

POLOCROSSE TRAINING DAY

On Sunday, 20 November 2011 Langwarrin Pony Club, in conjunction with Moorooduc Polocrosse Club , hosted a polocrosse training day. The day was a huge success with 26 pony clubbers from 11 different clubs learning the basic skills needed to play the game of polocrosse. In the process of mastering the racquet and ball skills, the kids had a wonderful time riding their horses.

Racquets and balls were handed out and then riders were split up into four groups, loosely based on age and ability. Each of the four groups worked on different facets of the game of polocrosse. They learnt how to pick up the ball, to bounce it and throw it. They were taught how to shoot goals and how to defend goals. The kids experienced a line-up, where the ball is thrown in and they try to catch it in their racquets or ride after it and pick it up.

After a free sausage sizzle lunch, riders were put into teams and they played each other in four X 6 minute chukkas. The games were very exciting and the kids had a fantastic time, with parents cheering them on from the sidelines. The running commentary added to the excitement.

Parents were given the opportunity to learn some racquet and ball skills too, with one of the instructors working on the ground with a group of parents. They soon realized it wasn't as easy as it looked!

There was nothing but positive feedback at the end of the day from a group of smiling kids who had been learning new skills and having an awesome time. It was amazing to see the improvement in the kids over the course of the day, some started as complete novices, having never picked up a racquet, and ended up playing an exciting game.

The instructors were highly skilled State and National polocrosse players with many years of experience. Polocrosse is a sport the whole family can play, from the youngsters to their grandparents.

This is the second year this training day has been run, and hopefully it will become an annual event. The polocrosse players and coaches from Moorooduc Polocrosse Club enjoyed watching the pony clubbers master the skills and were only too pleased to be able to pass on their knowledge.

This is a great opportunity for pony club riders to experience another equine activity. The day ran from 10 a.m. to 2 p.m. (although it ran over to 3 p.m. because the kids were having so much fun) and it costs \$10 per rider with a free sausage in bread, and a can of drink. Very good value for money. The day was great fun for everyone, coaches, riders, parents and spectators alike.

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