

# Corio Polocrosse Club.



Newsletter.  
December 2010

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## Coaching Clinic/ Wind Up 23-24<sup>th</sup> of October

Firstly, I would like to once again thank Charlie & Sara for making the trip to Ballarat for this clinic. Everyone had a great weekend, & all could take something away. Most importantly a lot of Corio's green horses (and a couple of green riders!) really benefited & improved from the horsemanship lessons & a lot of questions were answered.

With the chilly/drizzly conditions & fresh horse combination, there was bound to be a couple of "hiccups" & there was (I must say, I was extremely grateful it wasn't me)! Mark took a tumble from his bucking bronc early in the piece, but he wasn't the only one. Charlie followed suit soon after, albeit rather gracefully, coming to grief on one of the slippery patches on the paddock. Gus was forced to evacuate his mount rather quickly when Bobby found a nice little rolling patch. Bobby then proceeded to cause havoc amongst the horses for the next half hour, refusing to be caught & popping up a number of times in the middle of the clinic, causing spooks all round to those horses that had not been in the presence of such a mighty steed before. Kudos to Sharlee for her excellent show of "horse whispering", finally wrangling Bobby with a bucket of oats. Hugh let a little bit too much air between his seat & the saddle on Sunday morning, but I must say, it was a bit of a blink & you'll miss it moment, he was back on before you could say "did that black horse just buck"? Boyd also dropped the bundle Sunday morning with an unceremonious exit from the saddle during the chukkas. Ever the gentleman, he was just glad it had happened to him & not Wendy!

Honourable mentions must go to Lucy for her near 8 second ride (it must have felt like it anyway!) while showing the group a new exercise, Phil for sticking a few little hairy moments & Jon's effort (or should it be Terry's?!) while working the area on the Sunday morning. With one blown peddle & another leg over the handlebars, Jon was surely destined to eat dirt (does that sound almost gleeful?!) with one more buck..... Also worth a mention, Pierce, who had a super weekend after only learning to ride in the last 6-8 weeks - excellent effort. And also Tristan, who managed to complete most of the exercises perfectly on his pony with legs that barely passed his saddle flaps! All in all, it was a great weekend, & I hope that Sara & Charlie will be back to do it again with us all soon.

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## Ballarat Grounds Co-Tenancing Agreement Update

This is still definitely on the cards for the future & negotiations are in process. Hopefully we will be able to offer Ballarat a bit of a "contract" (obviously this will be discussed with all members of the club) soon. Stay tuned for updates.

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### Club Fees for 2011

I sent out the Fee Structure recently, but there was some confusion as to what members had to pay, because I didn't mention our Corio Club fees, which cover Club Registration & Insurance. Hopefully this makes it all a bit clearer in everyone's minds.

Seniors: \$350.00 + \$70.00 Club Fees = \$420.00  
Juniors: \$120.00 + \$30.00 Club Fees = \$150.00  
Sub Junior: \$25.00 + \$15.00 Club Fees = \$40.00  
Casual Senior: \$60.00 + \$20.00 Club Fees = \$80.00  
Trial Senior: \$35.00 + \$15.00 Club Fees = \$75.00  
Associate Member: \$10.00

These must be paid before the first carnival. If you are paying straight into the account (BSB: 083 646 ACC: 51 570 9801) please let me know you have done so.

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### Corio Polox Chukka Day 13-14<sup>th</sup> Nov

Well, this was a bit of a fizzer, considering it was cancelled at quite short notice due to the weather forecast. It was certainly a shame but it turned out to be quite a good decision, as it was a very wet weekend & I can't imagine anybody enjoying themselves much.

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### Sale Green Horse Carnival 4-5<sup>th</sup> Dec

For all those who intended to play at the Sale Green Horse Carnival, please be aware this has been postponed from the 4-5<sup>th</sup> Dec to the 11<sup>th</sup>-12<sup>th</sup> of December. As far as I am aware it is a Multi Horse Carnival. I am trying to get a bit more info about it at the moment, but if you are interested in taking part let myself or Brad know. If you have young horses, or are a new player, these carnivals are a great opportunity to get started.

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### Vale- Lachie Elliott

Most of you would be aware that Quirindi polocrosse club member & friend of many of our Corio players, Lachie Elliott, passed away quite suddenly & tragically in November. This was very sad news & our condolences go out to all his family & friends. Judging by the turnout at his funeral, he will most definitely be missed by many.

