

Unity Croquet Club Trust

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Disability Sport

Why choose Croquet?

This is the one sport, which can be played in the open air by most disabled people. You do not need to stoop; indeed the croquet swing is, in itself, a remedial exercise for people with all sorts of impairment; the game can also be played by the elderly on almost equal terms with youth. [In the Golf Croquet World Championship last held in UK, the Champion was a 23 year old Egyptian, who played against 70 year olds with close results].

Which type of croquet?

There are two basic forms of croquet:

1. Association Croquet. This can best be equated with Snooker. In some respects it is the most skilful, but it is also the most anti-social, in that only one player is on the lawn at any one time, so that the other one[singles] or three [doubles] are totally uninvolved; this uninvolvedness can last for a considerable time, as additional turns can be earned by running a hoop or by hitting another ball, particularly because each ball is scheduled to run 12 hoops and a post in conclusion. Consequently, it can be boring for players off the lawn and lacking in remedial exercise.

2. Golf croquet. This is a simple game with both [singles] or all four players [doubles] proactive and on the lawn at the same time; it can be likened to chess, in that each side attempts to manoeuvre the other side from a position to run a hoop and gain such a position itself, so tactics are paramount. There is no extra turn for running a hoop or hitting a ball, so, like chess, each player plays alternatively. The first side to run a hoop captures that hoop and both sides then move on to the next hoop. Normally, the side that first captures 7 hoops wins; this can vary in that 10 hoops can be the target.

Of the two forms of croquet, we believe Golf croquet is the most attractive for disabled people, because less strength is needed to play it well and tactics/brainpower are eminent. So our demonstration will be confined to Golf croquet, for which there are four basic skills:

1. The ability to judge, correctly, distance and direction.
2. Stop-shots.
3. Follow-through forward spin shots; useful for hoop running.
4. Jump shots.

Finally tactics are important with the ability to foresee several moves ahead in the same way that chess is played.

In conclusion, you should know that the East Anglian Croquet Federation is running a Golf Croquet Championship for any one holding a blue disability badge. The championship will be on a handicap basis [0-10] and this year, 2009, confined to people resident in East Anglia. If this proves successful it will burgeon out to all UK.

Entry forms are available from the above Trust.

On Tuesdays (after 2.00p.m.) there is **FREE coaching** at the Sudbury Croquet Club, which is off Quay Lane, near the Quay Theatre and opposite the cricket ground.[weather permitting]. A Bradshaw Bowls/Croquet Buggie is available.