



Northern Croquet Academy, York Course Programme 2017

The Psychology of Winning – Sunday 2 April 2017 – AC and GC

This one-day course is ideal for AC and GC players who want to improve their performance in competitive play. 80% of sports performance is mental. Course content will include preparing for a match, managing emotional states in play, focus, maximising your chance of shot success, dealing with bad shots, becoming a more effective competitor, modelling the best players and improving your game when you aren't even on the lawns.

Cost: £35 (CA Premium members £30). Course leader: Cliff Jones, the director of Croquet Quest and a Grade 3 CA Coach

Aiming for Silver – Sat-Sun 22-23 April 2017 – AC

This comprehensive two-day AC course, based on the CA Bronze and Silver programmes, is designed to prepare AC players to improve their handicap play. It should help players towards achieving single figure handicap croquet and their Silver Merit award. Association Croquet Coaching restricted to AC handicap 10-16 unless otherwise agreed with the Manager.

Cost: £55 (CA Premium members £45). Course leader: Roger Staples, chair of the CA Development Committee and a Grade 2 CA Coach

Refresh Your Technique – Saturday 29 April 2017 – AC and GC

Getting the basics right can make all the difference to your game. This one-day course is designed to help AC and GC players. Improve your stance, grip, roquets, hoop running, croquet shots and rushes. Get your technique right from the beginning and start being a winner!

Cost: £30 (CA Premium members £25). £55/£45 if booked with Refine your Practising. Course leader: Derek Knight, Yorkshire Federation Coaching Officer and a Grade 2 CA Coach

Refine your Practising – Sunday 30 April 2017 – AC

"I know what to do but it always goes wrong!" Does that sound familiar? Practice makes perfect: improve your hoop approaches, opening moves and AC break play on this one-day course. Stop the rot by learning how to get control and keep it.

Cost: £30 (CA Premium members £25). £55/£45 if booked with Refresh your Technique. Course leader: Derek Knight, Yorkshire Federation Coaching Officer and a Grade 2 CA Coach

Aiming for Bronze – Sat-Sun 6-7 May 2017 – AC

Ideal for AC players wishing to consolidate the basics and develop their technique, tactics and understanding. This comprehensive two-day course, based on the CA Bronze programme, is designed to prepare players to achieve a significantly lower handicap the following season. Association Croquet Coaching restricted to AC handicap 12-18 unless otherwise agreed.

Cost: £55 (CA Premium members £45). Course leader: Roger Staples, chair of the CA Development Committee and a Grade 2 CA Coach

Become a Qualified Coach – Sat-Sun 20-21 May 2017 – AC and GC

This two-day course aims to develop your coaching skills. People seeking to become Croquet Association club coaches, graded AC coaches, or GC coaches are all welcome. You are expected to have a working knowledge of the Laws of AC and/ or the Rules of GC croquet. The course offers the opportunity to be assessed as part of your development as a graded coach. Priority will be given until 25 March to CA-affiliated clubs with no qualified coaches.

Cost: £55 (CA Premium members £45). Course leader: Roger Staples, chair of the CA Development Committee and a Grade 2 CA Coach

Golf Croquet Tactics – Sunday 11 June 2017 – GC

This one-day course is for GC players who are no longer beginners and are seeking to improve their game. Among the topics covered will be the principles of tactical play, promoting partner ball, effective use of extra turns, tactical problems, and Golf Croquet rules.

Cost: £35 (CA Premium members £30). Course leader: John Crossland, a CA GC Coach, Referee, Examining Referee, Championship Referee and Examining Coach

Tactics to Win: the four-ball break and beyond – Saturday 17 June 2017 – AC

This one-day course is for AC players who know their way around the lawn and have a basic understanding of a 4-ball break but now want to develop their tactics. Topics include how to pick up a 4-ball break; how to create one; how to sustain one; how to improve one or mend one when things go wrong; how to convert a 3-ball into a 4-ball break; and other tactics to help you win.

Cost: £30 (CA Premium members £25). Course leader: to be confirmed

An Introduction to Association Croquet – Sat-Sun 22-23 July 2017

This two-day course is ideal for people wishing to learn how to play Association Croquet, whether complete beginners, garden croquet players or existing Golf Croquet players with little or no experience of Association Croquet. The course offers a comprehensive introduction to the game and aims to help participants play with understanding and pleasure.

Cost: £55 (CA Premium members £45). Course leader: John Harris, Northern Academy co-ordinator and a Grade 1 CA Coach

How to apply

To check availability or find out more please either email northerncroquetacademy@gmail.com or ring John Harris on 01904 620211

To make a booking please send

- your name
- your postal address
- your email address
- your telephone number
- your handicap (AC or GC as appropriate)

together with

- the name and date/s of the course or courses you would like to apply for
- cash or a cheque made payable to the Northern Croquet Academy

Please send to John Harris (Northern Academy), 7 Mount Parade, York YO24 4AP.

Cancellations will be accepted up to 21 days before the start of the course, with a full refund less £5 to cover administration. Between 21 days and ten days before the start of the course, a 50% refund will be offered. After that time it will unfortunately only be possible to make a refund (less the £5 to cover administration) if the place can be filled from a waiting list.

Communication will normally be by email. All applications will be acknowledged without delay. Initial information will be sent to course members before the start of the course, and a course pack will be available at the course itself.