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### Congratulations

Firstly to John & Gail Cooper on the arrival of their 4<sup>th</sup> (I had to think about that!) grandchild, Mackenzie Louise Cooper in early October. Secondly, congratulations to Kristy & Brad Cooper on their TENTH wedding anniversary celebrated in early November. Woot whoooo. Thirdly,

congratulations to Damian Keets & Kerry Cooper, who are expecting a visit from the stork in about 7 weeks – we hope it all goes smoothly from here!

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### Equitana 18<sup>th</sup> – 20<sup>th</sup> Nov

Unfortunately I didn't attend Equitana, but many of our players did a wonderful job representing Corio Polox Club & polocrosse in general. Kristy Cooper (who was attending as an umpire) has kindly sent me a bit of a wrap up of the event.

Equitana was held in Melbourne from the 18th to the 21st of November. Polocrosse Victoria were asked to do two demonstrations so the committee got together and chose a team that represented Mens, Womens , youth & tried to include as many players from across the state as possible. Congratulation to Kelsey Rowland who was chosen from Corio & as an up and coming player. Tess Armstrong was also chosen but unfortunately had to pull out due to injury. All players presented their horses very well & are all to be congratulated for making the effort to get their horses fit.

Unfortunately, there weren't as many spectators as we had hoped but by doing a demonstration & having a polocrosse stand gave many an opportunity to learn more about the game. Both teams had a bit of fun. Thank you to the sponsors, *Nutragrow & James & Son.*



*Kelsey Rowland in action for NutraGrow City Team.*

The Teams were as follows;

James & Son Country team:

Ricky Smith  
Cassie Malady  
Michael Semmens

Ted Forbes  
Harry Vines  
Vicky Semmens

NutraGrow City Team:

Kim Templeton  
Kelsey Rowland  
Cam Templeton

Jess Jolly  
Elliott Avis  
Annie Forbes

Umpires  
Kristy Cooper  
Jim Forbes

Commentators  
Mick Galvin  
Jeremy Marriott

Well done to all those who attended, particularly Kristy & Kelsey. Sounds like it was a success & a bit of fun to boot.

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### Fly's Coaching Corner!



Hugh Armstrong has taken a bit of time out from his busy schedule to put together a bit of a coaching "tip", seeing as he is our club coach! Hopefully you might find this helpful. Beware all club members; I may be hitting you up in the near future for more tips like this...

#### "MAKE IT COUNT"

This phrase can be heard during any game of Polocrosse and is mainly referring to the No. 1 when they have the ball in the area. Basically, don't stuff it up and make sure you get a goal from this possession.

I believe however that this phrase, MAKE IT COUNT is the best advice any one can get for any part of the game.

The best way to build pressure on the opposition is to value every possession and not have any turnovers. This means the opposition is chasing for no reward. As soon as there is a turnover in polocrosse the pressure builds on the team that lost the ball. It is so important not to give the other team that chance and to build the pressure on them instead.

Right from the first line up if you take the advice to MAKE IT COUNT you can apply it to each of the three positions. Each person in the line up must make sure they are doing their job to the best of their ability so that they are helping to build pressure on the other team. MAKE IT COUNT refers to making the most of that opportunity. Don't give away an easy possession to the opposition. That is what playing tough Polocrosse is all about.

Each time your team gets a possession, regardless of which team member has it or where it is on the field; make sure every one does their bit to make sure your team gets a goal. Take the time that is needed to make sure of this. Don't rush and charge down field, only to throw

a bad pass or to lose the ball and have it turnover therefore releasing all the pressure you just managed to build up with the possession in the first place.

So remember MAKE IT COUNT is not only for the No.1's. it's for the whole club.

"GO CORIO!!"

Thanks Hugh!

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### Corio Saddlecloths

Phil Porter has a few of these at his shop, so if you require a new club saddlecloth, you can either pop into Saddleworld Geelong & pick one up (& all your other polocrosse/horsey needs!) or if you are not in the vicinity of Geelong, I can either post you one out or bring one along to a carnival. They are \$60.00 each.

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### Rosebrook ASH Sale 15<sup>th</sup> Jan

For all of those interested in a new pony, I have attached the flyer for the Rosebrook ASH Sale to be held at the stud in Muswellbrook, NSW.

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### Merry Christmas

Finally, a very Merry Christmas & a Happy & safe New Year to all Corio members, I hope everyone enjoys some sort of break to spend some time with friends & family to get ready for a busy season of polocrosse to kick off in January! See you all soon.

