Canberra Croquet Club Inc APPLICATION FOR INTRODUCTORY LESSONS

This form is also available at www.canberracroquet.org.au/learn. It may be returned by email.

Name(s)	(may include names of more th	an one person per household)
	, ,	, ,
Address:		
Phone: (H)	(W)	(M)
Email:		
students \$25) for fo be made by bank tra payable to "Canbert 'coaching' in the tra	ur 2-hour lessons in Golf and Associa ansfer to Commonwealth Bank of Aus ra Croquet Club Inc" or cash to the co	nc, in advance, the sum of \$50 per person (full-time tion Croquet, payable at the first session. Payment may stralia BSB 062 919 account 0090 8494 or cheque ach. If using bank transfer put your name and free if I subsequently join the club. My initial id for the course.
Have you attended a Come & Try session at the Canberra Croquet Club?		Croquet Club? YES / NO
Have you other previous experience of playing Croquet?		YES / NO
,	1 7 9 1	
Signed		Date
		24.0
Please place me in th	e same group as:	
daylight savings tim	e. To help us schedule you in a class	aturday afternoons, Sundays or in the evenings during splease provide as much information as possible as to for you. Also state when you could commence classes.
Age group	Employment status	Anything else we should know? Physical
Age group	Employment status	constraints? Health issues?
Under 16	Full time	
16-29	Part time	
30-39	Retired	
40-49	Student	
40-49 50-59 60-69		

Please return the form to the Canberra Croquet Club Coronation Drive, Yarralumla, ACT, 2602 or email it (unsigned is OK) to coaching@canberracroquet.org.au

70+

Canberra Croquet Club Introductory Croquet Lessons

The Canberra Croquet Club conducts introductory coaching lessons when appropriate numbers of people are interested. The format for the lessons is four 2-hour lessons, with one coach to 2-6 students. The lessons cover an Introduction to both Golf Croquet and Association Croquet. The cost is \$50. The course fee will be deducted from your membership fees if you join the Club.

Contact the <u>Coaching Co-ordinator</u> (coaching@canberracroquet.org.au) for further information, or to sign up for lessons.

Introducing Croquet

The Game of Croquet can be described as a cross between Snooker and Chess, played on a bowling green. It is a challenging and exciting sport for people of all ages, requiring tactical ability, judgement and skill rather than strength and fast reflexes.

The Canberra Croquet Club plays 3 forms of mallet sports:

- Golf Croquet a game involving alternate single-ball strokes in which individual games can last from ½-1 hour; and
- Association Croquet a game involving single-ball and two-ball strokes and break making in which individual games can last from $1-2\frac{1}{2}$ hours
- Gateball a game played by pairs, triples or teams of 5 players involving single-ball and two-ball strokes and break making in which individual games last 30 minutes.

Introductory Lesson Plan

- Lesson 1: An Introduction to the game of Golf Croquet
- Lesson 2: An Introduction to Association Croquet
- Lesson 3: Further on Golf Croquet; Tactics, Rules & Etiquette
- Lesson 4: Further on Association Croquet, revision and skill drills

Equipment: The CCC provides all the equipment, and has a range of mallets that can be borrowed. The only dress stipulation is that you wear flat-soled shoes. Shorts or slacks are preferred since the modern method is to play centre-style, swinging the mallet between the legs.

Further Resources: Reading books on Croquet is an excellent way to gain insight into what you are learning, and to get extra knowledge. Club members have access to the Club's library, containing many books, videos and DVDs. Check out <u>Resources</u> on the website.

Joining the Club: You are encouraged to complete the full course of lessons before formally joining the Club. If you would like to practice what you are learning, liaise with your coach who can assist you getting access to the lawns. The Club lawns are in heavy use, and it is important to be briefed on access to equipment and lawns.

Complete the *Membership Application Form*, available from the website, and pay the fees as advised by the Membership Officer. Members can access the Club at any time, subject to the regular lawn bookings, and your level of expertise.