 28-31 May

NSW AC WOMENS SINGLES

now 18-20 June

JUNIOR CROQUET 2021 SURVEY

A survey looking at Clubs involvement in Junior Croquet has been sent out. A copy is attached. and secretary@croquet-nsw.org

COVID GUIDELINES UPDATE

Latest [guidelines](#) on the website clarify the opening of kitchens and Clubhouses, and need for Covid 19 Plans and contact tracing.